



Wellness Center Teen Code of Conduct and Physician's Clearance Agreement

Teen's First Name (print) Teen's Last Name (print) Date of Birth Age

I/We understand & agree to abide by the current Wellness Center guidelines & policies of the Duluth Y. In addition, I/We understand that my privileges to use the Wellness Center may be restricted or revoked for behavior or safety concerns. I acknowledge, accept, & understand the above stated agreement and guidelines, for my age group, in the Wellness Center.

Printed Name of Parent/Guardian Signature of Parent/Guardian Date

Signature of Teen Participant Phone Number

By signing, I authorize that the above named youth is physically capable of utilizing the strength training and cardio equipment at the Duluth YMCA. *authorization is required from a physician in order be in Wellness Center

Printed Name Physician Physician's Signature Date

Additional comments/limitations: _____

Youth Ages 11 & Under

This age group is not allowed in the Wellness Center.

Teen Ages 12-15

These teens may use the Wellness Center only after completing a Teen Orientation and signing* the Wellness Center Code of Conduct. Orientations may be scheduled in the Wellness Center. After receiving an orientation, the teen will need to receive a green wrist band as they check into the Y if they wish to use the Wellness Center. *Parent/Guardian's & Physician's signature also required.

Teen Ages 16-17

These teens are not required, but are highly recommended, to participate in a Teen Orientation or Basic Orientation.

Wellness Center General Guidelines:

- Teens 12-15 must have green wrist band in order to use equipment and be in Wellness Center.
- Members must wipe down all equipment after use with disinfectant.
- Members should wear clean, non-outside shoes while using the Wellness Center.
- Cell phones are not allowed in the Wellness Center and are restricted for use only in hallways and in the lobby.
- Gym bags, purses, and other personal articles should be locked and stored in locker. The Member Service Desk sells and lends locks if needed.
- Dumbbells should be rested on the ground between sets. Dropping weights is prohibited.
- Angry or vulgar language, such as swearing, name-calling, or shouting is prohibited.
- Members should wear appropriate workout attire. Jeans, outside shoes, sweat suits, etc are not to be worn.