

Lords Recreation Centre Teen Fitness Program

Terms and Conditions

In this application, the term Lords means the City of Subiaco.

1. Program Overview

The Lords Recreation Centre Teen Fitness Program is an eight-week structured fitness program designed for young people aged 12-16 years.

- The Program is delivered by qualified fitness instructors in a supervised gym environment.
- Participants may enrol in either one or two sessions per week.
- Participants must select their preferred class or classes at the time of enrolment.
- Enrolment applies only to the selected class or classes for the duration of the eight-week term.
- Class changes, swaps and transfers are not permitted once enrolment has been confirmed.
- The Program is designed to support the development of participants' confidence, strength, coordination, fitness and healthy exercise habits in a safe and supportive environment.

2. Eligibility and Enrolment Requirements

- Participants must be aged between 12 and 16 years at the commencement of the Program.
- The following must be completed and submitted before the participant attends their first session:
 - Teen Fitness Program enrolment form

- Physical Activity Readiness Questionnaire (PAR-Q).
 - Parent or guardian consent.
- Lords reserves the right to refuse participation until all required documentation has been received and accepted.
- Lords may request additional information where reasonably required to support the participant's safe participation in the Program.

3. Supervision and Gym Access

- All Teen Fitness sessions are supervised by qualified fitness staff.
- Parent or guardian supervision is not required during scheduled Teen Fitness sessions.
- A parent or guardian must remain contactable throughout the session and be available to collect the participant promptly if requested by Lords staff.
- The Teen Fitness Program fee provides access only during the participant's scheduled Program session.
- Access to the gym outside scheduled Teen Fitness sessions is not included in the Program fee. Participants must hold a separate eligible membership to access the gym outside their scheduled Program sessions.

4. Health and Safety

- Parents or guardians must provide accurate and complete information regarding any relevant medical conditions, injuries, allergies, medications, behavioural concerns, disabilities, additional support needs or other circumstances that may affect the participant's ability to safely participate.
- Parents or guardians must promptly notify Lords if there are any changes to the participant's health, medical information or support needs during the term.

- Participants must follow all instructions provided by fitness instructors and comply with all Lords Recreation Centre rules, gym procedures and safety requirements.
- Lords staff may modify an activity or exercise where reasonably necessary to support a participant's safety.
- Lords staff may remove a participant from a session where the participant fails to follow safety instructions or engages in conduct that places themselves, staff or others at risk.
- Participants who are unwell, experiencing symptoms of an infectious illness, or otherwise not fit to participate in physical activity should not attend a session.
- Lords reserves the right to refuse participation where a participant is deemed to be unwell or unfit to participate safely.

5. Fees and Payment

- Full payment for the eight-week term is required at the time of enrolment.
- Current Program fees are:
 - **One session per week: \$120 per term**
 - **Two sessions per week: \$210 per term**
- Fees are subject to change in accordance with the City of Subiaco's adopted Fees and Charges.
- Late enrolments will not be charged on a pro-rata basis.
- Missed sessions are non-refundable, non-transferable and cannot be credited or used as a catch-up session.

- Participants are not entitled to a refund, credit or replacement session for sessions missed due to illness, personal circumstances, change of mind or non-attendance.
- Public holidays or other scheduled non-session days do not entitle participants to a catch-up session, credit or refund.
- Enrolments cannot be transferred to another participant.

6. Class Selection and Changes

- Participants must attend the class or classes selected at the time of enrolment.
- Class changes, swaps and transfers are not permitted during the term.
- Participants cannot attend an alternative class to replace a missed session.
- Participants may only attend an additional class where availability has been confirmed by Lords, and the applicable fee has been paid.
- Lords may, where reasonably necessary, change a class time, instructor or session arrangements due to operational or staffing requirements. Where practicable, participants and parents/guardians will be notified of significant changes.

7. Conduct and Participation

Participants are expected to:

- Treat fitness instructors, staff and other participants with respect.
- Follow all instructions provided by fitness instructors and Lords staff.
- Use gym equipment correctly and only for its intended purpose.
- Follow all gym rules, safety requirements and centre procedures.
- Participate appropriately and respectfully in activities.

- Refrain from behaviour that disrupts the session or prevents others from participating safely.
- Refrain from using mobile phones during sessions unless permitted by the fitness instructor.
- Contribute to a safe, respectful and inclusive environment.

Where a participant does not meet these expectations, Lords may take reasonable action, including providing a warning, contacting the parent or guardian, removing the participant from a session, or suspending or cancelling the participant's enrolment.

Where an enrolment is suspended or cancelled due to a participant's conduct, fees will not be refunded or credited.

8. Parent or Guardian Responsibilities

Parents and guardians are responsible for:

- Providing accurate and up-to-date contact, medical and enrolment information.
- Notifying Lords of any changes that may affect the participant's participation or safety.
- Remaining contactable throughout each scheduled session.
- Being available to collect the participant promptly if requested by Lords staff.
- Ensuring the participant arrives on time and is collected promptly at the conclusion of their session.
- Supporting the participant to understand and comply with these Terms and Conditions and the instructions provided by Lords staff.

9. Photography and Media

- Photographs and/or video recordings may be taken during the Program for promotional, marketing, communications or other approved City of Subiaco purposes.
- Parents or guardians may opt out of photography or videography by notifying Lords in writing before the Program commences.
- Photographs may also be taken and retained where reasonably required for identification, security, incident management, administrative or operational purposes, subject to applicable privacy requirements.
- Lords will handle personal information in accordance with applicable privacy laws and City of Subiaco requirements.

10. Risk, Liability and Insurance

- Participation in the Teen Fitness Program involves physical activity and exercise and carries inherent risks, including the risk of injury.
- By enrolling in the Program, parents or guardians acknowledge these inherent risks and confirm that, the participant is physically able to participate.
- Lords will take reasonable steps to provide a safe environment, appropriate instruction and suitable supervision.
- To the extent permitted by law, the City of Subiaco, Lords Recreation Centre, its employees, contractors and agents are not responsible for loss or injury arising from participation in the Program except where liability cannot lawfully be excluded, limited or modified.
- The City of Subiaco's insurer, LGIS, does not impose a specific minimum age requirement for participation. Eligibility for the Teen Fitness Program is determined by the City of Subiaco.

11. Program Cancellations and Changes

Lords reserves the right to cancel, postpone, modify or alter the Program where reasonably necessary.

- If Lords cancels the entire Program before it commences, participants will receive a full refund of the Program fee.
- If an individual session is cancelled by Lords, Lords may provide an alternative session, credit or refund where reasonably appropriate.
- Lords may make reasonable changes to session times, instructors, activities, formats or Program structure.
- Where practicable, participants and parents/guardians will be notified of significant changes as soon as reasonably possible.

12. Acknowledgement

By completing an enrolment for the Lords Recreation Centre Teen Fitness Program, I acknowledge that I have read, understood, and agree to be bound by these Terms and Conditions.