

MEMBERSHIP GUIDELINES (revised 8-5-11)

The following guidelines have been summarized for your convenience. These are in place for the safety and well-being of our members and guests and to keep our Facility "user friendly" by providing the best possible atmosphere for all of our YMCA members.

Access/Membership Policy Restrictions:

The protection of members and guests who are participating in programs or are using YMCA facilities is of paramount concern to the staff of Staunton-Augusta YMCA. Therefore, we reserve the right to deny access or membership to any person who:

- Is a registered sexual offender
- Has pled guilty to or been convicted of any crime involving sexual abuse
- Has pled guilty to or been convicted of any crime against persons such as child, spousal, or parental abuse
- Has pled guilty to or been convicted of any offense relating to the sale or transportation of illegal narcotic, habit-forming, or dangerous drugs
- Is presently clearly under the influence of intoxicating beverages or behavior-modifying drugs

General Rules:

1. Membership cards or a photo ID are needed in order to enter the Facility.
2. Towels and locks are available at the Front Desk for your use. Return them to the Front Desk when you leave to have your membership card returned.
3. All members need to complete the signed Rules/Regulations form with Waiver before using any equipment in the Wellness Center. Orientations may be scheduled at the front desk.
4. It is recommended that you consult with your family doctor or physician before beginning any fitness program.
5. It is highly recommended that prenatal members obtain a physician's approval to exercise and that postpartum members obtain a medical release from their physician prior to resuming their exercise program. This is required to participate in any fitness-related programs or classes.
6. Water in plastic bottles/containers is the only beverage allowed around fitness equipment areas. No glass/open containers or cans are permitted. Food and other drinks are restricted to snack lobbies.
7. **NO PROFANITY OR LOITERING** is permitted inside or outside of the Staunton-Augusta YMCA facility.
8. **OUR FACILITY IS SMOKE/TOBACCO PRODUCT FREE.** Thank you for observing this policy. This includes sidewalk and parking areas.
9. **THE YMCA IS COMMITTED TO A DRUG-FREE ENVIRONMENT.** The use of alcohol or any illegal substance is not permitted on YMCA premises. Members in possession of alcohol or any illegal substance and identified intoxicated members on YMCA premises will have their membership terminated. Those members will also be reported to the proper law enforcement authorities.
10. **YOUTH MEMBERS UNDER THE AGE OF 12 MUST BE IN SPECIFIED AREAS ONLY. FAILURE TO COMPLY MAY RESULT IN CANCELLATION OF MEMBERSHIP.** Time in the facility is limited to three hours for youth.
11. **YOUTH MEMBERS UNDER THE AGE OF 12 DO NOT HAVE FACILITY PRIVILEGES** unless they are accompanied by an adult YMCA member over the age of 18 or are in a supervised program.
12. We would greatly appreciate your cooperation in working with our staff in trying to take proactive measures to maintain stability and comfortable conditions within our YMCA for all members.

Guest Policy: All guests must show a picture ID. Fee \$20-Adult, \$10-Youth. All In-town Guests have to be with an adult Staunton-Augusta Family YMCA member. An In-town Guest may come in 3 times a year as a guest. Out of town guests without a member pay \$25 and are limited to 2 visits in a year. Out of town guests with a Staunton-Augusta Family YMCA member may come 4 times a month for free. Guests who present a photo ID, who belong to another YMCA AWAY program, or who are on active military duty (must present military ID) get in free four times per month. The AWAY Program, whereby Staunton-Augusta members get in free or at a reduced rate at participating out-of-town YMCAs, is available at facilities throughout the country. Ask us for a list of participating facilities. Waynesboro and Lexington YMCA members pay \$5 per visit.

Dress code:

1. Please remember we are a Christian family organization. We ask that your clothing be appropriate for families with young children.
2. Shirts and closed-toed shoes (athletic shoes) are required while exercising. Slippers, sandals, and muddy shoes or boots are not permitted (see fitness attendant for more details).
3. Please do not wear shirts bearing alcohol ads, cigarette ads, inappropriate designs, or offensive comments.
4. The YMCA and its staff reserve the right to determine what is inappropriate.

Weight Room/Cardio Strength

1. Spotters are recommended when doing heavy lifting. Our staff is available for assistance. Check posted schedules for the hours during which our weight rooms are staffed.
2. Please share the equipment and work in between sets with other members.
3. Please remove the weights from the bars at the end of your sets and return them to the plate trees.
4. Age and time requirements are as follows:
 - a) Youth members age 10-14 must complete and be certified in ONE (1) FULL session of Youth Strength Training with the Staunton-Augusta YMCA in order to use the Magnum/Body Masters, free weights, or cardiovascular equipment during designated times. After completion of the course, youth members age 10-11 must always have a YMCA Family Member over the age of 18 working with them in the Fitness Center.
 - b) If a youth member age 12-14 does not wish to use the Magnum/Body Masters or Free Weight Equipment, he/she may complete a training session with YMCA staff in order to use the cardiovascular equipment during designated times.
 - c) Youth members under the age of 10 are **not permitted** in the Fitness Center or Cardio rooms at any time due to risk of injury. Youth members age 10-14 are only permitted in the Fitness Area after they have completed and passed the proper training (see 4a). This includes while a parent is working out.
 - d) Members age 10-14 who have completed the youth strength training program have to be with a YMCA Family Member to use the upstairs cardio room.
 - e) Members age 15 and up may use all equipment including free weights. The member must be trained on the equipment or demonstrate knowledge of proper use of the equipment to our fitness staff before use is permitted.
 - f) Hours of use for youth members may be restricted during peak times.
5. Because of heavy use, adult members have priority over all cardiovascular equipment.
6. **ALL EQUIPMENT MUST BE CLEANED IMMEDIATELY AFTER USE. TOWELS AND DISINFECTANT ARE PROVIDED FOR THIS PURPOSE.** (This is to help prevent the spread of germs and keep sweat from rusting the machines and cracking the upholstery.)
7. There is a 30-minute time limit for the cardiovascular equipment during peak hours.

Land/Water Aerobics Classes

1. Youth members age 12 and older are permitted to participate in aerobics classes.
2. Children under the age of 12 are not permitted in the aerobics or pool area while a parent works out due to liability and safety reasons.
3. Waiting in the aerobic or pool hallway while parents exercise is not permitted for children less than 12 years of age.
4. Prenatal participants are required to obtain a physician's written approval to participate. Postpartum participants are required to obtain a medical release from their physician prior to resuming classes.

Locker Room Areas

Children of the opposite sex and over the age of 36 months are not permitted in the locker rooms. Family locker rooms are available to use at the front of the building. Due to limited locker space, locks are not allowed to be kept on lockers overnight (except rental lockers). Rental lockers are available (see the front desk for rental policies). Baskets are \$5/month=\$60/year and Half Lockers are \$10/month=\$120/year.

The use of cell phones is not permitted in the locker room areas.

Playroom

1. The YMCA provides the playroom service free of charge to family members for children age 3 months through 11 years.
2. A fee of \$2 per visit will be charged if the parent is a member and the child is not. Non-members with children pay \$5 per visit.
3. Please sign your child in and out of the playroom. The staff will also ask where you will be working out in case of an emergency.
4. If your child wears diapers, please change him/her before leaving for your workout. If your child is in need of a diaper change, we will come find you.
5. The child's membership card or hand stamp is required for admittance to the playroom.
6. There is a maximum allowed "stay" time in the playroom. Refer to Childwatch brochure.

Pool Rules

1. Children under the age of 12 must be accompanied by an adult in the pool area.
 - a) **Family swim** is a free time for parents and children to play together in the pool. See pool schedule for designated times.
 - b) **Infants/Toddlers** must wear appropriate clothing in order to ensure a minimum loss of body waste. Disposable diapers are not permitted because they tend to disintegrate in the pool and clog the filters. Infants/toddlers must wear tight-fitting cotton training pants with plastic/rubber pants or swim diapers beneath swim attire. Swim diapers are available for sale at the Front Desk. Parents, please monitor and remove your child from the water immediately if his/her clothing becomes soiled.
 - c) **Children under 6 years of age** must be accompanied in the pool by an adult and be within arm's reach at all times.
2. Lap swimming is available for members age 12 and older. Members may be asked to share a lane during busy times.
3. Parents need to remain in the facility during their child's swim lessons.
4. The pool will be evacuated in the event of lightning and severe thunderstorms. Swimmers may reenter the pool 30 minutes after the last bolt/rumble of thunder has passed.
5. Swimmers are asked to shower prior to entering the pool.
6. The following are not permitted in the pool area: gum, running or horseplay, diving, and hanging from the lane markers.

Whirlpool Rules

1. Members are asked to shower prior to entering the whirlpool.
2. Youth members age 6-11 are allowed to use the whirlpool when supervised by a parent/guardian in the whirlpool area. Children under the age of 6 are not permitted to use the whirlpool; according to the YMCA of the USA Medical Advisory Committee they are not yet physically capable of coping with the heat.
3. Elderly persons and those with health conditions requiring medical attention or who are taking medication should consult a physician before entering the whirlpool. Members who have medical conditions such as high blood pressure, heart disease, or respiratory problems or women who are pregnant should avoid exposure to high heat and humidity.
4. Long exposure may result in nausea, dizziness, or fainting. There is a 5-minute limit for youth members age 6-11, 10 minutes for youth members age 12-17.
5. The whirlpool will be evacuated in the same storm circumstances as outlined in pool rule #4.

Tennis, Basketball & Racquetball Courts

1. No dress shoes, boots, chewing gum, or drinks other than water are permitted on the courts.
2. No dribbling basketballs on the track.
3. Protective eyewear is required on the racquetball courts.
4. For safety reasons, children under the age of 12 are not permitted in the racquetball area or on the racquetball courts unsupervised. Youth members age 12-17 must reserve the court. Designated hours for youth members during peak seasons are posted on the racquetball bulletin board.

Youth Programs

1. Youth members under the age of 12 must be signed in and out of each program by a parent or guardian.
2. A program registration form must be completed at the time of registration and payment.
3. Parents need to let the instructor/coach know if someone other than the parent/guardian is picking up/dropping off the children.

Zero Tolerance Policy

There is a "Zero Tolerance Policy" regarding any behavior that does not fall within the values of Caring, Honesty, Respect, and Responsibility that our YMCA tries to instill. Please be aware that the behaviors and actions listed below will not be tolerated at this YMCA and will result in automatic removal and suspension from the YMCA facility, with the possible loss of membership privileges.

1. Disrespect toward others...Please respect YMCA staff and members.
2. Disrespect toward property...Please take care of the YMCA facilities, they are for your enjoyment.
3. Stealing...Be honest! If something doesn't belong to you, leave it alone.
4. Rowdy behavior or bad language...Take responsibility for yourself and be on your best behavior whenever you are at the YMCA.
5. Ignoring the instructions of the Building Supervisor or YMCA staff.
6. Running, yelling, fighting, littering, teasing, bullying.
7. Use of offensive language.
8. Inappropriate touching.
9. Wearing attire bearing offensive pictures or messages.
10. Gathering in large groups (4 or more) that intrude on the enjoyment of others.
11. Illegal activity.

The YMCA and its staff reserve the right to determine what is inappropriate behavior. We would greatly appreciate your cooperation in working with our staff in trying to take proactive measures to maintain stability and comfortable conditions within our YMCA for all members.

"We, the Staunton-Augusta YMCA, are a charitable organization of volunteers who are committed to putting Christian principles into practice through programs that promote the health of spirit, mind and body for all."