Teen/Youth Weight Room Orientation RULES

1. Teen must be between the ages of 13 and 15 years
    a. Youth must be 11-12 years of age
2. Parent must accompany the teen/youth during the entirety of the orientation
3. Teen/youth must be in proper athletic attire based on the Sunset Hills Community Center Policies and Procedures
4. Teen/youth must adhere to all Sunset Hills Community Center Policies at all times
5. Upon arriving, the teen must check-in with the weight room attendant, and initial by his or her name on the Roster sheet, before using any of the equipment
6. No teen/youth is allowed to be on the equipment unless they have gone through the Teen Weight Room Orientation, even if they are with a teen that has.
7. Appointments can be made at anytime, drop-ins are welcome. If you drop-in, you may have to wait a few minutes for a weight room attendant to make themselves available for you if they are with another patron.
8. Youth's are allowed **ONLY ON THE CARDIO!**

Disciplinary Procedures

1. If the teen is caught misusing the equipment, using equipment he or she is not authorized to use, breaking any Sunset Hills Community Center Policy, or acting in any way that is harmful or inappropriate to him or her self or others, the following disciplinary procedures will take place:
    a. 1ST Offense- verbal and written warning
    b. 2nd Offense- the teen will be asked to leave the facility for the day
    c. 3rd Offense- the teen will be suspended from the Teen Weight Room Orientation Program for 30 days
    d. 4th Offense- the teen will be suspended from the Teen Weight Room Orientation program for the remainder of their membership