

# Fernwood Teen Policy

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A person under the age of 18 is not able to enter into an enforceable contract, therefore cannot become a Fernwood member without parental consent.

For a Fernwood club to have underage (under the age of 18) members, visitors or employees all staff must have a current Working with Childrens Check. Complying with statebased working with children requirements, any Fernwood staff member that has direct contact, via phone, email or in person, communication with persons under the age of 18 must ensure they have a relevant working with childrens check.

Please consult your state childrens services legislation for specific requirements and process to attain a check.

## Minimum requirements

In order to plan and deliver any exercise program to persons under the age of 18, the minimum education required is:

- Certificate III in Fitness; and
- The unit SISFFIT012 Instruct movement programs to children aged 5-12 years and SISFFIT013 Instruct exercise to young people aged 13 to 17 years; or
- Its previous equivalent SISFFIT313A Plan and deliver exercise to apparently healthy children and adolescents.

## 14 years or older

For the purposes of Fernwood membership and the use of Fernwood facilities and services, it is recommended that the minimum age of entry should be 14 years of ages for participation in general supervised adults group fitness classes, weights and body weight exercises, including water based activities and use of cardiovascular equipment. To plan and deliver fitness services to children or young people, staff members must be appropriately qualified (minimum standards set out above) and continually update their knowledge.

A pre-exercise screen should be administered and assessed by a member of staff who has completed the above requirements before individual concerned commences any exercise program.

## 16 years or older

For the purpose of Fernwood memberships and the use of Fernwood facilities and services it is recommended that the minimum age of entry be 16 years for participation in unsupervised resistance training. An unsupervised resistance training program should only occur after pre-exercise screen has been administered and assessed by a member of staff who holds the above qualifications and a prescribed resistance training program has been developed and supervised by a suitably qualified member of staff.

Members over 16 and under 18 are welcome to participate in general supervised adult group fitness classes including classes involving weight and body weight exercises. As with members between 14-16 year of age, these classes must be taken by a staff member with the appropriate qualifications.

## Resources

You can find pre-exercise (healthscreen) specifically for teens on FCM > Resources

You can also find more detailed information on Children and Adolescents Health and Fitness Services Guidelines at [Fitnessaustralia.org.au](http://Fitnessaustralia.org.au)