

BPM FITNESS CENTRE

CHILD SAFETY POLICY

BPM Fitness Centre is an active fitness and training facility containing heavy equipment, moving machinery, free weights, fitness classes, and other inherent hazards that may pose risks to children.

To help ensure the safety of all members, guests, staff, and visitors, the following Child Safety Policy applies at all times within BPM Fitness Centre and surrounding BPM-controlled property.

By bringing a child onto BPM property, the parent or legal guardian acknowledges and agrees to the following terms and conditions:

1. PARENT/GUARDIAN RESPONSIBILITY

Parents and legal guardians are solely and entirely responsible for the supervision, conduct, safety, and wellbeing of their child(ren) at all times while on BPM property.

BPM Fitness Centre, including its owners, directors, officers, employees, contractors, volunteers, trainers, members, clients, patrons, and representatives, assumes no responsibility or liability whatsoever for the safety, supervision, injury, illness, loss, or death of any child on BPM property.

2. CHILDREN UNDER 12 – RESTRICTED FROM WORKOUT AREAS

Children under the age of 12 are strictly prohibited from entering or remaining within active workout or training areas of BPM Fitness Centre.

This includes, but is not limited to:

- Free weight areas;
- Strength training areas;
- Cardio equipment areas;
- Group fitness class spaces;
- Functional fitness spaces;
- Turf areas;
- Recovery or contrast therapy areas; and
- Any area designated by BPM staff as restricted.

3. LOUNGE AREA EXPECTATIONS

Children under 12 may remain quietly within designated lounge or seating areas, including couch or waiting areas, provided they:

- Remain under direct supervision at all times;

- Do not run, climb, yell, wander, or disrupt operations;
- Do not interfere with members, staff, equipment, or programming; and
- Do not create safety hazards for themselves or others.

Children are not permitted to play within the facility.

4. YOUTH PARTICIPATION (AGES 12–17)

Individuals aged 12 to 17 may enter workout and training areas solely for the purpose of participating in a workout, class, or training session, provided that:

- Their parent or legal guardian has reviewed, approved, and signed all required BPM waivers, agreements, and liability documents on their behalf;
- Their parent or legal guardian has approved their participation and activity within BPM Fitness Centre;
- They follow all BPM policies, staff instructions, and safety rules;
- They behave in a respectful and safe manner; and
- All applicable BPM membership fees, drop-in fees, class fees, personal training fees, or other charges are paid in full.

A parent or legal guardian is not required to remain present during the workout or session once all required waivers and approvals have been completed.

BPM reserves the right to deny or revoke access to any youth participant at its sole discretion for safety, behavioural, operational, or policy-related reasons.

5. ADULT PARTICIPATION (18+)

Individuals aged 18 years or older may access and use BPM Fitness Centre independently and without a parent or guardian present, subject to all standard BPM membership agreements, waivers, policies, rules, and conditions of use.

6. NO UNSUPERVISED CHILDREN

Children under the age of 12 may not be left unattended anywhere within or around BPM property at any time.

Parents and guardians must maintain active supervision of children under 12 at all times.

7. NO HANDLING OF EQUIPMENT

Children not actively participating in an approved workout or training session are strictly prohibited from:

- Handling weights;
- Using gym equipment;
- Climbing on equipment;

- Operating cardio machines;
- Entering training spaces; or
- Touching fitness equipment or training tools.

This restriction exists for safety purposes and will be strictly enforced.

8. STAFF AUTHORITY

BPM staff and representatives reserve the right to reasonably request that:

- A child be relocated;
- A child leave a restricted area;
- A parent/guardian remove a child from the premises; or
- Future child access privileges be restricted or revoked.

Failure to comply with staff instructions may result in removal from the facility and/or suspension or termination of membership or access privileges.

9. DAMAGE AND LIABILITY

Parents and guardians assume full responsibility and liability for any:

- Injury;
- Property damage;
- Equipment damage;
- Cleaning costs;
- Legal claims; or
- Other losses

arising from or related to the presence or conduct of their child.

Any damage caused by a child to BPM property, equipment, furnishings, flooring, or infrastructure shall be the sole financial responsibility of the parent or guardian, who agrees to compensate BPM Fitness Centre for all associated repair, replacement, cleaning, or remediation costs.

10. ASSUMPTION OF RISK

Parents and guardians acknowledge that a fitness facility contains inherent risks and hazards, including but not limited to:

- Heavy weights;
- Moving machinery;
- Physical exertion;
- Crowded training spaces;
- Slippery surfaces;

- Fitness classes;
- Elevated heart rates;
- Loud noises; and
- Dynamic athletic movement.

By bringing a child onto BPM property, the parent or guardian voluntarily assumes all risks associated with the child's presence within the facility.

11. COMPLIANCE WITH INSTRUCTIONS

All parents and guardians must comply with:

- This policy;
- All posted signage;
- All verbal or written instructions from BPM staff; and
- All applicable laws and bylaws.

12. POLICY MODIFICATIONS

BPM Fitness Centre reserves the right to modify, restrict, suspend, or revoke this Child Safety Policy at any time without notice and at its sole discretion.