



## Parental Consent

### For Fitness Centre Use by 13-17 year olds

PERSONAL INFORMATION		
<b>Last Name:</b>	<b>First Name:</b>	
<b>Address:</b>		<b>Postal Code:</b>
<b>Phone #:</b>	<b>Birthdate (dd/mm/yy):</b>	<b>Age:</b>
PARENT or GUARDIAN		
<b>Last Name:</b>		<b>First Name:</b>
<b>Business #:</b>	<b>Cell Phone #:</b>	<b>E-Mail Address:</b>
MEDICAL INFORMATION		
<b>BC Medical #:</b>		
<b>Family Doctor:</b>		<b>Phone #:</b>
<b>Emergency Contact:</b>		<b>Phone #:</b>

1. Does your child currently have any medical problems? Please explain.  
\_\_\_\_\_
2. Is your child currently taking medications? Please list.  
\_\_\_\_\_
3. Does your child often feel faint or dizzy?  
\_\_\_\_\_
4. Does your child have any bone or joint problems that are made worse by exercising?  
\_\_\_\_\_
5. Does your child exhibit any of the following: shortness of breath, back pain, chest pain, coughing on exertion, heart palpitations?  
\_\_\_\_\_
6. Does your child have any other reason he or she should not participate in vigorous exercise?  
\_\_\_\_\_

PARENTAL CONSENT FORM	
The City of Richmond (the "City") and its Affiliated Community Associations* (see reverse)	
<b>Name of Child:</b>	<b>Birthdate (dd/mm/yy):</b>
<p>I consent to my child's participation in the use of the Fitness Centre. I am aware that there are risks associated with participation in the Fitness Centre, including the risk of injury, and I consent to my child's participation in spite of such risks. I acknowledge that it is my responsibility to advise the City of any medical or other conditions that may affect my child's participation in the Fitness Centre.</p> <p>In the event that my child requires medical attention, I consent to my child being transported to the nearest emergency centre, including by ambulance if necessary, and accept that I am responsible for any costs of such ambulance service.</p> <p>I have read this Parental Consent Form and understand and accept its terms.</p>	
<b>Parent/Guardian Signature:</b>	
<b>Name (please print):</b>	<b>Date:</b>

OFFICE USE – ORIENTATION COMPLETED	
<b>Date (dd/mm/yy):</b>	<b>Trainer:</b>
<b>Entered in Class (dd/mm/yy):</b>	<b>Initials:</b>

# Welcome to your Community Fitness Centre

## Fitness Centre Guidelines for Youth (age 13-17)

- For health and safety reasons, youth aged 13-17 years must register and complete a **mandatory** youth fitness centre orientation. **Book an orientation by calling one of the fitness centres listed below:**

Cambie.....	604-233-8380
Hamilton.....	604-718-8055
South Arm.....	604-718-8488
Steveston.....	604-238-8097
Thompson.....	604-238-8434
Watermania.....	604-448-5358
West Richmond.....	604-238-8411

- Once the parent/guardian has read and agreed to the information on this sheet, he/she must sign the parental consent form on the reverse side. The youth must **bring the completed consent form to the orientation session.**

### Resistance Training

- Resistance training is a specialized form of conditioning that is used to increase one's ability to exert or resist force.
- Proper technique and attention to training principles is of vital importance in helping prevent injuries when taking part in resistance training, especially for individuals who are still growing.
- A properly designed and supervised program is safe for youth, and encourages the development of good fitness habits.
- The National Strength and Conditioning Association (NSCA) recognizes and supports the premise that many of the benefits associated with adult resistance training programs are attainable by prepubescent and adolescents who follow age-specific resistance training guidelines.



\*Community Associations:

