

YMCA CODE OF CONDUCT

The Fayette County Family YMCA is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all, we ask individuals to act appropriately at all times when they are in our facility or participating in our programs.

Our Code of Conduct does not permit any language or action that can hurt or frighten another person, or that falls below a generally accepted standard of conduct. Specifically, this includes:

- Inappropriate attire—suitable family attire must be worn at all times
- Angry or vulgar language, including swearing, name calling, or shouting
- Physical conduct with another person in an angry or threatening way
- Any demonstration of sexual activity or sexual contact with another person
- Harassment or intimidation by words, gestures, body language, or any other menacing behavior
- Theft or behavior that results in the destruction of property
- Carrying or concealing any weapons, devices, or objects which may be used as weapons

To ensure the safety and well-being of all employees, members and other visitors, the YMCA reserves the right to inspect and/or search all areas of the YMCA and your belongings in appropriate circumstances, such as

- Using or possessing illegal chemicals or alcohol on YMCA property or in YMCA vehicles
- Any other conduct of an inappropriate, threatening, or offensive nature

Also, please be aware that

- Video recorders, cameras, or any other visual recording devices are not allowed within the YMCA, except during youth programs, without the written consent of the Executive Director. Anyone caught taking pictures of another person other than during a YMCA youth program, including in locker rooms, without their permission and knowledge will be prosecuted to the full extent of the law by the YMCA and their membership may be terminated. Some cellular phones have the ability to take pictures. For your own safety and the safety of others, please be aware if someone is using a cell phone within your vicinity. **Cell phones are not to be used in locker rooms.**
- Persons confirmed listing as a registered sex offender will be terminated from YMCA Membership. The YMCA will cross reference public websites. Members and guests should not hesitate to notify a staff person with any concerns or questions.

In order to carry out these policies, we ask that members and guests identify themselves when asked. The Executive Director will investigate all reported incidents. Suspension or termination of YMCA membership privileges may result from a determination by the Executive Director if, in his or her discretion, a violation of the Code of Conduct has occurred.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Member Handbook



Mission: To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind and body for all.

The YMCA is a 501c3 tax exempt organization.

YMCA 740-335-0477

Kid's World of Learning (infant-preschool care) 740-333-3959

faycoymca.org

Thank you for choosing the Fayette County Family YMCA for your family's program and wellness needs. We consider it our privilege to serve you!

Membership Card: Your Passport

Cards are nontransferable and remain the property of the YMCA. You will be expected to present your membership card to the Member Service Desk each time you enter the facility. Lost cards may be replaced for a nominal fee.

Your membership is now accepted at most YMCA's in the US through Nationwide Membership.

Member Status Changes

Changes to your membership, including additions or deletions of individuals or name and address changes—can only be made by the primary member and needs to be processed in writing at the YMCA Member Service Desk.

Program Information

Brochures, program schedules, and flyers describing YMCA services and programs may be obtained at the Member Service Desk or at **faycoymca.org**. Our membership and program guide is distributed in May, August, and December. If you want information about YMCAs in other states or countries, ymca.net is a great resource.

Facilities Use Guidelines

The following rules are designed to ensure the safety of all members:

- Children ages **11 and under** in the YMCA building or on the grounds are required to have a parent or guardian **in the facility or at the reservoir by the YMCA**, or be registered and participating in a YMCA program. **Children 7 and under** must be under the supervision of an adult or in child watch or YMCA program.
- Child Watch is available free of charge to YMCA members ages 7 and under.
- Children who are unsupervised but have a parent/guardian in the facility are expected to behave in a manner that demonstrates caring, honesty, respect, and responsibility. Children whose behavior does not meet these standards or found in areas not permitted may have their parents removed from the activity in which they are participating to address the matter.
- Certain areas of the YMCA facility are restricted to use by specific age groups or restricted by specific supervision guidelines as follows:
 - Ages 12 years and up are allowed on the indoor track and pool unsupervised. 10-11 year olds who have completed the preteen class may use the track unsupervised. **Ages 8 and under must be supervised by an adult in the pool area.** If a child is using an approved flotation device an adult must be in the water supervising the child in the shallow end of the pool.
 - Ages 10-12 may utilize the Wellness Center with an adult when they have completed the preteen fitness class.
 - Children are not to congregate or engage in "horseplay" in the lobby area and are not to enter the group exercise areas during class.

All children must be supervised by an adult in order to utilize the playground. Playground is available when not in use by the SACC program.

Locker Room Policies

1. Please secure your valuables and personal belongings in a locker. The Y is not responsible for lost or stolen items.
2. Please bring your own lock and remove it each day. Items left in lockers overnight will be removed.
3. Use of cell phones or any electronic device with camera capabilities is prohibited in locker rooms.
4. If you are accompanying children of the opposite gender ages 6 and older, please use our Private Use Locker Room.
5. All children under 10 must be accompanied by an adult.
6. Please shower before and after pool use.
7. Use the door at the rear of the locker room to access the pool.
8. Please remain properly covered while in public areas of the locker room.

The YMCA does not tolerate discrimination or harassment of any person on the basis of race, national origin, ancestry, color, creed, religion, sex, sexual orientation, gender, gender identity, age, disability, or any other basis protected by law. **All members will have access to restroom and locker room facilities that correspond to their self-identified, self-reported gender identity to the extent permitted by applicable law. For those members wishing for more privacy our family locker rooms are available.**

Questions regarding this policy should be directed to the YMCA CEO.

Lockers

Lockers are available for daily use during your visit to the YMCA. A limited number of half lockers are available to reserve for \$85 per year. The YMCA will provide the lock and you may leave belongings in the locker at all times.

We strongly advise you bring your own lock daily to protect your personal items, as the YMCA cannot be held responsible or liable for articles damaged, lost, or stolen. Locks left on lockers that have not been reserved may be removed overnight to allow use by other members.

Attire

Appropriate shirts, shorts/pants, and footwear are required during exercise in the workout rooms and gymnasium. No open toe or street shoes are allowed in the workout rooms or gymnasium. In the swimming pool, proper swimming suits are required. Cut-offs and gym shorts are not permitted in the pool.

Lost and Found

The YMCA is not responsible for lost or stolen property. However, we do keep lost and found items whenever possible. Check with the Member Service Desk. Items will be kept as space allows, then given to charity.



SMART Start Fitness Orientation

During this appointment, your fitness counselor will introduce you to the Virtuagym nutrition and fitness software, our wellness center and explain the proper use of the equipment for maximum benefit. Virtuagym is a virtual workout partner that uses patented online technology to: Create a custom resistance training workout for you, Record your fitness progress, Assist you in meeting your nutritional goals, Track your Cardio activity.

Make an appointment now at the Member Service Desk!

Medical Checkup

A pre-participation medical checkup and an annual medical evaluation by your physician, although not required, are strongly recommended for participation in YMCA fitness activities. A medical release may be required for some programs.

Wellness Center Rules

(Complete list posted in the Wellness Center)

1. The minimum age for Wellness Center participation is 13 years, with the exception of 10, 11 and 12 year olds who have completed the pre-teen fitness class and are accompanied by an adult.
2. Parents of members ages 10-12 who have completed the fitness class must pick up a badge at the Front Desk & have it on while in the center.
3. No open toe shoes are allowed in the Wellness Center and all members on the cardio equipment must wear fitness shoes.
4. Wellness Center use is a privilege. Those using equipment inappropriately (banging weights, racing on cardio equipment, or youth trying max lifts) will have this privilege revoked.
5. Use of an external personal trainer is prohibited. Only YMCA staff may provide personal instruction.
6. Wellness Center use by guest is limited to those age 18 and older.

Guest Privileges

Passes are available for \$10 for adults and \$5 for children. **Guest 11 & under must be accompanied by an adult.** Wellness Center use by guests is limited to those ages 18 and older. We honor the Nationwide Membership program.

Adult guests must bring a photo ID, complete a YMCA non-member registration and code of conduct, and have their photo saved in the YMCA database. The YMCA conducts background checks on all adult guests and members. Registered sex offenders are strictly prohibited from entering YMCA facilities or program sites.

We reserve the right to limit guest usage and to change the guest policy at any time. Blackout periods may apply at the discretion of management.

Child Watch

- Child Watch is a FREE member only service for children ages 1 month–7 years.
- Child Watch provides child care for up to two hours per day.
- The responsible party must remain on the YMCA premises at all times.
- In order to ensure the safety of your children, we reserve the right to limit the number of children permitted in the room at any one time.

Crying Children

In the event that a child cries for ten consecutive minutes, parents will be asked to pick-up their child. Although this may interfere with your workout, this procedure will be followed for the comfort and well-being of your child and other children in the Child Watch area. We encourage you to continue to bring your child to Child Watch so that they may become accustomed to the environment.

Diapers

- Diapers will be changed for children age 3 and younger as needed during each child's stay in Child Watch
- Please bring your child in a clean diaper
- Bring diapers and wipes for changing
- Parents will be called to change diapers for children age 3+

Footwear

- Infants are required to wear socks and/or shoes at all times
- Closed-toe shoes are recommended for safety

Sign-In/Sign-Out

- All participants must be signed-in and signed-out of Child Watch
- Please indicate any food allergies when signing in your child.
- Only parents, grandparents, or legal guardians may sign-in/out their child
- Must have proper identification for both responsible adult and child
- Staff will verify membership and identity upon sign-in and sign-out

Snacks

No food snacks are permitted to be brought into the Child Watch area due to the high utilization of Child Watch by children with food allergies. Please help us to provide a safe and healthy environment for all participants.

Suggestions/Comments

Your suggestions and comments are always welcome. YMCA staff are known for being friendly, responsive and caring people. Please feel free to contact any of our staff to ask questions as well as to make suggestions. If you have a specific concern which has not been resolved by our membership service staff, you should ask to speak to the Executive Director.



Aquatics Policies

(Complete list is posted in the pool area)

1. Swim only when lifeguard is on duty.
2. Children 8 and under must be accompanied by an adult.
3. If a child is using an approved flotation device an adult must be in the water supervising the child in the shallow end of the pool.
4. Kickboards are for lap swimming and instructional use only.
5. Noodles, pool toys, and balls are permitted if they are used in an appropriate manner while respecting other members.
6. Water wings and blowup flotation devices are not permitted.
7. The Lifeguard has the discretion to ask anyone to take a swim test before swimming in the deep end of the pool.
8. Please wear proper swimming attire. No cutoffs.
9. If lightning is seen in the area the pool will be closed temporarily.



Annual Community Support Campaign

The YMCA is committed to improving the lives of the children and their families in our community by providing safe places, caring and trained staff, and programs that teach life skills. Whether it's a place to go after school for a helping hand with homework, a place to learn leadership skills, or a place for the family to play and connect, the YMCA is there.

Please Give

Through the support raised by the Annual Community Support Campaign, the YMCA reaches out to children and families throughout the community to provide opportunities that they might not otherwise have. Pledge forms are available at the Member Service Center or call the Executive Director at 740-335-0477 ext. 104 for further information.

Food and Beverages

Food and beverage services are provided for sale to members and are restricted to certain areas. Please do not bring food or drinks (except water) into locker rooms, gym, and activity areas.

