



## Junior Fitness Certification

- Teach youth the BIRC Youth Regulations:
  - All youths must check in at the Front Desk.
  - No running or loud behavior.
  - Limit cardio to 20 minutes when others are waiting for equipment.
  - Wipe down equipment after use.
  - Do not sit on equipment or benches if others are waiting.
  - Do not drop weights.
  - No food on the fitness floor or in the gymnasium.
  - No horseplay or improper use of equipment that could damage or cause injury to oneself or others.
  - Adding or “trying out” equipment is not allowed until you have been properly instructed and approved by a BIRC trainer.
  - Proper attire and closed toed shoes are required.
  - All personal property must be stored in a locker or brought out to the gymnasium (if using that space).
  - No sneaking in other youth or adults without properly paying.
  - Must be 16+ years of age to use the steam room and sauna.
  - Youth not adhering to the guidelines and rules will get one warning. A second offense will result in a month suspension from BIRC.
  - If anyone is caught sneaking a guest into any area of BIRC, they will be sent home and suspended from BIRC for one month. The guest will also be banned from entry to BIRC for one month as well. A second offense will result in suspension for three months. A third offense will result in membership termination and an indefinite ban from using BIRC indefinitely.
- Show them where the towels and spray bottles are located, and where to return towels/bottles at end of visit
- Teach them how to properly wipe down equipment after use
- If they have not completed a Youth Orientation, teach them the proper use of the following cardio equipment:
  - Bike
  - Elliptical
  - Rower

- Treadmill
- Teach them how to use the following equipment in the weight machine room, with proper technique, and an appropriate weight. The personal trainer may use their discretion to include/exclude a weight machine depending upon the ability and needs of the youth.
  - #11 Leg Press
  - #33 Hamstring Curl
  - #22 Leg Extension
  - #19 Horizontal Row
  - #12 Lat Pull Down
  - #17 Chest Press
  - #14 Shoulder Press
  - #1 Hip Abduction
  - #2 Hip Adduction