

# BIAC Junior Members Workout Policy

Adopted: 8/14/2019

BIAC has junior members. This includes any child under 18 as well as any affiliate program members still in high school (e.g. Norcal or Serra). This policy applies to all junior members.

## No unsupervised workouts

BIAC requires all junior members to be supervised by an adult whenever on the property. This includes working out using the erg/gym equipment in the boathouse, outdoors or modulars.

Proper supervision includes:

- An appropriate adult must be present whenever a junior member is working out
- The adult must remain within unaided visual or audible contact at all times.

Appropriate adults include:

- Approved coaches with proper SafeSport and background check credentials
- Parent volunteers approved to supervise by BIAC or affiliate programs who have proper BIAC Waiver, SafeSport and background check credentials
- A parent/legal guardian who is a BIAC member may supervise their own child in accordance with [the BIAC Parent-Child policy](#)

Appropriate adults DO NOT include:

- Adults 18 or older but not related to the child who are not properly vetted by BIAC and/or its affiliates via BIAC Waiver, SafeSport and background checks

Notable situations or examples:

- When children are left on land during coached water sessions, an appropriate adult must be present to supervise
- A parent may need further credentials to supervise other than their own children
- Adults, including parents, require proper BIAC membership status for their own use of the BIAC facility including the gym equipment and water access
- "Unaided" visual or audible contact specifically excludes cell phones or other devices, only eyes and ears count!
- Unaided visual or audible contact requires being in proximity - one cannot supervise a workout in the modulars from the boathouse, for example
- Programs are encouraged to work with BIAC leadership for acceptable solutions for supervision during scheduled practices when multiple kids are present