

Guardian & Informed Consent



Last Name (of participant)	First Name	Middle

has expressed an interest in accessing a City of Mississauga Fitness Centre.

Accessing city exercise areas pose inherent risks and it is necessary for a parent or legal guardian to authorize access and inform themselves and dependents of such risks

Youth Admittance Guidelines

1. Youth, under the age of 10 will not be admitted to fitness centres with the exception of youth age eight (8) and nine (9) years may be permitted pay as you go access to the squash courts only when they are directly supervised all times by a guardian over the age of 18.
2. Youth between the ages of 10 to 13 years of age may be permitted access to the fitness centre when they are directly supervised at all times by a guardian over the age of 18. Direct supervision is defined as, a maximum of two (2) youth with the designated adult being in close proximity of the youth(s) and able to intervene without delay if required.
3. Any youth, 17 years of age or under must have a completed Guardian and Informed Consent form signed by a guardian, before accessing the fitness centre. Proof of age must be shown upon request.

7. I agree to RELEASE the City of Mississauga and it's elected officials employees, agents, volunteers and independent contractors from any and all liability for any loss, damage, injury or expense that my dependent may suffer, as a result of their participation at a City of Mississauga Fitness facility due to any cause whatsoever including negligence, breach of contract, or breach of any statutory or other duty of care.
8. I agree to HOLD HARMLESS AND INDEMNIFY the City of Mississauga for any and all liability for any damage to the property of, or personal injury to, any third party, resulting from my dependent's participation at a City of Mississauga Fitness Facility.
9. I give permission to have the City of Mississauga, the Adult Volunteer and/or other Participants arrange for any emergency medical care including hospitalization /transportation, if necessary, to the administration of such emergency medical treatment as may be deemed necessary in the circumstances.

Informed Consent

1. I understand that NO SUPERVISION will be provided.
2. I understand the potential risks associated with exercise include: exhaustion, fatigue, fainting, discomfort, pain, high blood pressure, high heart rate, high respiration rates and, on rare occasions, heart attack, stroke, or death. I further understand that the risk depends largely on the exerciser's ability to recognize his/her own potential and take the appropriate action for example, reducing the intensity of exercise or sitting down to rest.
3. I understand certain RISKS OF INJURY are inherent in participation in sports and recreational activities. Injury may be minor or serious and may result from my dependent's own actions, or actions/inactions of others, or a combination of both.
4. I understand that the Facility Guidelines are designed for the safety and protection of participants, and my dependent is required to abide by these Guidelines.
5. I understand certain activities require a minimum LEVEL OF FITNESS AND HEALTH and each person has a different capacity for participating in these activities. I understand that my dependent should be well enough to participate because the CHOICE to participate brings with it the ASSUMPTION OF THOSE RISKS AND RESULTS which are a part of these activities. I freely accept and fully assume all such risks, dangers and hazards and the possibility of personal injury, death, property or loss resulting therefrom.
6. I agree to WAIVE ANY AND ALL CLAIMS against the City of Mississauga and it's elected officials, employees, agents, volunteers and independent contractors.

Facility Guidelines

10. We encourage all Youth members wishing to use the conditioning area to sign up for a FREE weight room orientation prior to using the equipment.
11. Check in at the Customer Service Desk every visit.
12. All personal belongings must be kept in the change room or on the provided rack (ie. gym bags, street clothes and jackets). Avoid leaving any valuables, cash, credit cards or identification in the change room.
13. Proper attire must be worn at all times (athletic footwear, appropriate top and bottoms). Sandals are not permitted in the fitness centre.
14. Any beverages must be contained in plastic bottles only. Food is not permitted in the fitness centre.
15. Use of cardiovascular equipment is limited to a total combined maximum of 30 minutes per day.

Participant Code of Conduct

16. I will wipe equipment after use.
17. I will share equipment while I am resting between sets.
18. I will use spotters when necessary and be sure the area is clear of obstructions.
19. I will return equipment (dumbbells, weight plates etc.) to the racks immediately after use.
20. I will not use profanity and other inappropriate behavior.
21. I will use approved safety eyewear while on or using racquet courts.
22. I will use safety devices such as weight collars.
23. I understand that no supervision will be provided and knowing such, will not deviate from the above.

Youth:

I have read the guardian and informed consent, youth admittance guidelines, informed consent, facility guidelines, and participant code of conduct fully understand its terms, understand that I have given up substantial right by signing it, and sign it freely and voluntarily without any inducement.

Last Name - YOUTH	First Name - YOUTH
Date of Birth YYYY/MM/DD	
Youth's signature	Date YYYY/MM/DD

Legal Guardian:

I have read the guardian and informed consent, youth admittance guidelines, informed consent, facility guidelines and participant code of conduct and fully understand its terms, understand that I have given up substantial right by signing it, and sign it freely and voluntarily without any inducement.

Last Name	First Name	Middle
Phone No.		
Number	Street	Apt. #
City	Prov.	Postal Code
Guardian's Signature:	Date YYYY/MM/DD	

Emergency Contact Information (if different from above)

Last Name	First Name	Middle
Phone No.		

The personal information on this form is collected under authority of Section 11.(1)5. of the Municipal Act 2001, SO 2001, c. 25 and will be used to administer the requirement for guardian and informed consent for the participation of youth in Recreation and Parks activities. Questions about this collection should be directed to the Fitness Analyst 905-615-3200 Ext. 5343