



## WELCOME TO THE PLAYROOM AT WORKOUT



Claim some time for yourself—take advantage of our playroom service, at no extra cost!

The Playroom is open for babies and children from 6 weeks to 6 years (prep/school entry age).

Playroom hours are displayed at the Playroom entry and also at [www.workout.net.au](http://www.workout.net.au).

The Playroom is closed public holidays and during the Christmas/New Year period.

You do not need to make a booking to use the playroom.

### USING THE PLAYROOM

Parents are required to record each visit using the Playroom Attendance Register. Please sign your child in when you drop them off, and out when you pick them up. Our Playroom Attendance Register is for safety and emergency purposes.

The maximum time in the playroom is **1 hour 20 minutes**. If this time is exceeded you will be asked to come and collect your child/ren. Please note: during school holidays/student free school days the Prep to 11 Years school age group have a strict **1 hour time limit**. For further information see School Holiday section below.

The overlap period between classes can be a busy time in the Playroom. Please help us manage this by dropping your children off just before your class starts, and collecting them as quickly as possible after your class finishes.

The Playroom is divided into two age and activity-specific zones; 6 weeks to 2.5/3 years and 2.5/3 to 6 years. Progression and transition from each zone is at the

discretion of the Playroom Carers.

**Please note:** Siblings will sometimes be in different age zones. These age zones are necessary to ensure the Playroom staff can safely and efficiently care for your children. Please help us manage this by explaining to your children prior to using the playroom that they may not be allowed in the same area.

### WHAT TO BRING

Dress your child in clothing that is comfortable and appropriate for the weather.

If your child is undergoing toilet training please dress them in a 'pull-up' and take them to the toilet just before you leave the playroom to workout.

**Please note:** We do NOT have spare clothing on site so if your child has an accident and is not wearing a 'pull-up' a Playroom carer (or Workout staff member) will let you know immediately. It is the parent's responsibility to manage any change of clothing.

To allow the Playroom staff to focus on the children in their care, we do NOT offer a nappy changing service. Please check that your child is clean and dry before you work out. If your child needs a nappy change a Playroom carer (or Workout staff member) will let you know immediately. A nappy change table is available for you to use when needed, so bring a spare nappy just in case!

No food is to be brought into the Playroom area. This helps us keep the Playroom safe for all children.

Please bring a clearly named water bottle as your child may get thirsty during their stay in the Playroom.

Please label all nappy bags, comfort blankets and dummies with your child's full name.

The toys available in the playroom have been selected to be safe for all children and therefore no other toys are allowed to be brought into the playroom.

## SETTLING IN

We recommend starting with shorter visits and we may ask parents to stay with their child for the first few visits. This helps them adapt quickly and happily.

If we are unable to console a crying child, a Playroom carer (or Workout staff member) will come and get you.

## ILLNESS

If your child is unwell they will not be allowed entry to the playroom.

If your child is home from kindergarten or school because they are unwell they will not be allowed entry to the playroom.

## SAFETY

Parents must sign children in and out on our Attendance Register.

For quick and easy identification, all Mums & Dads who use the Playroom must have a photo stored on our computer system.

If your child has any type of allergy or medical condition please ensure our Playroom Carers know and advise them of an appropriate course of action if there is an emergency.

Always close Playroom gates immediately and make sure only your own child goes through.

All children must be in Playroom care. They are not permitted to wait for you in other areas of the club while you work out. Children are not permitted to enter any exercise areas.

Parents must stay at the club while their children are in the Playroom. Parents are not to bring any child other than their own.

## SCHOOL HOLIDAYS CHILDREN PREP TO 11 YEARS

We appreciate school holidays can be challenging when you have school-age children who are not yet old enough to stay at home.

On school holidays and pupil free days the playroom can cater for a small number of PREP to 11 year old children. This reserved area is small and limited in capacity so please only bring children in if you have no other option. The following conditions and rules apply:

- The maximum time in the Playroom is **1 hour**. If this time is exceeded you will be asked to come and collect your child/ren. This time limit will appear on the Sign in Sheet for your reference.
- PREP and Grade 1 children will be in the age group zone marked 2.5 to 6 years.
- Children aged 7-11 years will be in a reserved area as you enter the Playroom.
- Children aged 7-11 years are not allowed to enter the other age group zones in the Playroom and cannot 'help' Playroom carers.
- This reserved area is suitable for children to sit and wait only. Please bring 'quiet play' items only e.g. iPad, book, cards or board game. There is Wi-Fi available. Balls are not allowed.
- All personal items should be named clearly and remain the responsibility of parents and their children.
- This is not a booked or paid for service. If this area is at full capacity you will have to wait for other children to vacate the space before a space is offered.
- All children PREP to 11 years must be in Playroom care. They are not permitted to wait for you in any other area of the club and they are not permitted to enter any exercise areas.
- We expect school age children to be well behaved and if they become disruptive a Playroom carer (or Workout staff member) will come and get you.
- **PLEASE NOTE:** This school holiday service is offered to parents who have no other option. If you are able to alter your workout times to avoid placing extra strain on the playroom it would be greatly appreciated. If the inclusion of older children becomes too busy to manage the decision to allow children older than 6 years into the playroom will be reviewed and possibly revoked.

## FINAL NOTE FOR CHILDREN OF ALL AGES

- We are sorry but children of any age cannot wait in any area of the club while you work out unless supervised by another adult over 18 years of age. From 14 years of age they are able to become 'Teen' Workout members if they are keen to start coming to the gym!