



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FACILITY USE GENERAL POLICIES

Ages for Facility Use: All ages are welcome in the building during hours of operation. Youth ages 8 and younger are not to be in the facility on their own unless they are participating in a program or directly supervised by a parent or other responsible party (age 11+). Youth ages 9 and older are welcome to be in the facility on their own. Please see specific age restrictions for each area of the facility.

Gym/Track: Ages 9+ may use independently. Children 8 and younger must be directly supervised by an adult or responsible person (age 11+)

Pool: Ages 7+ can use independently (parent or responsible party must be in the building. If child is under 9 years of age) Ages 9+ can use the pool independently and without a parent in the facility.

Sauna: The sauna is for ages 16+ only

Hot Tub: Ages 13+ may use the hot tub independently. Those 12 years and younger are not permitted in the hot tub or hot tub area (including the steps and side of the tub)

Weight Room/Cardio Room/Fitness Studio: Youth ages 13-17 are permitted to use the weight and cardio room but must attend a Teen Orientation prior to using the facility and wear a wrist band while using the facility to show that they have been through an orientation.

Kid's Club: Children must be 4 months. Kids Club is designed for children ages 4 months-8 years of age.

Clothing: Proper athletic attire and clean indoor athletic shoes that do not mark the floor must be worn in the physical facilities (gym, fitness studio, cardio/weight room, etc.) Members and guests will be asked to change out of clothing deemed offensive, derogatory, or presents a safety risk, at the discretion of staff.

Food and Beverage: Water is allowed in all areas of the facility. No food is allowed in the physical facilities (hallway, gym, fitness studio, cardio/weight room, and pool) but may be consumed in the lobby and conference room.

Locker Rooms: Only inside shoes are allowed in the locker rooms. Use boot tray for outdoor shoes. Cell phone use is prohibited in all locker rooms. Members are asked to bring a lock and lock their personal items at all times. Family Locker Rooms are reserved for families with small children or those with accessibility needs.

Closures, Cancellation and Refund Policy

The facility may close or delay opening and programs may be cancelled due to inclement weather or other reasons. We will make our best effort to make-up classes that have been cancelled due to weather or other unforeseeable and uncontrollable situations. In the event that a make-up is not possible, no refund will be given (unless more than 2 classes per session are affected). If a class is cancelled due to a staff absence, a make-up or refund will be offered. All other refunds are at the discretion of the program's director. If school is cancelled, all Y programs will be cancelled. The building will remain open whenever possible. If unsure about building closures or program cancellations, please call ahead or check the website.

GYM/TRACK POLICIES

- Proper gym clothes and clean, indoor athletic shoes must be worn at all times
- Athletic shoes must not mark the floor
- When using equipment in the gym, please keep balls and other objects off the track.
- Faster traffic must stay on the outside lane of the track with slower traffic on the inside lanes.

OUR VALUES

The YMCA is an inclusive, family organization. We expect all members and guests to model our core values; caring, honesty, respect and responsibility, in their conduct and language in all YMCA facilities and programs.

- Outside music not permitted
- Strollers and wheel chairs are welcome on the track on the inside lane. Clean wheels before use of track.

POOL AREA POLICIES

- Obey the lifeguard(s) on duty.
- Children ages 7+ can use the pool independently unless determined to be unsafe in their swimming or behavior. Children 6 and younger must have a parent or guardian in the pool area and non-swimmers must have a parent in the water and within arms reach.
- Please wear a properly fitting swimsuit. Cotton clothing is not allowed. Swim diapers must be worn under a swimsuit by children under the age of three and by those who are not potty-trained.
- Showering before entering the pool keeps the pool clean.
- Practice safe play in the pool area by keeping your hands to yourself.
- Help prevent the spread of germs by keeping pool toys and noodles out of your mouth.
- Be respectful of others by cleaning up after yourself.
- Use of electronics in the pool area is not recommended.
- Jump or dive straight in. Twisting and somersaulting is unsafe. Diving is only allowed from the starting block end of the pool.
- Kickboards, pull buoys, jog belts, fins and other pool equipment are for class and responsible lap swim only.
- Swimmers must pass a deep water safety test and have a corresponding wristband to swim in certain areas of the pool.
- Deep water safety test: Swimmers must be able to swim front crawl with over-water recovery & a supporting kick that does not drop below a 45 degree angle and a 20 second float on back or tread water.
- Help keep our water clean by using YMCA lifejackets. Lifejackets must be coast guard approved.
- Inflatable devices such as water wings are not allowed.
- The hot tub is open to those 13 years and older.
- The sauna is for ages 16 and older.
- Respect the personal space of others.
- After taking a sauna, one must take a shower before entering other pools.
- Refrain from using soaps, oils and shampoos in the pool area.
- Refrain from submerging past your shoulders in the hot tub.
- Limit your time in the hot tub to 10 minutes. Hot tub use is a high risk activity, especially if you have certain medical conditions. Consult your doctor if you have questions.

WEIGHT AND CARDIO ROOM POLICIES

- Weight room, cardio room and studio are for those 13 and older.
- Teens 13-17 must attend a Teen Orientation and sign the Y Policies & Code of Conduct.
- Clothes appropriate to work out in such as clean, closed-toe athletic shoes, gym shorts/pants, tee/tank, and dry wick clothing. No street shoes or boots, jeans, or clothing with buckles or rivets. Shirt and shoes must be worn at all times. No midriffs.
- All equipment must be wiped down with a cloth that is sprayed with cleaner. Spraying directly in equipment will cause damage to the machines.
- All equipment must be returned to its place in an orderly manner.
- Cell phone conversations must be taken into the hallway.
- Store gym bags, backpacks, or purses in your locker.
- Be respectful of others wanting to use equipment and don't rest on a machine and use cell phones.
- If other members are waiting for cardio machines, please keep workout to 30 minutes.
- Refrain from yelling, using profanity, banging/dropping weights, and making loud sounds.
- Jumping rope, martial arts, and boxing exercises must take place in the gym or weight room.

FITNESS STUDIO POLICIES

- The studio and equipment (spin bikes, stereo, steps, barbells, dumbbells, weighted plates, mats) are for program use only. Use of the studio requires pre-approval from YMCA leadership for all sports teams and school groups.

- All equipment (spin bikes, steps, barbells, dumbbells, weighted plates, mats) is not to be taken out of the studio.
- After use, participants must disinfect and return equipment in an organized manner.
- Personal belongings must be stored and locked in the locker rooms.
- Eating or drinking is prohibited, with the exception of capped water bottles.
- A sweat towel should be used when using bikes.

KIDS CLUB

- Kids must be at least 4 months of age to visit Kids Club. No stay may be longer than 2 hours per day.
- Each child must be signed in and out by a parent/legal guardian every time they use Kids Club.
- Parents/legal guardian must remain in the building or on campus which includes the school, ball fields, tennis courts, skate park, hockey rink, and hiking/ski trails behind football field. Parents must leave a location and phone number they can be reached at if leaving the YMCA building.
- By state law, employees who work with children are mandated reporters in regard to child abuse and neglect.
- Please feed your child prior to arriving to Kids Club. We do not allow food in Kids Club area. We can bottle feed infants using a plastic bottle but will not measure or warm bottles.
- Children are required to be healthy, children exhibiting any of the following conditions will not be admitted: Fever 100 degrees or higher in the past 24 hours, excessive nasal discharge, vomiting or diarrhea in the past 24 hours, sore throat if accompanied by fever or rash, chicken pox, lice, pink eye, all open sores/skin lesions and skin conditions need to be fully bandaged.
- Children with a tendency to act in an aggressive manner such as hitting, kicking, biting, spitting, throwing objects towards other children or name calling will first be redirected, followed by some 'out time', then a parent will be asked to remove the child from Kids Club for the day. If a child is a continuous threat to the safety of themselves or other children, additional action may be necessary.
- Please bring toddlers and babies in clean, dry diapers. We will make every effort to be supportive and assist during potty training, however, due to many variables, we cannot ensure success.

CODE OF CONDUCT

As a guest of the Y, you agree to abide by the following:

- Will stop at the Member Service Desk and check-in upon every visit.
- Will be responsible for those that I bring into the building.
- Will use equipment or facilities appropriately and for intended purposes.
- Will not possess tobacco, alcohol, illegal drugs anywhere on Y property.
- Will wear clothing with appropriate language or graphics in the Y facility.
- Will bring a lock to lock up my personal items.
- Will follow age restrictions on facility usage.
- Understand that weapons are banned from Y property and physical violence is not tolerated.
- Understand that inappropriate language, profanity, or behavior will not be tolerated.
- Will wear appropriate clothing and footwear for the activities I am engaging in at the Y.
- Understand that Y staff is the final authority on policy, safety and behavior.

CREATING A GREAT MEMBER EXPERIENCE

We value your suggestions for improving our YMCA. If you have a comment or suggestion, please pass it along to any member of our staff, fill out a member comment card or contact us by phone at 218-387-3386. If you witness inappropriate behavior, find a safety concern or broken equipment, or have any other issues to report, please contact Member Services at 218-387-3386 or talk to a staff member.

I (print name) _____ have read and understand the stated policies of the Cook County Community YMCA. By signing this, I agree to follow all policies and understand that my privileges may be taken away if policies are not followed.

Signature

Date