

Vancouver Board of Parks & Recreation



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. Attached is a list of community centres which provide orientations 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 one of the community centres listed on the next page to make an orientation appointment (or attend an orientation session at this centre if one is available).
 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 centre when you come for your first workout.
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Section 1: PARENTAL/GUARDIAN CONSENT FORM

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

Signature: _____
(Instructor)