



## Red / Yellow / Green Youth Orientation Form

### Personal Data

Youth Name		Gender	Age	Date of Birth (YYYY/MM/DD)
Address		City	Postal Code	Primary Phone Number
Medical Conditions No <input type="checkbox"/> Yes <input type="checkbox"/> <b>PLEASE LIST :</b>				
Parent/Guardian Name		Telephone (Primary)	E-mail	

### Alternate Emergency Contact Information

Name	Relationship	Telephone (Primary)
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### Conditions

- Youth must be 10 – 17 years of age to qualify for a red, yellow or green orientation.
- Upon successful completion of one of the above youth orientations, the participant earns the privilege of accessing designated areas of the Youth Wellness Centre based on the colored orientation.
- Pre-requisite for youth 10 – 12 years of age includes: 1) parental permission, and 2) completion of the Unparented Access orientation.
- Youth are required to present photo identification at the time of the orientation (e.g., learner's driver license, school photo identification card, etc.) or have their parent/guardian present to verify identification.
- **Youth are required to have a photo taken at the Youth Wellness Desk to record appropriate identification on their Westside account. Orientation will not be active until photo identification is complete.**
- During each visit to the Youth Wellness Centre, youth must sign in at the Youth Wellness Desk and receive a wristband to verify completion of a colored orientation.
- Westside is committed to providing a safe, respectful environment for everyone. Abuse will not be tolerated. Youth are required to follow all Westside rules and regulations and demonstrate appropriate behavior at all times.
- Access to the Youth Wellness Centre may be revoked if the youth is involved in unsafe or disrespectful behavior or activity while using Westside facilities. Youth not following Westside rules and regulations may receive a warning and be asked to leave for the day. Warnings are documented on the participant's Westside account. Youth may be offered up to 3 warnings for minor infractions after which access to the Youth Wellness Centre will be revoked. Serious offenses are subject to immediate and permanent removal of youth orientation in addition to a possible Westside facility ban.
- An emergency contact name and number must be documented on file to allow for immediate accessibility; a contact is required in the event of an emergency or situation where a participant is requested to stop activity due to unsafe behavior or violating Westside rules and regulations.

### Signatures

I have read and agree to follow the Youth Facility Access Orientation conditions as outlined above.	
Youth Signature	Date
Parent/Guardian Signature, if required	Date



**Westside Use Only**

**FITNESS STAFF TO COMPLETE**

- Review basic safety rules and regulations of the Youth Wellness Centre (Red / Yellow / Green)
- Review basic etiquette and behavior expectations of the Youth Wellness Centre (Red / Yellow / Green)
- Review running/walking track rules and etiquette (Red / Yellow / Green)
- Demonstrate and review cardio equipment (Red / Yellow / Green)
- Demonstrate and review interactive equipment (Red / Yellow / Green)
- Demonstrate and review youth-sized resistance equipment (Red / Yellow)
- Demonstrate and review adult-sized resistance equipment (Yellow / Green)
- Demonstrate and review plate loading area (Yellow / Green)
- Review front page of Youth Orientation form with the youth (Red / Yellow / Green)
- Demonstrate and review free weight area (Green)

**ELIGIBLE FOR YOUTH ACCESS:**  Red  Yellow  Green

**Fitness Staff** \_\_\_\_\_ **Date** \_\_\_\_\_

**YOUTH STAFF TO COMPLETE**

- Review form for completeness and enter all contact information.

**Youth Staff** \_\_\_\_\_ **Date** \_\_\_\_\_