



H A R B O U R S I D E

Workout Harbourside: Safeguarding Policy for 16–18 Year Old Gym Users **Effective from: MAY 2025**

At Workout Harbourside, the safety and well-being of all our members is our top priority. We are particularly committed to ensuring that young people aged 16–18 are supported, protected, and appropriately supervised while using our facilities.

1. Mandatory Induction

- All 16–18 year olds must complete a gym induction before using the facilities.
- This induction must be attended by both the young person and their responsible adult (parent, guardian, or appointed adult supervisor).
- The induction will cover safe use of equipment, gym etiquette, and our safeguarding policies.

2. Supervised Gym Use

- Young people aged 16–18 are only permitted to use the gym while accompanied by their responsible adult at all times.
- Solo workouts or unaccompanied access to the gym floor are not permitted for individuals under 18.
- Under 18's are prohibited from booking Classes, this is a GYM only membership

3. Changing Room Access

- To ensure the comfort and safety of all gym users, access to the changing rooms for 16–18 year olds is restricted:
 - They may only use the changing rooms if accompanied by their responsible adult.
 - Alternatively, they may use the downstairs bathroom facilities if they are not accompanied.

4. Staff Awareness & Responsibility

- All Workout Harbourside staff will be trained to understand and uphold this policy.
- Any concerns or breaches of this policy will be documented and reported to the management team immediately.
- Staff are encouraged to engage with both the young person and their adult to promote a supportive and safe environment.

5. Member Agreement

- Both the young person and their adult must sign an agreement acknowledging this safeguarding policy prior to gym use.
- Violation of these rules may result in restricted access or termination of membership for safeguarding reasons.

WORKOUT HARBOURSIDE – GYM AGREEMENT POLICY (16–18 YEAR OLDS)

Location: Workout Harbourside, Bristol

Effective from: [Insert Date]

We welcome young people aged 16–18 to Workout Harbourside, and we are committed to ensuring their experience is safe, positive, and responsible. To help achieve this, we require all 16–18 year olds and their parent or guardian to read, understand, and sign the following agreement.

Terms of Use:

1. Induction Requirement

- I understand that an induction must be completed before using the gym.
- I agree that both the young person and their responsible adult must attend this induction.

2. Supervised Gym Access

- I understand that the 16–18 year old must always be accompanied by their responsible adult when using the gym.
- Unsupervised access is strictly prohibited.
- I understand the under 18 will not be allowed to attend classes

3. Changing Room Use

- I understand that the 16–18 year old may only use the changing rooms if accompanied by their responsible adult.
- Alternatively, they may use the downstairs bathroom facilities.

4. Behaviour and Respect

- I agree to treat staff, equipment, and fellow gym users with respect.
- I understand that inappropriate behaviour may result in restricted access or removal from the gym.

5. Health & Safety

- I confirm that the young person is in good physical health and able to participate in gym activities safely.
- Any pre-existing conditions or concerns must be disclosed during induction.

On your first visit, you will need to sign this at reception.