

## Parental consent form for 14 & 15-year-old Gym Members

This form is an agreement between Resultz Gym and the parent/caregiver of the child that wishes to gain membership. Parents/caregivers of **ALL 14 & 15 -year-olds** must ensure that they have filled out this form and they are present with their child at all times when accessing and training at Resultz Gym.

In addition to this form, the online membership application will need to be filled out and the parent/caregiver will need to electronically sign the second Signature panel and provide their driver's license details.

### Consent

By signing this form (below) I agree that:

- I have read the Resultz Gym terms and conditions (they are able to be viewed on the online application form)
- I give consent for my child, \_\_\_\_\_ to use the facilities provided at Resultz Gym
- I agree that I will be present at all times with my child aged 14 or 15 and it is my responsibility to ensure their safety whilst exercising.
- I have discussed with my child and the Resultz Gym owner/representative about any potential limitations utilising any of the equipment due to my child's age, fitness level, and any previous illness/injury
- I agree to contact the Resultz Gym owner/representative if I have any concerns or queries whatsoever in relation to my child's fitness regime being undertaken at Resultz Gym
- I understand that there is a risk of physical injury during exercise. Very Heavy resistance training for teenagers that are not fully developed can be detrimental to future growth and development. I agree to ensure my child is well informed on the ramifications of this type of training when not controlled.

Parent/Carer Name: \_\_\_\_\_ (please print)

Parents/Carer's Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

E-mail: \_\_\_\_\_ Mob Number: \_\_\_\_\_

If you have any additional information you wish to add to this agreement between you, your child, and Resultz Gym please add this here:

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