

# GENERAL RULES & POLICIES

To view complete policy manual, please visit [www.ryeymca.org/rules.htm](http://www.ryeymca.org/rules.htm)

## Facility

- **Cell phones** may be used in all public areas of the YMCA, except bathrooms, locker rooms, the Fitness Center, Freestyle Fitness Zone, Spinning Room, Aerobics studio and in program areas while in use.
- **Hours of Operation** - The Rye YMCA is open Monday through Friday, 5:30 am to 10:00 pm; Saturday, 7:00 am to 6:30 pm; and Sunday, 8 am to 6:30 pm. **All members must be out of the facility within 15 minutes of closing.**
- **Strollers** are prohibited inside the building due to Fire Codes
- **The Rye YMCA Parking Lot** is for the use of the members who are using our facility. Vehicles must be parked in a designated parking space. Compact spaces are for compact cars only. Please be sure to park in between the lines of the space. Parking lot is for members only, not for use by commuters. Assisted parking greeters are to be used in the event there are no spaces available. Please leave keys with the parking attendants. Please be patient and respectful when using the lot.
- **Tobacco Product-Free Environment** - smoking is not permitted on the Rye YMCA premises which include but are not limited to inside and outside the facility, the grounds, and the parking lots.

## Member Code of Conduct

- The Rye YMCA is a membership organization that values caring, honesty, respect and responsibility. Membership is a privilege, not a right. We expect persons using the Y to behave in a mature and responsible way and to respect the rights and dignity of others. Members and guests are encouraged to notify staff if they are made to feel uncomfortable while using the Y. The Y has the right to suspend or cancel a membership if the member's behavior or language violates a generally accepted standard of conduct.
- Persons found on sexual offender registry list(s) or who have committed sexual offenses, will have membership privileges denied/suspended/terminated and will not be eligible for volunteer/employment opportunities at the Rye YMCA.
- **Members are required to carry their ID card(s) and scan them every time they enter the building.**
- Members are required to have their picture taken, which is linked to their membership account.

## Safety

### No Child Left Alone

- **Children under the age of 12 must be under the supervision of an adult at all times while at the Y.**
- Youth involved in a program or sport at the Y are considered supervised.
- The Y reserves the right to contact a guardian if a child is left unattended more than 15 minutes before or after their programs.

### Photography within the Rye YMCA

- The Rye YMCA reserves the right to take pictures/video of participants for brochures and marketing purposes. If you prefer that you or your child not be photographed, let us know in writing.

- Members or visitors may not indiscriminately use a camera within the facility. The YMCA reserves the right to ask a photographer to leave the premises.
- All photographs used by the Rye YMCA will be kept in the Rye YMCA computers, cameras, files, or digital retention equipment.

## Gymnasium

### Open Gym/Family Gym Etiquette

- To ensure a comfortable atmosphere for everyone, be courteous and respectful of others.
- Whenever you use any gym equipment, return it in the condition you found it. If equipment is damaged, please notify a Y staff member.
- Participants may only use the equipment that is out on the gym floor.
- Please refer to the gym schedules located in the lobby or online for dates and times of open gym.
- Food wrappers, water bottles, towels, or any other item should be removed from gym when you leave.
- Appropriate attire must be worn at all times (sneakers only).
- NO basketball playing on carpeted areas.
- The Rye YMCA may amend rules at any time.

## Locker Rooms (Adult and Youth)

### Usage

- The Men's/ Women's Locker Room is available for members 16 years and older.
- The Y is not responsible for personal items. Secure all valuables in a locked locker.
- Kit lockers are emptied out 30 days after membership termination.
- You may lock your belongings in the locker while you are at the YMCA; however, you must remove the lock and contents when you leave. The lock will be cut off and the contents will be retained for one week if lock is not removed.
- Daily locks are available at the Member Service Desk in exchange for your Membership card. Please do not leave locks on overnight.
- Separate locker rentals are available for a yearly fee.
- Additional locker rooms are available for boys and girls. If your child is five or younger, you may use either youth locker room. If they are older than five, they must use the youth locker room for their gender. At no time are children under sixteen allowed in our adult locker rooms.
- Youth locker rooms may be used by adult members on weekdays only before 9 am and after 8:30 pm. Weekend usage is not allowed. Parent may accompany their same sex child at any time.
- Special needs locker rooms have been designed for our members with disabilities and for those special situations that require a mom to assist her son or father to assist his daughter (5 & younger). Moms and daughters are to use the Girls locker room. Dads with sons are to use the Boys locker room. Children ages 6 and older are to use youth locker rooms.

### Sauna

- Do not put water on the rocks, dry your clothing, or heat food in the sauna.
- Members with certain health conditions should consult with physician before using the sauna.
- Use a towel while sitting in the sauna or on furniture in lounge.
- For safety, limit yourself to a maximum of 10 minutes in the sauna.
- Wait at least five minutes after exercising to cool down before

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using one of these facilities.

- No food or drink is allowed in the sauna.
- It is strongly recommended that members not use the sauna without having another person present.

## POOLS

### **General**

- Users must read and follow all posted rules.
- Y lifeguards have the right to ask anyone not abiding by the pool rules and/or putting other members at risk to leave the area.
- For your safety, the Rye YMCA follows guidelines to close the pools during lightning and thunder storms.
- Shower before entering pools.
- No shoes on deck. Flip flops and bare feet only.
- No parents or spectators on deck during lessons.
- Adult Lap is for all members 16 years of age or older with good swim skills.
- Bathing caps must be worn by everyone ages 3 and up (excluding SKI and PERCH classes). Bathing caps are sold at our member services desk.
- Appropriate swim attire is required. (i.e., no thong, cut-off shorts/pants, see through bathing suits or any other revealing swimwear.
- Children will be escorted by their instructor when entering and exiting the pool area.
- Parent/guardians of children under the age of 12 are required to stay in the lobby/viewing area during swim lessons.
- Diapers are not permitted in the pool. Please use special swimming diapers only, which are available for purchase at our Member Services Desk. Diapers must fit snugly on legs and waist.
- Do not use the pool if you or your child has had diarrhea in the previous two weeks.
- Starting blocks are only for use in the swim lesson and competitive swim programs.
- Prolonged underwater swimming or breath holding is prohibited.
- Swim coaching/instruction is permitted only by Rye YMCA staff, no outside coaches/instructors allowed.
- Please refrain from changing children in the wet corridor or viewing areas.

### **Family Swim**

- No balls or throwing of any objects.
- Family swim is for youth, adult and family members. Members are welcome to bring a guest. (guest rules apply)
- Children 9 and under must be accompanied in the water by an adult. For children 10-11, an adult may observe from the lobby. Children 12 and older may swim without an adult.
- A swim test is required for all children who want to swim without an adult.
- A parent/guardian must be in the water with non-swimming children of any age. A maximum ratio of 1 adult to 2 non-swimming children will be enforced. Children wearing bubbles are not allowed in the deep end unless accompanied by a swimming adult (ratio of 1 adult to 1 child).

## FITNESS

### **General Fitness Center Rules**

- Please follow the Y values of Caring, Honesty, Respect, and Responsibility to govern conduct.
- For your safety and to ensure proper use of equipment, orientations are suggested before using the Fitness Center.
- Proper athletic attire and footwear required; rubber soles and closed-toe shoes only- no clogs, flip flops, socks, bare feet, open-toed, or open-backed shoes.
- Everyone must sign up at the Fitness Center Desk before using any of the cardiovascular equipment.
- Dress appropriately. Proper attire includes workout clothes & sneakers.
- The Fitness Center is a privilege for members 16 years of age and older. A Teen Intro to the Fitness Center class is available for ages 14-16. Teens ages 14-15 may earn a Teen Passport that will allow them to use the Fitness Center. Please contact the Fitness Dept. for more details.
- Be careful not to interfere with another's workout by "jumping" in front, or "loitering" on any one machine.
- Please wipe down equipment when finished. Paper towels and spray are available.
- Store coats, bags, etc. in the lockers and cubbies provided. Please secure your valuables.
- Return weights & bars to their proper racks. Please do not drop weights.
- All free weight lifters are required to use a spotter when needed, and collars.
- Personal Training is permitted only by Rye YMCA Staff; no outside trainers allowed.

### **Freestyle Fitness Zone**

- Freestyle Fitness Zone is for members 8+. Members between the ages of 8 and 12 must be accompanied by an adult.
- Shoes must be worn at all times. No sandals or crocs are allowed.

### **Group Fitness Class Etiquette**

- Proper footwear; no street shoes.
- Leave belongings outside the studio.
- Entering a class after it has started is unsafe and not permitted.
- Member should inform the instructor prior to the start of the class if planning to leave early.
- Equipment should be returned neatly to its properly designated storage location.
- Kindly respect the instructor when they ask that certain equipment be used for a particular class.
- Only class participants and the instructor are permitted in the studio during class times. Members not participating in the class will be asked to leave.
- Group exercise classes are limited in size to ensure the safety of participants. Kindly respect this if an instructor indicates that a class is filled.
- Classes are open to all Y members 16 and older.

## Racquetball Courts

- Members may reserve courts by phone or in person.
- Reservations cannot be made more than 72 hours in advance. Each reservation is for ½ an hour – 1 hour max.