

KIDS IN GYMS

The following is a summary of the eligibility requirements and staff to child/adolescent ratios that your club needs to be aware of, when working with children.

To download a complete copy of the 'Kids in Gyms' guidelines, go to www.chw.edu.au/chism/childcare-guidelines-for-gyms.pdf

ELIGIBILITY REQUIREMENTS BY AGE

Age of child/young adolescent	Eligibility requirements
16 to 17 years	• Eligible for centre membership • Normally parent/guardian signature on membership contract required but may be left to discretion of centre* • Must complete pre-exercise screen questionnaire prior to commencement of any program • Parent/guardian signature on questionnaire left to discretion of centre • Can use centre facilities as casual member (where appropriate) • Eligible to participate in: - non-weights-based group fitness classes - water-based classes - weights-based group fitness classes (including circuits and boxing type exercises) • Eligible to participate in unsupervised resistance training on proviso that: - Pre-exercise screen has been assessed by qualified staff member - an initial resistance training program has been written and is to be supervised by a qualified member of staff • Eligible to use cardiovascular equipment unsupervised
14 to 15 years	• Eligible for centre membership • Parent/guardian must sign membership contract • Must complete pre-exercise screen questionnaire prior to commencement of any program • Parent/guardian must sign questionnaire on behalf of young adolescent • Can use centre facilities as casual member (where appropriate) without parent/guardian supervision • Eligible to participate in: - non-weights-based group fitness classes - water-based classes • Eligible to use cardiovascular equipment unsupervised • May participate in structured or supervised group activities determined at discretion of centre. • Not eligible to participate in unsupervised resistance training or weights-based group fitness classes (including circuits and boxing type exercises)

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16 to 17 years

- Not eligible for centre membership
- Must complete pre-exercise screen questionnaire prior to commencement of any program
- Parent/guardian must sign questionnaire on behalf of child/young adolescent
- May participate in structured or supervised group activities determined at discretion of centre.
- Not eligible to participate in unsupervised resistance training or weights-based group fitness classes (including circuits and boxing type exercises)
- Not eligible to use cardiovascular equipment unsupervised

Under 12 years

- Not eligible for centre membership
- Must complete pre-exercise screen questionnaire prior to commencement of any program
- Parent/guardian must sign questionnaire on behalf of child/young adolescent
- May participate in structured or supervised group activities determined at discretion of centre.
- Not eligible to participate in unsupervised resistance training or weights-based group fitness classes (including circuits and boxing type exercises)
- Not eligible to use cardiovascular equipment unsupervised

** Parental permission should be required for participants in your facility aged under 16 years. It is at your facility's own discretion however, as to whether participants aged between 16 and 18 years are required to seek parental permission or whether you consider their own consent sufficient. Legal advice may be required to determine the appropriateness at your facility.*

RECOMMENDED STAFF TO CHILD RATIOS FOR STRUCTURED/SUPERVISED PROGRAMS CONDUCTED IN CENTRES

Staff to child ratio

Structured/supervised programs

1:25*†

Conducting structured or supervised group fitness classes (including non-weights-based and weights-based group fitness classes and circuit weight training classes)

1:8*

Conducting supervised or structured resistance training

** For school groups a teacher must be present at all times in addition to the instructor.*

† Ratio may exceed 1:25 on proviso that for each increment of between 1 and 25 students, there must be one (1) additional class teacher present.

This summary is adopted from the 'Kids in Gyms' Guidelines, written by Dr Robbie Parker, PhD. Robbie is the head of the Children's Hospital Institute of Sports Medicine (CHISM), The Children's Hospital at Westmead (NSW).

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