



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH POLICY FOR WELLNESS CENTER (AGES 12-15)

The YMCA has a focus on healthy living and youth development; through that focus we have developed a waiver program for youth ages 12-15, with the intent of introducing them to the benefits of strength, cardio-respiratory, and free-weight training. The 30-minute orientation will focus on safety, safety, and safety. We will also address proper technique, muscular balance and etiquette in the weight room.

BENEFITS OF STRENGTH TRAINING:

PHYSICAL

- Development of strong muscle tissue
- Development of strong bones
- Development of strong tendons, ligaments and connective tissue
- Reduced risk of injury

ATHLETIC

- Development of useful exercise skills
- Enhanced physical performance in a variety of athletic activities
- Development of skills to enhance performance in specific sports
- Condition the body to meet the demands of specific sports
- Reduced risk of sport-related injuries

SOCIAL AND PERSONAL

- Improved work ethic
- Development of self-confidence
- Improved self-esteem during the years of peer-acceptance
- Opportunity for socialization, cooperation, and leadership with other youth strength training participants

RISKS INVOLVED:

Prior to beginning a strength-training program, a pre-participation health screening is recommended. It is important to be cautious with adolescent strength training participants, especially when using free-weights. Most injuries incurred during weight training involve improper lifting techniques or the performance of heavy lifting in unsupervised settings. Lack of emotional maturity or disregard for proper techniques, rules and etiquette puts the youth and other at risk for serious or even life threatening injury. The YMCA does not advocate the use of dietary supplements or performance enhancing substances, but recommends sound, balanced nutritional practices as suggested by myplate.gov.

SAFE AND EFFECTIVE STRENGTH TRAINING GUIDELINES

- Proper instruction from a qualified fitness professional
- Proper supervision during each strength training session
- Emphasis on basic and brief strength training protocols that address all major muscle groups
- Proper warm up and cool down
- Proper exercise and spotter technique
- Proper safety precautions
- Proper breathing
- Train a recommended 2-3 times per week
- Session time should not exceed 45 minutes
- 48 hours of rest is recommended between each exercise session
- 1-3 sets should be performed on each exercise
- 12-15 repetitions should be performed in each set (with proper form)
- Weight or resistance should be increased in 5-pound (or 5%) increments after performing 15 repetitions using proper form
- Competition is prohibited
- No maximum lift (<8 repetitions) should never be attempted

CONDITIONS OF THE WAIVER

(after completion of the orientation)

**AGES
12-13**

- Technogym Machines
- **Blue Wrist Band**
- Parent must sign Accountability Waiver

**AGES
14-15**

- Technogym Machines
- Cables
- Cardio Equipment
- Free Weight Room Access with Parent Supervision (Parent must also obtain wrist band as the supervisor)
- **Orange Wrist Band**
- Parent must sign Accountability Waiver

WRISTBAND REQUIREMENTS

1. Complete the age appropriate orientation (schedule at the front desk)
 - a. Parent or guardian DOES NOT need to be present during Technogym machine orientation or during Technogym machine workouts
 - b. Parent or guardian MUST participate in free weight orientation (Ages 14-15 only) and supervise youth in the free weight room at all times. Parent or guardian must also wear a wrist band.
2. Return the signed parental accountability form to your wellness coach or to the front desk
3. When arriving at the YMCA, check in at the front desk to receive the proper wrist band before entering the wellness center



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Dear YMCA Parents,

Please take the time to review the above information regarding the safety and effectiveness of strength training for our youth. I understand the risks associated with these activities and assume such risk for my child. Therefore, I expressly acknowledge that I release the YMCA, its board of directors, staff members, and volunteers from all liability for any injury, loss of damage connected in any way whatsoever to his/her participation in YMCA activities.

By signing this waiver you agree to the above release and all terms and conditions in this packet you have received. The YMCA has the right to revoke this waiver at any time if procedures are not followed or if inappropriate behavior is observed.

YOUTH NAME _____

DATE OF BIRTH _____ Current Age _____

PARENT/GUARDIAN
SIGNATURE _____ DATE _____

APPROVED: YES _____ NO _____

WRIST BAND COLOR: **ORANGE (FREE WEIGHT ROOM)** **BLUE (TECHNOGYM MACHINES)**

If NO, why?

YMCA WELLNESS COACH SIGNATURE

DATE _____

*YOUTH WORKING UNDER THE SUPERVISION OF A YMCA EMPLOYED PERSONAL TRAINER ARE EXEMPT FROM THE WRIST BAND REQUIREMENT. TRAINEE MUST HAVE A BAND IF NOT WITH PERSONAL TRAINER.