

SAFEGUARDING CHILDREN - JUNIOR MEMBER ARRANGEMENTS

In the interests of the safety and security of children using the facilities the following rules should be adhered to at all times:

General

- Junior members aged 10 and under must be accompanied by an adult at all times within the Sports Club.
- Junior members aged 11 and over may obtain their own membership card and may attend the club unaccompanied. (See below for additional conditions)
- Junior members are not permitted to sign in members' guests.

Swimming Pool

- Junior members aged 11 and over may swim unaccompanied provided they are competent swimmers.
- Junior members aged 10 and under must be accompanied to the Swimming Pool by an adult or responsible person aged 16 or over on poolside or in the water.
- Junior members aged 7 and under must be accompanied in the Swimming Pool water at all times by an adult or responsible person aged 16 or over. We recommend a maximum supervision ratio of one adult to two children aged 7 and under.

Changing Rooms

- Children aged 10 and under should be accompanied at all times in changing rooms. Children aged 11 to 18 should not use a changing room alone when adults other than their parents are present.
The accessible changing rooms may be used in these circumstances.
- Children aged 8 and over must use the correct gender changing room.

Fitness Suite/Free Weights

Junior members may use the Fitness Suite from the age 14 and Free Weights Room from age 18 and upwards, after completing an induction with a Fitness Instructor.

Non-Member User Cards

Junior Non-Members may obtain a User Card and access the club unaccompanied from the age of 11. Junior User Cards may not be used to book classes or courts. Children aged 10 and under must be accompanied into the Club by an adult carrying a valid Activity Access Card and delivered to their activity coach.

Members' Guests

Member's guests may only be brought into the club by an adult member age of 18 and over.

Thank you for your cooperation
Sports Club Manager (April 2023)

[Please turn over for a summary of junior member access age limits](#)

Sports Club Activity Programme - Participation Age Limits

Activity	Venue	Age limit	Notes
Tennis, Squash and Badminton court bookings	Various	Any	Under 11s must be accompanied when playing
Table Tennis Club Night	Club Room	Any	Must be a competent player
No Strings Badminton (Sundays)	Sports Hall	Any	Must be a competent player
Pickleball Club Night	Sports Hall	Any	Beginners Welcome
Lanes - Any Age	Swimming Pool	Any	Must be a competent swimmer
Family Swim	Swimming Pool	Any	Under 8s must be accompanied. All swimmers must be booked in.
General Swim	Swimming Pool	Any	Any age for the lanes or leisure half of the pool
Swimming Lessons	Swimming Pool	4	
Children's Parties	Various	4/5	Depending on which type of party
Trampolining Courses	Sports Hall	5	
HDO Holiday Camps	Various	5	www.holidaydropoff.com
Basketball Courses	Sports Hall	7	
Fencing Courses	TBGS Hall	8	
Cycling Studio (Non-Advanced)	Cycling Studio	11	Excluding 'Advanced' classes
Accessing Sports Club Unaccompanied	Sports Club	11	Under 11s must be accompanied at all times
Badminton Club Night (Monday & Wednesday)	Sports Hall	11	Must be a competent player
Basketball Club Night	Sports Hall	11	Must be a competent player
Squash Club Night	Squash Courts (TBSG)	11	Must be a competent player
Swimming Unaccompanied	Swimming Pool	11	Under 11s must be accompanied by an adult at all times. Under 8s must be accompanied by an adult in the water.
Fitness Suite use	Fitness Suite	14	All users must complete an induction
Exercise Classes (Non-Advanced)	Various	14	Excluding 'Advanced' classes
Cycling Studio (Advanced)	Cycling Studio	18	Marked with red cycle icon 
Free weights use	Free Weights Room	18	Authorised DC boys aged under 18 exempt
Lanes - Adults 18+	Swimming Pool	18	Must be a competent swimmer
Exercise Classes (Advanced)	Various	18	Marked with red weights icon 
Non-Members			
Apply for Activity Access Card	Various	18	Includes cycling exercise class and courts bookings
Apply for Junior User Card	Sports Centre Access	11	For ID and access only - No access to activity booking

Note :

1. Maximum age for accessing opposite gender changing room is 7. Two accessible changing rooms are available.
2. Generally, under 11s must be accompanied by an adult unless stated by the activity leader.