



Dragonfly Leisure

Junior Fitness Terms & Conditions

This form MUST be completed by the parent or guardian of juniors aged 11 - 15yrs attending group workout classes or the gym.

I confirm and understand that my child MUST complete a Plan & Train appointment prior to using any fitness equipment and that I will ensure that they DO NOT use any fitness equipment until one has been completed.

On completion of an induction I understand that I am responsible for the ongoing supervision of my child when exercising in your facilities. I am responsible for ensuring that they are following any advice and prescribed exercise programmes issued by your fitness staff at all times.

I understand that my child is only permitted to attend the gym outside of supervised sessions under my strict supervision. I also understand that Juniors are not permitted to attend after 5pm weekdays.

I understand that my child can attend specific group workout classes under my direct supervision only.

I accept that I cannot hold Dragonfly Leisure liable for any accident or injury caused when not under my strict supervision or where my child has not followed the advice given.

I can confirm that my child is in good health and that I'm not aware of any reason why they cannot engage in either active or passive exercise. I can further confirm that such exercise would not be detrimental to their health, safety, comfort, well-being or physical condition.

Parent/Guardian Name

Parent/Guardian Signature

Parent/Guardian Email
(required to send copy of fitness programme)

Junior Name

Date