

# GENERAL RULES & POLICIES

## Policy of Nondiscrimination:

The Rye YMCA is an inclusive organization open to all. We welcome all people regardless of ability, age, background, ethnicity/race, faith, gender, gender identity or sexual orientation. The Y believes that, in a diverse world, we are stronger when we are inclusive, when our doors are open to all and when everyone has the opportunity to learn, grow and thrive.

## Membership/I.D. Access

- **Members are asked to check-in every time they enter the building. Checking-in at the Member Services Desk is important for security and accurate facility usage records, so that we can better serve you.**
- Members must present either a valid Y membership card or photo ID upon each visit to the Y in order to check-in.
- Members are required to have their picture taken, which is linked to their membership account.

## Facility

- **Cell phones** may be used in all public areas of the YMCA, except bathrooms, locker rooms, the Fitness Center, Freestyle Fitness Zone, Cycling Room, ExerZone, Group Ex 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 exit 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 members while they are using our facility.** Vehicles must be parked in a designated parking space. 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 attendants are available in the event there are no spaces available. Please leave keys with the parking attendants. Please be patient and respectful when using the lot. Metered municipal parking is also available across the street.
- **Tobacco Product-Free Environment** - smoking is not permitted on the Rye YMCA premises which includes, 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.
- Registered sex offenders or persons who have been convicted of any crime involving sexual abuse are excluded from membership, employment, volunteering and program participation at the YMCA. Offenders are not allowed onto YMCA property or to loiter in the vicinity of YMCA programs and activities.

## Safety

### **No Child Left Alone**

- Children must be at least 11 years **and** in the 6th grade or be supervised by an adult.
- While actively enrolled and engaged in a youth class, youth are supervised by Y staff.
- To view our Youth Supervision/Class Pickup Safety Procedures, please visit [ryeymca.org](http://ryeymca.org) and click on About Us, Policies.

## **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/Universal/Youth)

### **Usage**

- **Locations of Locker Rooms:** Men's/Women's Locker Rooms: off of main first floor hallway. New Universal Locker Room: turn left at end of main first floor hallway. Two small Universal Locker Rooms: enter from wet corridor. Boy's/Girl's Locker Rooms are upstairs: access from Pa Cope pool viewing area. **Please follow the posted rules in the locker rooms. The Men's/ Women's Locker Rooms are 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 a locker while you are at the Y but you must remove the contents when you leave. We provide keyless lockers in the Men's and Women's Locker Rooms. If you bring a lock for the Universal Locker Room or Youth Locker Rooms, 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.
  - 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.
  - **Universal locker rooms** are open to \*all, including but not limited to: parents or guardians with opposite gender children; individuals with diverse abilities/special needs and caretakers; our LGBTQ+ community and individuals with aging parents.
- \*Children under the age of 16 must be accompanied by an adult.

# GENERAL RULES & POLICIES

## Sauna

### **For the safety of all:**

- Before using sauna, consult with your physician if you have any medical conditions.
- Do not put anything other than WATER on rocks.
- Do not leave clothes, towels, etc. to dry in the sauna.
- Use a towel while sitting in sauna or on benches.
- Limit yourself to a maximum of 10-15 minutes.
- Wait at least five minutes after exercising to cool down before using sauna.
- Hydrate before/after using sauna. Do not bring food/drink into sauna.
- No shaving, creams, lotions, powders or jewelry.
- Get out immediately (and report) if you feel dizzy, nauseous or lightheaded.

## 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 strongly recommended 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 14 years of age or older with good swim skills.
- Swim caps must be worn by everyone ages 3 and up (excluding Water Discovery and Exploration A classes and water exercise participants). Swim 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 must fit snugly on legs and waist. Must be swim diaper.
- 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 family members.** Youth and adult members are welcome to participate but must stop by the front desk and pay a guest fee for other participants to participate.
- Please see **Test. Mark. Protect.** requirements (posted on website and near pools).
- All participants of family swim under 18 will be swim checked and given a swim band based on level. Children must stay in designated areas to ensure their safety.
- 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.

## 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.
- Dress appropriately. 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.**
- The Fitness Center is a privilege for members **15 years of age** and older. **Teens age 14** may earn a Teen Passport that will allow them to use the Fitness Center. Please email [KelseyM@ryeymca.org](mailto:KelseyM@ryeymca.org) 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 disinfecting wipes are available.
- Store coats, bags, etc. in the lockers and cubbies provided. Please secure your valuables.
- Please do not drop heavy weights.
- Do not block access to the dumbbell rack.
- All free weight lifters are required to use a spotter and collars when needed.
- Personal Training is permitted only by Rye YMCA Staff; no outside trainers allowed.

### **Freestyle Fitness Zone**

- Freestyle Fitness Zone is for members 11 years of age and in the sixth grade.
- Dress appropriately. Proper athletic attire and footwear must be worn at all times. No clogs, flip flops, socks, bare feet, open-toed, or open-backed shoes.

### **Group Fitness Class Etiquette**

- Proper footwear; no street shoes.
- Entering a class after it has started is unsafe and not permitted.
- 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 **14 and older.**
- If taking back to back classes, please exit the studio and stand at the end of the line for the next class.

### **ExerZone Rules**

- Must be at least 11 years of age and in the sixth grade (Children between the ages of 5-10 must be accompanied by parent or guardian, 21 years or older).
- Dress appropriately. Proper athletic attire and footwear must be worn at all times. No clogs, flip flops, socks, bare feet, open-toed, or open-backed shoes.

## External Privacy Policy

To view our external privacy policy, please visit [www.ryeymca.org](http://www.ryeymca.org) (About Us, Policies).