

# 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: \_\_\_\_\_