

## OCL Policy 11-15 year olds in the Fitness Suite & Exercise Classes



The number of overweight and obese children in the UK has increased over the past 30 years. “Overweight and obesity in childhood are known to have significant impact on both physical and psychological health. Obese children tend to become obese adults. The epidemic in childhood obesity has led to at least 8000 children in Oldham under 16 years old being obese and more than a quarter of all children being overweight or obese.

There are now nearly 1 in 5 children aged 10-11 years in Oldham who are obese and if the current trend continues then two thirds of children will be obese by 2050. There are more than 3 times the proportion of children in Year 6 who are obese compared to 1990 and the proportion that are clinically obese has increased five-fold in the same time period.” (*“Healthy Weight, Healthy Lives for Children in Oldham 2010-2015”.*)

To help combat this growing trend OCL have developed a new policy for 11-15 year olds that allows them to access a wider range of activities. However the issues relating to safety and ethics surrounding the participation of children in activities at any facility are indeed complex. OCL has established an inclusive policy based on best practice from other Leisure Trusts, our own experience, the ACSM Guidelines for Resistance Training 2000, the ACSM Guidelines for Exercise Prescription 2011 and QLM Guidance note 4 Young Persons Use of Fitness Gym 2016.

The table below is a brief summary of the different Pool, Gym & Studio activities 11-16 year olds can attend:

Age Range	Gym Equipment			Studio Classes			Swimming Pool	
	Cardiovascular Equipment	Resistance Equipment & Powerplate	Smith Machine & Free Weights	General Classes	Basic Weights Classes	Specialised Classes	Public, Splash, Aqua classes & Lane Swims	Adult Only & Adult Only Lane Session
11-12 years	Yes	No	No	Yes	No	No	Yes	No
13-15 years	Yes	Yes	No**	Yes	Yes	No	Yes	No
16 years +	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

\*\* Can use free weights when supervised by staff on a 1:4 maximum ratio

## OCL Policy 11-15 year olds in the Fitness Suite & Exercise Classes



11-15 year olds will be issued with colour coded specific bands at each visit so that the staff within the Facility can identify their age easily and be aware of what equipment or activity they are allowed to use/join in. 11-12 years olds will be issued with a green band upon entry and 13-15 years olds will be issued with an orange band upon entry.

All 11-15 year old members must complete a Physical Activity Readiness Questionnaire (PAR-Q) prior to use of the Gym. The PAR-Q and membership application form must be signed by the 11-15 years old parent or guardian. The parent or guardian will be informed at this time that they must notify us in writing if there is any changes to be made to the par-q information or if the child has any special requirements.

An Induction must be completed prior to use of the gym by all 11-15 year olds. 11-15 year olds can only use the gym at the times detailed in the table below. Within these sessions the gym floor will be supervised by a qualified Fitness Instructor (minimum NVQ L2 in Fitness Instructing) or by a Team Leader.

<b>Site Name</b>	<b>Week Day</b>	<b>Weekend</b>
Chadderton Wellbeing Centre	4pm-6pm	11am-1pm
Failsworth Sports Centre	Monday, Tuesday, Wednesday & Friday 3pm-7pm  Thursdays 2pm-7pm	10am-1pm
Oldham Leisure Centre	4pm-6pm	11.30am-1.30pm
Royton Leisure Centre	3pm-6pm	11am-1pm
Saddleworth Pool & Fitness Centre	4pm-6pm	11am-1pm

### Gym Equipment

#### 1. Cardiovascular Equipment

- The minimum age for a junior to use the CV equipment within OCL fitness suites is 11 years old.
- The 11-15 year old member can only utilise the CV equipment within the specified Staffed Gym sessions after they have completed an induction.
- The 11-15 year old member can only use CV equipment that can be adapted to match their specific size requirements.

#### 2. Resistance Equipment & Power Plate

- The minimum age for a junior to use the Static Resistance equipment and the Power Plate within OCL fitness suites is 13 years old.
- The 13-15 year old can only utilise the Static Resistance equipment and Power Plate within the Staffed Gym sessions after they have completed the specific inductions.
- The 13-15 year old can only use Resistance equipment that can be adapted to match their specific size requirements.

#### 3. Free Weights Equipment & Smith Machine

- The minimum age for a junior to use the Free weights equipment or Smith Machine within OCL fitness suites is 13 years old.
- The 13-15 year olds can't use Free Weights or the Smith Machine without direct supervision of a member of the fitness team.
- The maximum number of 13-15 years olds that a member of staff can supervise when using the Free Weights or Smith Machine is 4.

#### 4. Unsupervised Cardiovascular & Resistance Training

- Only those who are 16 years plus are allowed to participate in unsupervised CV & Resistance training sessions.
- A 13-15 year old who has been identified by a National Talent Program or the British Olympic Scheme are allowed to train outside of Teen Gym hours under the supervision of their parent/guardian or Coach.

## OCL Policy 11-15 year olds in the Fitness Suite & Exercise Classes



### Studio Classes

The table below breaks down the classes delivered by OCL into 3 different categories; **General Classes (11 years +)**, **Basic Weights Classes (13 years +)** & **Specialised classes (16 Years +)**. The class timetables will be colour coded into a traffic light system so that members of the public can easily identify which classes they are allowed to safely access.

General Classes	Basic Weights	Specialised Classes
Age 11 years +	Age 13 years +	Age 16 years +
Abs Blast Aerobics Aquacise/Aqua-Zumba Aquajog Aqua Zumba Clubbercise  Dance Aerobics Fitness Pilates Fitness Aerobics Line Dancing Pilates Sit & Get Fit Spin Tai Chi Yoga Zumba	Body Tone Cardio Tone Circuit Command Circuit Easy Does It Circuit Seated Easy Does it Fitball LBT Running Club Total Body Workout	Body Pump Boxer-circuit HIIT

*\* Please note that the above list is not exhaustive & will be updated via the OCL website. Participation to Spin classes is subject to the individual being tall enough to safely use the Spin Bike.*

Studio Instructors will be trained to identify the age of participants via the colour coded band and to complete a verbal age screening prior to the start of every class.

### Swimming Pool Activities

Normal OCL Swimming entry policy applies to all sessions detailed below.

#### 1. Aquacise / Aqua Jog Classes

Swimming Teachers Association (STA) has stated that children aged 11 years + can participate in water based classes this will include:

## OCL Policy 11-15 year olds in the Fitness Suite & Exercise Classes



- Aquacise
- Aquajog
- Aqua Zumba

OCLL will allow children 11 years and over, and can swim at least 10 meters to attend Aquacise and Aqua Zumba and at least 50 meters to attend Aquajog classes.

### 2. General Swim Sessions

11-15 year olds can attend all of the sessions below unsupervised as part of their OCL Junior or Teen Gym membership:

- Public Swim
- Splash Session
- Lane Swim\*
- Swim for a £1
- Women Only\*
- Female Plus Session\*
- Member Only Swim

*\* Please note that some sessions have further entrance criteria or a restriction that requires participants to swim only lengths.*

### 3. Specialised Swim Sessions

Participants need to be 16 years + to attend any Adult or Adult only lane session.