



MUBC Policy - Use of Facilities by Under 18yo

When training at MUBC, all athletes under the age of 18 must understand that as an institution, MUBC is acting *in loco parentis* for the athlete. Meaning that MUBC takes on full responsibility for the safety and wellbeing of the athlete, while the athlete is participating in agreed training at or with the club.

As part of this responsibility, all athletes under 18 must abide by the below conditions to ensure training is conducted in an effective and safe manner. Breach of these conditions could result in injury for the individual and will negate the responsibility that MUBC takes on.

MUBC, its officers, coaches and athletes will enforce this policy, however it is understood that it remains the responsibility of the individual wanting to use the facilities, to abide by these rules for their own safety.

Weights Equipment:

- Any use of weights and equipment must be supervised by a coach or responsible adult, who must remain present in the gym, at all times.

Ergo/WattBikes:

- A coach or responsible adult must be notified of the activity before training begins, and must be within the building for the duration of the session
- If the coach/adult is not able to remain in the training room (for example, they are working in the office) you must ensure at least one other person is in the gym for the duration of your session, who can also be training or otherwise (it does not matter if they are over 18).

Water:

- All water sessions must be supervised by an approved coach, no matter the boat type.

Franz Imfeld, High Performance Manager

As agreed by the MUBC Committee