

WEIGHTROOM MINIMUM AGE REQUIREMENT CHANGE

As of September 1st, 2024, to align with regional age requirements, the minimum age to drop in at Oak Bay Parks, Recreation and Culture (OBPRC) Weightrooms will be 16 yrs. Those aged 13-15 yrs. may register for a Regional Youth Weightroom Orientation. Upon successful completion, orientation participants will receive a Youth Fitness Exemption card which must be presented at time of entry, permitting youth 13-15 yrs. access to OBPRC Weightrooms either during staff-attended times or when accompanied by an adult 19 yrs. or older. There may be additional requirements to gain access to Weightrooms in other municipalities.

FAQS

1. Why increase the minimum age requirement?
 - At most recreation facilities around Greater Victoria the minimum age to attend the Weightroom without completing a Regional Youth Orientation is 16 yrs. and are required for those aged 13-15 yrs. This regional age inconsistency has created confusion and a barrier for 15-year-olds who attend OBPRC Weightrooms without an orientation but are then denied access to other neighbouring municipal Weightrooms.
 - This change will allow OBPRC to capture a broader range of youth attending the Regional Youth Weightroom Orientation, setting them up for access in Weightrooms across the municipalities.
2. My youth (age 15 yrs.) has already been using the OBPRC Weightrooms. Do they now have to take the Regional Youth Weightroom Orientation?
 - Yes, effective September 1st, 2024, youth who are 13-15 yrs. must participate in a Regional Youth Weightroom Orientation.
 - In anticipation of this change, the Fitness Department has scheduled additional sessions for July-August. These 2-hour summer sessions are delivered by certified instructors and will be FREE for participants 15 years of age.
 - Please note only Regional Youth Weightroom Orientations scheduled in July-October 2024 are free for 15-year-olds.
3. Can exceptions be made for youth (15 yrs.) who have already been using the Weightroom?
 - Exceptions cannot be made for individuals 15 yrs. who have already been using the Weightroom. The Fitness Department has scheduled additional sessions for July-August. These 2-hour summer sessions are delivered by certified instructors and will be FREE for participants 15 years of age.
 - Please note only Regional Youth Weightroom Orientations scheduled in July-October 2024 are free for 15-year-olds.

4. My 15-year-old has completed the Saanich [specific] Weightroom Orientation. Does this count?
 - Saanich Recreation offers two orientations: a Saanich-specific Youth Weightroom Orientation and the Regional Youth Weightroom Orientation. All youth ages 13-15 yrs. are required to complete a Regional Youth Weightroom Orientation to access OBPRC Weightrooms.
 - Upon completion of the Regional Youth Weightroom Orientation, participants receive a Youth Fitness Exemption card.
 - If you still require clarification or did not receive the Youth Fitness Exemption card, please contact the Saanich Recreation Centre at which your youth completed the orientation.

5. I want to sign my youth (13-15 yrs.) up for the Regional Youth Weightroom Orientation, but Oak Bay's sessions are all full. What can I do?
 - In anticipation of this change, the Fitness Department has scheduled additional sessions for July-August. These 2-hour summer sessions are delivered by certified instructors and will be FREE for participants 15 years of age.
 - Please note only Regional Youth Weightroom Orientations scheduled in July-October 2024 are free for 15-year-olds.

6. Do you offer private Regional Youth Weightroom Orientations?
 - We currently do not offer Private Youth Weightroom Orientations.

7. My 13-15-year-old has already completed the Regional Youth Weightroom Orientation. Do they have to do it again now?
 - No, youth who have already completed a Regional Youth Weightroom Orientation in Oak Bay or any neighbouring municipalities, such as Saanich, City of Victoria, Esquimalt, Westshore or CRD do not have to complete it again.
 - Please note, youth must show their Youth Fitness Exemption card to gain access to the Weightroom.

8. Does this apply to both the Oak Bay and Henderson Weightrooms?
 - Yes, this change will apply to both the Oak Bay and Henderson Weightroom locations.

Please reach out to the Fitness Supervisor, Emma Welch at ewelch@oakbay.ca if you have questions!