

Fitness, Sports & Recreation is dedicated to providing a safe environment for people of all ages and abilities. A safe, responsible, respectful environment requires cooperation and understanding from both staff and clients.

The safety of all children/youth¹ left alone is a serious concern for everyone.

Staff of FS&R facilities are not responsible for children/youth left unattended and/or who demonstrate inappropriate behaviour and actions; but the responsibility of the parent/guardian² or caregiver³.

This Age Access policy outlines regulations which will be enforced by FS&R staff concerning the behaviour and care of children/youth while at FS&R facilities.

¹ For the purpose of this policy, children/youth refers to anyone under the age of majority (18).

² A guardian is a person who has the legal right and responsibility of taking care of someone who cannot take care of himself/herself, such as a child.

³ A caregiver is a person who provides for the needs of a child/children and who is 16 years or older.



Personnel Support Programs

*Serving those who serve!
À votre service !*

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Age Access Policy

CFB Kingston

Fitness, Sports &
Recreation (FS&R)

FS&R facilities include:
Kingston Military Community
Sports Centre (KMCSA)
Base Gym,
Kingston Military Community
Sports Dome (KMCSA)
Base Dome,
and Constantine Arena

CHILDREN 11 YEARS OF AGE AND UNDER

Children 11 years of age and under must be accompanied and supervised by a parent/guardian/caregiver who is 16 years of age or older.

Upon the discretion of the parent/guardian/caregiver, children in this age group can be left alone only during supervised programs.

For safety reasons, children in this age group are not permitted in the weight and cardio training areas under any circumstances.

If found alone, staff will attempt to locate the parent/guardian/caregiver. If no one can be located within 30 minutes, the Military Police will be contacted.

If found demonstrating inappropriate behaviour and/or language, the parent/guardian/caregiver will be informed. If the behaviour and/or language persists, the parent/guardian/caregiver and the child will be asked to leave the facility.

YOUTH 12 - 17 YEARS OF AGE

Youth 12- 17 years of age, may use FS&R facilities unattended. However, to access the weight and cardio training areas, they must be at least 12 years of age and have attended a 'Youth Gym Orientation'¹.

Those who have not attended a 'Youth Gym Orientation', may use the weight and cardio training areas as long as they are supervised by an adult at a 1:3 ratio or by someone 16 years of age or older at a 1:1 ratio.

Upon completion of the 'Youth Gym Orientation', the participant's membership will be updated. Those paying a 'drop-in fee' to use our facilities, will require a tag from the Customer Service Desk stating they have been successfully 'Youth Trained'.

If a youth is found demonstrating inappropriate behaviour and/or language the youth will be asked to make corrections. If the behaviour/language persists, the youth will be asked to leave the facility.

¹ For more information or to register for a Youth Gym Orientation, contact our Customer Service Desk or visit www.pspkingston.com/register

SWIMMING POOL ACCESS

6 years and under (with or without PFD)

May not be in the pool unless accompanied by adult 16 years or older - within arm's reach at all times. (ratio 2:1)

6 to 9 years who passed swim test:

6 years and under, must be within reach.

All children 10 years and under may be subject to a swim test, before accessing deep end. Those who do not pass will not have access to the deep end and may be required to wear a PFD.

6 to 9 years who did not pass swim test:

Always accompanied in the water by adult 16 years or older and restricted to shallow end. Ratio: 4:1 or 6:1 if all wearing PFD.

10 years who passed facility's swim test:

Adult 18 years + must remain within the facility for swim duration.

Children 10 years who did not pass the swim test: Ratio: 8:1 Guardian 12 years and over (if all in PFDs)

High-risk individuals must be ratio of 1:1.

For Camps & After School Programs:

Children 10 years of age who are swimmers and have passed the swim test. Ratio: 10:1 when 12 years and over.

For Camps/After School Programs:

All Group Leaders should receive 'Safeguard' training prior to swim event.

For further clarification, speak to Aquatic Staff on Pool Deck.