

## The Robin Givens Youth Wellness Center Guidelines

### PROPER CLOTHING

1. Appropriate clothing is required: Sandals and flip-flops will not be allowed. You must wear athletic shoes.
2. Loose jewelry is not allowed.

### EQUIPMENT AND CARDIOVASCULAR MACHINES

1. Please be courteous at all times.
2. Allow others to work in during your rest periods.
3. Keep hands and feet away from all moving parts and weight stacks.
4. Equipment must be put back in its place if moved.
5. Youth must attend equipment orientations and wear lanyards at all times
6. Youth ages 6-9 must be accompanied by a parent and can only use equipment under parent supervision. Parent must attend orientations with child. Red card lanyards.
7. Youth ages 10-13 may use the youth equipment without parent supervision, but parent must be in facility at all times and child must attend orientations. Blue card lanyards
8. Youth ages 14 and up may attend without parent and use equipment on their own after attending orientation. Yellow card lanyard
9. During regular gym hours there will be a 30 minute time limit on cardio machines when others are waiting.

### BEHAVIOR

1. Appropriate language is to be used at all times.
2. All youth must wear lanyards at all times.
3. Respect one another.
4. No food or drink in area other than water bottles.
5. Parent must sign waiver before child uses any equipment

