



HAVE FUN. STAY SAFE.

Your Y Policy Guide

ATTLEBORO NORTON YMCA



CODE OF CONDUCT

The Attleboro Norton YMCA is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all, we ask individuals to act appropriately and abide by the following rules when they are in our facility or participating in our programs.

- Act according to the Y's core values of caring, honesty, respect, and responsibility at all times.
- Physical or verbal abuse, harassment, intimidation, sexual innuendo or display, public displays of affection, and offensive behavior of any kind are unacceptable and will not be tolerated.
- Refrain from angry or vulgar language, including swearing, name calling or shouting.
- Respect the Y's property and the property of others. Please pick up after yourself and leave each area in the same or better condition than when you arrived. The Y will not tolerate theft or destructive behavior.
- The Y strictly prohibits the carrying or concealing of weapons or objects that may be used as weapons.
- The YMCA is a smoke-free, vape-free, drug-free, and alcohol-free facility. This also includes the Y grounds and parking areas. The possession or sale of any drugs or drug paraphernalia will lead to prosecution to the fullest extent of the law.
- Our YMCA is welcoming to all. We expect our staff and our members to respect the differences among our diverse member population. Discrimination of any type will not be tolerated.
- Members and guests must adhere to any rules or policies posted in specific facility areas.
- YMCA staff have the right to determine if any conduct or language is inconsistent with the YMCA's mission and to respond accordingly, up to and including the termination of a member's or guest's facility access.



YMCA CHECK-IN

Members and Program Participants must present their YMCA keytags or barcode at the Welcome Center each time they visit the Y.

Guests and Visitors 18 and over must present a valid photo ID to enter the facility. Guests and Visitors under 18 must have a waiver signed by a parent/guardian prior to their first visit.



SEX OFFENDER

The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA will cancel the membership, end program participation, and remove visitation access.



CHILD PROTECTION POLICY

At the Y, we believe it is our duty and obligation to protect every child who walks through our doors. To ensure your child's safety, we have adopted an extensive Child Protection Policy, which is available at the Welcome Center or online at attleboroymca.org/childprotection.

YOUTH ACCESS & AGE REQUIREMENTS

For the safety of our younger members, we ask all members to adhere to our Youth Access Policy.

Ages 8 and Younger

- **General Facility:** Children must be participating in a YMCA program or directly supervised by an adult (18 or older) at all times.
- **Wellness Center:** Children ages 8 and younger are not permitted.
- **Aquatic Areas:** Children ages 6 and younger must be accompanied in the water by an adult. Any child under 9 who does not pass the swim test must be accompanied by an adult in the water and stay within arm's reach in the shallow end. If not required to be in the water, the adult must be on the pool deck.

Ages 9-11

- **General Facility:** Children ages 9-11 must be participating in a YMCA program or must have a supervising adult (18 or older) inside the facility at all times.
- **Wellness Center:** Children ages 9-11 who would like to use the cardio or strength equipment must first complete 3 Youth Wellness Center Orientations. Once the orientations are complete, they must continue to workout alongside a supervising adult (18 or older).
- **Aquatic Areas:** If a child ages 9-11 can pass the swim test, they may swim anywhere in the pool without having an adult in the water. A child ages 9-11 may perform a Shallow Water Competency test in order to be in the shallow end without an adult. If unable to complete the competency test, the child must have an adult in the water or wear a PFD and stay in the shallow end. If not required to be in the water, the adult must be on the pool deck.

Ages 12-14

- **General Facility:** Youth members of 12-14 years may enjoy unsupervised access to the facility. **All members and Day Pass users must have a parent/guardian sign a waiver prior to accessing the facility alone.**
- **Wellness Center:** Youth ages 12 and older are encouraged to take a Youth Wellness Center Orientation and may workout without supervision.
- **Aquatic Areas:** Youth ages 12-14 are not required to take a swim test. However, if the lifeguard is unsure of a swimmer's ability, the lifeguard may ask a swimmer to perform the skills of a swim test and may instruct the swimmer to remain in the shallow end if necessary.

Ages 15-17

- **General Facility:** Youth members of 15-17 years may enjoy unsupervised access to the facility. **All members and Day Pass users must have a parent/guardian sign a waiver prior to accessing the facility alone.**
- **Group Exercise Classes:** Members 15 and older are welcome to participate in all available Group Exercise classes, as long as they follow proper class etiquette. (For younger members, the Y offers specific fitness classes designed for their age groups. If you have any questions, please contact our Health & Wellness Director.)

MEMBERSHIP PAYMENTS

Monthly Fees: Your monthly membership fee will automatically draft from your credit card or bank account on file on the 1st or the 15th of the month, as you determined at the time of joining.

Declined Payments: If your monthly fee is declined, we will add a \$20 Return Fee to your account to cover penalties that the Y must pay the bank.

Cancelling Your Membership: When cancelling your membership, be sure to let us know 5 days in advance of your next draft. Once the draft goes through, we cannot refund the fee.

Annual Membership Renewals: If you opt to pay your membership annually, we will notify you 45 days in advance when your annual fees are due.

NATIONWIDE RECIPROCITY

Your Attleboro Norton Y membership entitles you to free access to Y facilities throughout the United States! Whether you travel often or if you live near one Y location and work near another, this is a fantastic benefit for all Y Members! Join the Y you'll visit the most, but enjoy the convenience of being able to visit another. (Please contact the Y you intend to visit, as restrictions may apply.)

GUEST PASSES

All adult and family membership types include 2 guest passes (per each adult on the membership) per year, so you can invite your friends and family to accompany you at the Y! Please note:

- Guests must be accompanied by an adult (18+) member.
- Guest passes are valid for one day only.
- Guests 18 and older must present a photo ID.
- Visitors under 18 may not use a guest pass unless they are accompanied by an adult member. (Visitors 12 and older must purchase a day pass to use the facility.)
- Each guest is allowed to use 3 guest passes per year. After that, he or she must purchase a Day Pass or a membership.

CHILD WATCH

Child Watch is open to children 2 months to 12 years of age who are Family or Single-Parent Family members of the Attleboro Norton YMCA. (Children must be members.) Children who are not Y members or who are members of another YMCA may utilize Child Watch for a \$5 fee. Children may be left for no more than 2 hours. Parents must remain in the facility while their children are in Child Watch. Please note that our Child Watch staff are not able to change diapers. If your child requires a change, the staff will notify you.

PROGRAM SCHEDULES & BILLING

Most of our programs run on a continuous basis with monthly billing. When you register, you will pay for your first month of the program. Going forward, you will be billed on the 5th of the month for the next month of programs. **If you no longer want to participate in the program, you must inform us in writing at least 5 days before the next program draft.**

MOBILE MANNERS

Cell phone, camera or video camera use is strictly forbidden in the locker rooms and rest rooms.

PHOTO NOTICE

The Y may take pictures and videos of various activities for promotional use. Please let us know if you do not wish to be included in these medias.

WELLNESS CENTER

Please respect the equipment and others in the Wellness Center by exhibiting proper gym etiquette.

- Always clean the equipment after use.
- Return all weights and equipment to their proper location.
- Use equipment properly. If you are unsure how to use an element, please ask floor staff or request a Wellness Center Orientation.
- Stay hydrated and drink your water. However, all other food and drink are not permitted.

DRESS CODE

- Wear appropriate workout attire and sneakers when exercising. Jeans, jean shorts, work boots, and sandals are not allowed in the fitness areas. Shirts must be worn in the gym and workout areas.
- Help us keep our Y clean! Bring a change of shoes before using the gyms, wellness centers, or fitness studios.
- In the pools, swimmers are required to wear attire specifically designed for swimming. Please remember to respect others and wear swim suits that are appropriate for a family environment. Children who are not potty trained must wear a swim diaper under swimsuits.

SAFE POOLS

- Enter and exit pools through locker rooms only.
- Non-swimmers of any age are not permitted in the deep end of the pool.
 - Children/youth who need assistance or a flotation device must have an adult in the water with them and will not be permitted in the pool's deep end.
- Please review all age-related pool testing policies on page 1.
- Y lifeguards reserve the right to test swimming competency of any participant at any time.
- Swimmers must follow all rules posted in the pool areas.
- To ensure the safety of our members and guests, all Attleboro YMCA indoor and outdoor pools must close due to thunder and/or lightning; pools will reopen 30 minutes after the last trace of thunder and/or lightning.
- Lifeguards may be subject to random drills to ensure your safety

PERSONAL TRAINING & COACHING

Based on recommendations of the National YMCA of the USA, and because coaching and personal training services are offered by the YMCA, only Attleboro YMCA staff members are allowed to utilize YMCA facilities for personal training or coaching.

LOCKER ROOM

- Clothing and other personal belongings not in use should be stored in the lockers provided by the Y. Please do not leave belongings on floors or benches.
 - Be sure to lock your belongings. Bring your own lock. Alternatively, the Y offers day use lockers with keys or programmable locks outside of the locker rooms.
- The Y is not responsible for any items stolen in the facility or from the grounds.

PROGRAM-ONLY AREAS

For the safety of our members, there are certain areas that are not open to general member use. Select spaces—including our gymnastics center and certain studios and classrooms—are reserved for supervised program use only.