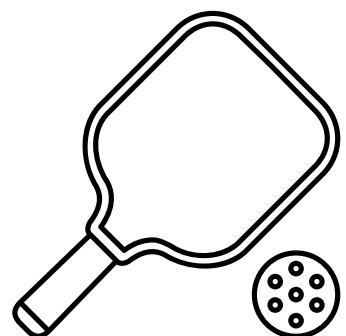




**HAVE FUN
MAKE FRIENDS
GET FIT**

**Membership Policies
Code of Conduct
YMCA OF GREATER FLINT**





Member Code of Conduct

We are 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 at all times when they are in our facility or participating in our programs. We expect persons using the Y to behave in a mature and responsible manner and respect the rights and dignity of others. Our Code of Conduct does not permit language or action that can hurt or frighten another person or that falls below a generally accepted standard of conduct. Our Code of Conduct reflects our core values of caring, honesty, respect, and responsibility.

Specifically, members or guests are NOT to engage in the following activities:

- Angry or vulgar language including swearing, name-calling, or shouting.
- Intentional physical contact or language with another person in an angry, threatening, or sexual manner.
- Any demonstration of sexual activity.
- Harassment or intimidation by words or gestures, body language, or any other menacing behavior.
- Inappropriate attire.
- Theft or behavior that results in the destruction of property.
- Carrying, or concealing weapons, devices, or objects that may be used as weapons.
- Using or possessing Tobacco, illegal chemicals, alcohol, Marijuana or vapes on Y property, Y vehicles, or at Y sponsored programs.
- Chronic disregard for Y policies.
- Personal music without headphones.
- Any other conduct or behavior that is unwelcomed, inappropriate, threatening, or offensive in nature.
- The use of cell phones with cameras and all other camera or video recording devices are prohibited in all bathrooms, locker rooms and changing areas.
- Membership may be terminated if Code of Conduct policies are not followed.

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA of Greater Flint Mission Statement:

To put Christian principals into practice through programs that build a healthy spirit, mind and body for all

Diversity, Inclusion and Equity Statement:

The YMCA of Greater Flint is committed to creating meaningful change in our community by working to be a space where all people, perspectives, and ideas are welcomed. We are a cause-driven YMCA led by staff and volunteers who strive to promote an inclusive organizational culture that builds equity, values diversity, strengthens inclusion, and fosters global community in the US and abroad

The YMCA of Greater Flint welcomes all people regardless of ability, age, background, ethnicity/race, faith, gender, gender identity or expression, income, national origin, or sexual orientation. We believe that in a diverse world, we are stronger when we are inclusive, our spaces are welcoming and open to all, and everyone has the opportunity to take part in the YMCA. The YMCA does not tolerate any form of discrimination or harassment

In upholding our commitment to inclusion and ensuring safe spaces for everyone, we offer all individuals the use of restrooms and locker rooms that align with that individual's gender identity, regardless of their assigned sex at birth.

All members and their permitted guests have the right to safe and appropriate locker room and restroom facilities within the YMCA. All members and their permitted guests shall have access to the use of gender-specific locker rooms or restrooms that correspond with their current gender identity and expression of it.

Membership Policies

Check In

Your safety is our top priority. All visitors will be required to present a valid membership card upon entrance to the facility. Having knowledge of who is in the building and at what time, allows us to ensure a secure environment. Lost cards can be replaced for a fee. Members who lose their cards are required to show a picture ID. Members who lend membership cards to non-members will lose membership privileges without a refund. Membership cards are the property of the YMCA of Greater Flint.

Nationwide Memberships

The YMCA of Greater Flint participates in the Nationwide membership program. Active eligible members can access other Nationwide participating YMCA facilities across the United states & Puerto Rico at no extra cost. Some restrictions apply: Must have eligible active YMCA membership card and or valid Photo ID. Member must use home YMCA for at least 51% of the time.

Communications

There are many ways we communicate with our members:

- Our website: www.flintymca.org
- Email
- Facebook and Twitter
- YMCA of Greater Flint DAXKO App

Personal Belongings & Lost and Found Policy

The YMCA of Greater Flint is not responsible for lost or stolen items. Please take special care in locking up all personal belongings in both the locker rooms and in your car. We suggest not leaving any items in view in your vehicle. The Y is not responsible for any items left on YMCA property. All items turned in to the Lost and Found will be held for two weeks. If items are not claimed, they will be donated. Please check at the Front Desk for lost items

Dress Code

The YMCA is a family organization and we ask our members to wear proper workout attire that allows for full coverage during movement; gym shoes with non-marking soles, shorts and a shirt are required.

Proper Swim attire is required in the pool, hot tub and saunas. Patrons in diapers must wear swim diapers for swimming pool use.

Clothing with profane or offensive language or pictures is prohibited. The YMCA reserves the right to define inappropriate dress when necessary.

Locker Room Policy

Respect is a core value of the YMCA, and we respectfully ask all users of our locker rooms and restrooms to exhibit modesty by covering themselves while in common spaces, where possible. Use a private shower stall or wear a swimsuit if using a communal shower space.

Our universal locker rooms provide the most privacy with individual changing spaces. Our goal is to provide safe spaces for everyone and if at any time you feel uncomfortable please report it to a staff member and we will follow up on the report.

Medical Emergency

YMCA staff members are CPR, First-Aid and AED trained and certified. AEDs are available at both branches. Please see a staff member if someone needs assistance.

Smoking Policy

The YMCA of Greater Flint facilities and grounds are SMOKING-free environments. This includes parking lots and playing fields. We ask that if you need to use any tobacco / vaping products you leave the YMCA property to do so.

Personal Training or Coaching

Personal Training or coaching at the YMCA is provided by YMCA approved employees only. Personal trainers that are not approved or not employed by the YMCA are prohibited from providing training services at the YMCA for members and guests.

An individual may be seen as personal training if he/she/they is:

- Receiving payment for an exercise session
- Designing a program or workout for another member or participant
- Providing exercise, sports, or swimming technique

Failure to comply with the Personal Training Policy is in direct violation of YMCA policy and may result in suspension or termination of your Y membership.

Fit Zone and Free Weights

- Please schedule an orientation at the front desk if you have questions about how to use equipment at the YMCA.
- Youth ages 11 and 12 may only use the Fit Zone once they have completed an orientation and have been approved by YMCA staff. They must have a parent working out with them at all times.
- Please wipe down equipment after use.
- Share the equipment by allowing others to work out.
- Water and sports drinks in enclosed containers are welcome.
- Use a spotter when possible.
- Use collars on all barbells.
- Leave weight benches in assigned areas and re-rack plates on assigned racks. Please do not rest plates on the floor, machines or walls.
- Bring weights to rest gently. Do not drop weights or bars.
- Please put equipment where it belongs after use.

Hot Tub Policies Pierson Road

- Children under the age of 7:
Must be accompanied by an adult 18 years or older within an arm's reach.
- Children between the ages of 0-14:
Must be supervised by an adult 18 years or older at all times.

Hot Tub Policies Downtown

- Children under the age of 14 are not aloud in the hot tub due to NO lifeguard on duty.

General Pool Guidelines

- Lifeguards reserve the right to restrict any guest from either end of the pool.
- Swimming without a lifeguard present is prohibited.
Prolonged Breath holding activities over 20 seconds are not permitted.
- Proper swimming attire that allows for full coverage during movement must be worn at all times.
- Guests must shower before entering the pool.
- Diving is only allowed in designated areas.
- Food, drinks, candy and gum are not permitted in the pool area.
- Persons with bandages, wounds or open cuts are not permitted in the pool.
- Please do not hang on lap lines.
- Horseplay is not permitted.
- The lifeguard's word is final.
- NON-Swimmers must be accompanied by someone 18 years old or older within an arms reach at all times.
- YMCA Staff reserve the right to adjust and/or change the pool schedule due to program needs.
- All participants under the age of 18 are required to take a swim assessment.
- Participants who are not able to pass the swim assessment may be required to wear Coast Guard approved device. Please see the lifeguard for swim assessment policies.
- Pool shall not be operated during severe weather.

SWIM TEST KEEP EVERYONE SAFE AT THE Y

The YMCA of Greater Flint is committed to ensuring everyone is safe while swimming in our pools. Individuals (17 Years of Age and Younger) must participate in a swim test, if the water level is above the arm pit (chest level). Swim tests do not carry over and are required each time you enter the pool area.

Non-Swimmer

1. Has not passed any level swim test
 2. Must stay in the shallow end
 3. Must wear a coast guard approved life jacket unless the parent is providing contact support – hands-on instruction (with lifeguard approval)
 4. Six years and under must have a parent/guardian in the water and within arms reach
- OR Ages 7-13 must have a parent/guardian in the pool area actively supervising the participant

Shallow End Swimmer

1. Has passed the shallow water swim test as determined by the lifeguard administering the test
 2. Are allowed to swim without a life jacket
 3. Must stay in the shallow end
 4. Six years and under must have a parent/guardian in the water and within arms reach
- OR Ages 7-13 must have a parent/guardian in the pool area actively supervising the participant

Deep End Swimmer - Downtown Only

1. Have passed the swim test as determined by the lifeguard administering the test
 2. Are allowed to swim without a life jacket
 3. Are allowed to swim in the deep end of the pool, if six years or younger a parent/guardian is required to remain in the deep end of the pool with the participant within arms reach.
- OR
- Ages 7-13 have a parent/guardian in the pool area, situated near the deep end area of the pool, actively supervising the participant.

General Reminders when at the YMCA pools:

Parents are responsible for the direct supervision of their children while in the pool area

YMCA staff reserve the right to test or re-test any swimmer at any time, including individuals over the age of 17 who are identified by the lifeguard to be a possible risk to themselves or others

Sauna And Steam Room Policies

- Recommended use time is 15-20 minutes or less.
- Saunas are public spaces; appropriate clothing is required at all times.
- Exercising in the sauna is not allowed.
- Sauna suits are not allowed in the sauna.
- Drying clothes or towels on or around the heating element or benches is prohibited.
- Children under 7 are not permitted in the sauna or steam room.
- Adding any kind of liquid on the heating element is prohibited.

Access Policy

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

- Is a registered sexual offender;
- Has plead guilty to or been convicted of any crime involving sexual abuse;
- Has plead guilty to or been convicted of any crime against persons such as child, spousal, or parental abuse;
- Is presently clearly under the influence of intoxicating beverages or behavior modifying drugs.

The Branch Executive will investigate all reported incidents. Suspension or termination of YMCA membership privileges may result from a determination by the Branch Executive if in his/her discretion a violation of the YMCA Member Code of Conduct has occurred.

Adult supervision.

All Children and guests ages 13 and under must be accompanied by an adult or in a supervised program while in the facility

Inclement Weather Policy

If inclement weather or causes beyond our control occur, please check our mobile app, website, or Facebook page for any closing or cancellation notices. Membership dues are not refundable for times when a facility is closed due to inclement weather or causes beyond our control.

In the case of thunder and/or lightning, our pools will be closed for 30 minutes after the last thunder and/or lightning strike, according to facility protocol.

Program Cancellation Policy

All programs have a minimum number of participants in order to begin. If registration falls short of this minimum, the class will be canceled and a credit will be applied to your account for the canceled program. Prorated fees will not be granted for any participant who joins a program session after the starting date or who leaves the program session before the end date.

If a Y program class is canceled due to inclement weather or causes beyond our control, every effort will be made to create a make-up class. Partial refunds will not be given.

Temporary Hold Policy

Members may request that their membership be placed on hold once per calendar year for up to 3 months. A hold request will start the following due date. Membership holds are not considered an active membership status for the Nationwide program. (The full membership will automatically be reactivated after the hold term expires.)

Cancellation / Change Policy

Membership is continuous membership plan. If you wish to terminate or change the membership in any way, We must give the Y (15) days notice by email to the Membership Director or by coming into the Y to make appropriate changes.

Partner with Youth Campaign, Financial Assistance Application

Financial assistance is available for those in need. We make every effort to ensure that no one is turned away due to an inability to pay.

We are grateful to our generous donors whose contributions to the annual YMCA Partner With Youth Campaign make assistance possible.

Applications for financial assistance are available on our website under Membership. Assistance is given based on need and available funding. Monthly membership dues are used to cover costs associated with operating our facilities and offering services to members.

Donations to our Partner With Youth Campaign allows us to provide financial assistance for memberships and programs. Please consider making a gift to the YMCA to support those in need. Donations can easily be added to your monthly draft. If interested in supporting the Y, please see the front desk.

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