



Guidelines for Families Using Dundonald Hall

To ensure the safety of all of our clients, families using the facility must agree to following guidelines:

1. All children under the age of 12 must be under direct supervision of a guardian that is 14 years of age or older while in the facility. Direct supervision requires that small children must be within arm's reach and all children be visible at all times when a parent is working out in a fitness pod. A fitness pod is a small dedicated workout space used by the parent in a fieldhouse or a small section of the mat corner. Direct supervision during shared physical activity like sports ensures children are staying within the playing area.
2. Small children must not cross the track without a parent accompanying them and should treat it as a road crossing and look both ways to ensure it is clear before proceeding.
3. Children are not permitted in any of the fitness training corners of the Field House, the climbing wall, or on cardio machines while in the Field House. **Children under 13 years of age are not permitted in the weight room and cardio room under any circumstances.**
4. Children and parents are welcome to use the three sport courts in the field house and the gymnasium for physical activity if the area is not already occupied. Sports equipment may be signed out from the front desk.
5. Track use is permitted for children under the direct supervision of a parent. They must stay within a single lane, follow the travelling direction of the day and must stay on outside lanes only. They must not impede or interfere with anyone else on the track at any time.
6. Children are not permitted to use any weight training equipment at any time, including dumbbells, kettlebells or medicine balls/slam balls.
7. Food is **not** allowed in the field house at any time.
8. Stroller use on the track is allowed if wheels are clean from outside dirt and debris. Strollers are not permitted in the weight room, cardio, room, fitness training corners of the field house, or the climbing wall.



Guidelines for Youth Using Dundonald Hall

1. Dundonald Hall defines a youth as anyone between the ages of 12 and 17.
 2. Youth may access Dundonald Hall without a parent once they are 12 years or older and have a valid PSP Plan card with their picture and date of birth.
 3. Youth 12 years and older without a PSP Plan must sign in and leave a parent name and contact number as well as pay the drop in fee. Drop ins for youth only gives access to the sports areas and pool if available. **They only have access to fitness training areas with proof of completion of a CFMWS Youth Fitness Orientation.**¹
 4. While in the facility youth may sign out sports equipment and access the Field House sports floors, track and the gymnasium. No food is allowed in the playing areas.
 5. Youth ages 13-14 who are under the direct supervision of an adult (18+) at all times while training are permitted to work out in all fitness training areas in the facility.
 6. Youth ages 15-17 may work out unsupervised only in the weight room / cardio room. **Youth must show proof of completion of the course to access these training areas.** Youth who are under the direct supervision of an adult (18+) at all times while training are permitted to work out in all fitness training areas in the facility.
 7. Youth ages 13-17 may access the weight room and cardio room under the constant supervision of a parent/guardian until such time that they can participate in a Youth Weight Room Orientation course.
 8. While in the field house, youth are not allowed to use fitness training equipment (ie. cardio machines, dumbbells, kettlebells, plyo boxes, medicine balls or slam balls) without a parent/adult 18+ directly supervising them in a fitness area.
- 1.5590-0 (NRYSM/CFPSA) Policy Statement – Youth Access to Fitness Training Facilities.
2. Youth who are members of the Indoor Rock Climbing Club may use the wall during club times with club supervision.