

Supporting all ages in safely accessing our Health Club

Here at the Bay Pavilions we love supporting our community to lead a healthy, active lifestyle with our gym providing the perfect platform to connect, exercise and achieve your fitness goals.

Creating a supported and most importantly safe environment for our gym users of all ages is our number one priority, with a number of measures in place to ensure that everyone can get the most out of their visit. These measures include:

- Pre-screening tools
- Initial consultation appointments
- Age limits and supervision requirements

To maximise your own visit to the Pavilions, please familiarise yourself with the measures outlined below:

Pre-Screening (All Health Club users – Casual users and members)


Our pre-screening process helps to ensure that all users are fit and healthy before commencing an exercise activity or program with us.

By answering a few short yes/no questions, we are able to identify persons who may have medical conditions or limitations that put them at a higher risk of harm whilst exercising, enabling us to put in place safety measures for those who may need additional support.

Completion of a Pre-Screening Questionnaire is mandatory for all health club users prior to or as part of your first visit, including casual users and new membership sign-ups.

Initial Consultation (Members only)

Conducted by a qualified expert trainer, our initial consultations are an important tool in supporting the health and wellness journey of all gym members and are a



great opportunity to connect with our team, ask questions and become more familiar with the gym environment here at the Pavilions.

Initial consultations run for approximately 60 minutes and include:

- A review of your current health profile
- Goal setting and targets
- Development of a personalised training/exercise program
- Evolt360 Biometric Body Scan
- Gym tour
- Equipment and exercise technique induction
- Induction to our 24/7 access system (if applicable)

Initial consultations are mandatory for all members aged 15 years or younger, however are strongly encouraged for all ages.

Your initial consultation appointment will be made upon commencement of your membership.

Age limits and supervision requirements

Age	Casual Users		Members		
	Pre-Screening Requirements	Supervision Requiriements	Pre-Screening Requirements	Initial consultation Requirements	Supervision requiriements
12 and 13	Mandatory. Must be signed by a legal parent/guardian.	During staffed hours – Must attend with a legal parent/guardian. During unstaffed hours – Access not permitted.	Mandatory. Must be signed by a legal parent/guardian.	Mandotory. A legal parent/guardian must be present at the consultation.	During staffed hours – Must attend with a legal parent/guardian. During unstaffed hours – Access not permitted.
14 and 15	Mandatory. Must be signed by a legal parent/guardian.	During staffed hours – Must attend with a legal parent/guardian. During unstaffed hours – Access not permitted.	Mandatory. Must be signed by a legal parent/guardian.	Mandotory. A legal parent/guardian must be present at the consultation.	During staffed hours – Can attend alone once the initial consultation has been completed. Must attend with a legal parent/guardian prior to completion of the consultation appointment. During unstaffed hours – Access not permitted.
16 and older	Mandatory. Must be signed by the individual.	N/A	Mandatory. Must be signed by the individual.	Strongly recommended.	N/A

* Fitness Passport Holders are considered casual users and must follow the relevant age related casual user requirements outlined above.

** Persons aged 11 years or younger are not permitted to use the gym under any circumstances.