

YMCA of Greater Charleston

Code of Conduct

The Y expects members and guests to behave in a manner consistent with a family atmosphere. We are committed to providing a safe and welcoming environment for all. To promote safety and comfort, the YMCA asks all persons to act appropriately at all times when in our facilities, on our property or participating in our programs. This code of conduct applies to everyone who uses the Cane Bay Family YMCA and Berkeley County Family YMCA. It is also included in your member handbook. We expect persons using the YMCA to act maturely, to behave responsibly, and to respect the rights and dignity of others.

- **Be Responsible** – You are responsible for your behavior. The YMCA is not responsible for lost or stolen items.
- **Be Caring** – Please be considerate when using YMCA spaces and equipment. Return YMCA equipment, like free weights, aquatic buoyancy devices and gym toys to their designated spot and also wipe down workout machines after use.
- **Be Respectful** – Intentional damage to another person's property or YMCA property will not be tolerated. Mistreatment or harassment of YMCA members or staff is strictly prohibited. Sexually explicit conversation or behavior, along with angry, aggressive, or threatening behavior is prohibited.
- **Be Honest** – You are expected to be honest and professional with other members and staff.
- **Be Healthy** – Unsafe or dangerous behavior will not be tolerated. The YMCA is a safe space. Use or possession of drugs, alcohol, or weapons is not allowed in YMCA programs or facilities. No smoking is allowed in YMCA facilities or on YMCA property.\

In addition, the YMCA reserves the right to deny access or membership to any person who has been accused or convicted of any crime involving sexual abuse, is or has been a registered sex offender, has ever been convicted of any offense related to the sale, possession and/or transportation of illegal drugs, or is currently under the influence of illegal or dangerous drugs or chemicals, narcotics, or intoxicating beverages.

Wellness Center Rules

1. Minimum age requirement is 16 years or older to use the Wellness Center and 13-15 years old to use it with restrictions.

*Youth ages 13-15 years are permitted to use the **Cardio Equipment** and **Weight Machines** after completing and passing the Teen Orientation Program and in compliance with the "Wellness Center Floor Rules".

*Teens, 13-15 years of age, are permitted to use the Wellness Center with their parents before they have completed our Teen Orientation as long as teens are within "arm's reach" of their parents.

*Youth ages 13-15 years of age are permitted to use the **Cardio Equipment, free weights** and **Weight Machines** while and after they participate in the Teen Weightlifting Program (in compliance with the “Wellness Center Floor Rules”.)

2. Proper workout attire for the Wellness Center Athletic clothing that covers the midsection and the chest must be worn at all times.

-Tops: No sports bras worn as shirts. The shirt should cover the full chest and also the back below the bra line. No stringer tanks or low-cut tops, please. These guidelines are for modesty reasons as well as preventing ringworm, MRSA, flu and other infections from being passed by pad/mat to skin contact. (Of course, you should clean your machine and handles after use.)

-Bottoms: Pants, shorts, leggings, tights must offer adequate coverage. Volleyball shorts, bikini bottoms, pants/shorts drooping below the waistline are examples of what **not** to wear in the Wellness Center. Pants or shorts with belts, studs, rivets, or zippers are highly discouraged. They can tear the vinyl on the equipment. If that happens, germs and bacteria can grow within the padding, posing risk to gym members.

-Clothing with vulgar messages are prohibited

-No rubber suits or excessive layers may be worn. (Saunas are in the locker rooms if you need to “sweat it out.”)

Shoes

-Clean, closed-toed/closed-heeled athletic footwear required (no sandals, flip flops, crocs, loafers, dress shoes or boots)

Open-toed options might feel airy when you’re sweating, but they actually present a safety hazard at the gym. Backless shoes can easily slip, which can pose a risk for you and others around you. It’s easier to get these kind of shoes caught in the machines.

Shoes that do not cover the forefoot do not protect the entire foot from injury and should not be worn in the gym. Dropping dumbbells or other weights on unprotected toes is painful.

Jewelry

-You are welcome to wear jewelry however be mindful that any kind of jewelry can get in the way, or worse, get caught in equipment. Even your rings can be a pain (literally) if you’re lifting weights.

3. Courteous language is expected at all times.

4. Please limit cellular phone usage to the lobby area.
5. Please allow others to use benches and machines in between your sets
6. Please do not drop or slam weights as it is disruptive to other members and could cause damage to the equipment
7. Please wipe down equipment/machines after use with the wipes or spray and paper towels provided
8. All dumbbells, plates, and cable attachments must be returned to racks and weight trees after use.
9. Store all personal belongings in the locker areas. The Y is not responsible for items left unlocked. Locks must be removed by the end of the day.
10. Please leave all food and drink outside of the Wellness Center. Water bottles, sport drinks, etc. are permitted in a spill proof container, no glass please.
11. Please refrain from chewing gum in the Wellness Center, TRX room, Studios, Spin Room and gymnasium. Dispose of gum in trash receptacles.
12. No horseplay, running, or disruptive behavior is permitted on the Wellness Floor.
13. Only YMCA employed personal training staff are allowed to utilize the Y facilities for Personal Training services. Our definition of personal training is any behavior perceived as one-on-one coaching, fitness training, and/or counseling being provided by someone other than a YMCA employee. Membership privileges may be suspended or terminated for failure to follow this policy.

Y staff reserves the right to ask any member to abide by the above listed rules and regulations of the fitness center.

If for any reason a member fails to follow the guidelines, Y staff can revoke your member privileges. These policies are for your safety, the safety of those around you and the safety of the Y. Please feel free to make suggestions or comments about anything in the wellness area. This allows us to better serve you, your family, and the community.

Pool Rules

- All members and guests must enter the pool area through the locker rooms.
- Pool users must shower before entering the pool.
- Pool users are required to present a valid membership card and sign in accordingly.
- Members are responsible for the behavior of their children and guests.
- Do not use the pool unless it is officially open and there is a lifeguard on duty.
- Lifeguards may restrict or deny entry to the pool when overcrowding is a concern.

- The pool may close due to inclement weather, operational breakdown, or for sanitary reasons.
- Proper swim attire appropriate for a family environment is required in order to enter the pool facilities. Please no street clothes.
- A swim diaper is required for all children who are not potty trained.
- PARENTS MUST BE IN THE WATER IF THE CHILD WEARS PUDDLE JUMPER OR LIFE VEST.
- All members and guests will be required to take a swim test.
 - a. 3 to 4 year olds will require flotation devices or parent in the water.
 - b. 5 years and up will need to make a jump from the side into the pool, swim 25 meters and tread water for 30 seconds.
- Members and guests between the ages of 2 and 12 require a parent or guardian in the pool area.
- Members and guests 13 to 16 years of age will require a parent or guardian in the Cane Bay YMCA facility.
- No using flag poles as volleyball nets.
- No rafts or floats.
- Be considerate of others when playing.
- Lap lanes are for swimming—no playing or children under 13.
- Members will exit pool area through the proper locker room and dry off before exiting the locker room and entering the lobby.
- Please remember that shoes and shirts are required outside of the pool area so be sure to coverup before entering the lobby or other areas of the Cane Bay YMCA.
- Members and guests will follow lane lines and be mindful of classes or events going on.
- Supervisors, Lifeguards and Swim Instructors are responsible for your safety. They want you to have fun! Please follow their directions and rules.

Gymnasium Rules

- All patrons must be checked in at the front desk.
- Anyone under the age of ten (10) must be accompanied by an adult.
- Non-marking indoor shoes are required for use of the gym.
- Shirts must be worn at all times.
- Any type of food or drink is prohibited in the gym. (Plastic water bottles are permitted).
- YMCA Basketballs are available for check-out at the Member Services Desk and must be returned before leaving the facility.
- Basketballs are for playing basketball only and should not be kicked or thrown at others or walls.
- Emergency exits are for emergencies only. Anyone using these doors for any other purpose will be asked to leave the facility and their membership may be revoked.

- Please be courteous to other members and staff.
- Cell phone use should be limited in the gym.
- Use of cameras, camera phones or any other photographic equipment is not permitted.
- Rough play and/or profanity will not be tolerated. Any person/s caught fighting or using profanity will be asked to leave the facility and their membership may be revoked.
- No dunking or hanging on rims or nets.
- Full court pick-up games may only take place during designated times or if two or more courts are available for play. The YMCA has the right to discontinue a pick-up game if it is deemed necessary.
- All gymnasium rules and regulations are subject to change at the discretion of the YMCA. This will only be done to increase the quality of service provided and to ensure each of our members and guests are safe.