YOUTH ORIENTATION TRAINING CHECKLIST

____ Parent/Legal Guardian must fill out Registration Form and sign youth card

____ Children 10-14 must be under direct supervision of guardian 18 or older

____ Explain to Student how to check perceived exertion (Talk test, RPE, MHR)

____ Show how and where to take pulse (i.e. carotid, radial)

____ Explain importance of each of these items:
  - Towel (wipe off machines/self)
  - Water/sports drink (replenish fluids/electrolytes, dehydration)
  - Shoes & fitness attire (proper support, appropriate for activity, no open-toe shoes, no slick/
    Soiled shoes, breathable/wicking clothing
  - Checking out/turning in items at front desk (i.e. towels, jump ropes, basketballs, foam rollers)

____ Work out safety issues (Talk about warm-up, workout, cool down, and stretching)

____ Ask Student if there are any questions

____ Cover Safety and function of machines (must be 4’11” and above to use most machines

Equipment Allowed to Use:

____ Crossramp (4’11” or above)  ____ Total body Crossramp (4’11” or above)  ____ Treadmill

____ Elliptical (4’11” or above; age 12 or older)  ____ Versa-Climber Crosstrainer (4’11” or above)

____ Arc Trainer (4’11” or above)  ____ Cardio Wave (4’11” or above)  ____ Upright Bike (4’11” or above)

____ Stairmaster – Life Fitness/Pre-climber (4’11” or above)  ____ E-Spinner  ____ Matrix StairMill

____ Recumbent Bike (emphasize set up for knee adjustment)  ____ Rower  ____ Stretch Trainer

____ FreeMotion Room  ____ Hammer Strength Room

____ Racquetball Courts  ____ Family Room

Restricted Equipment:

• All free weight equipment and abdominal equipment (unless given special instruction)

Trainer signature: ____________________________ Date: ____________________________