



Weight Training Orientation for Teens (13-16 years)

In order to ensure that your weight training sessions are both safe and enjoyable, we encourage you to attend a weight training orientation session. Orientations are free with the price of a single admission. Here are the simple steps which you should take before beginning your training:

1. Take this form home and have a parent or legal guardian sign Section 1 below and assist you in completing the attached PAR-Q form.
2. Phone the False Creek Community Centre to make an orientation appointment.
3. Have Section 2 of this form completed and signed by the instructor who does your orientation.
4. Return this completed form in its entirety and the completed PAR-Q to the False Creek Community Centre when you come for your first workout.

Section 1:

PARENTAL/GUARDIAN CONSENT FORM

I, the parent/legal guardian of _____ give my permission for him/her to both complete the weight training orientation session and to then use the unsupervised weight room at False Creek Community Centre.

Signature: _____ Date: _____

Phone #: _____

Section 2:

WEIGHT TRAINING ORIENTATION FORM

This form will verify that _____ has attended a basic weight training orientation session at the False Creek Community Centre on this date: _____.

Signature: _____
(Instructor)