WELLNESS FLOOR POLICY

YMCA OF METROPOLITAN WASHINGTON

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

All members and guests on YMCA property must abide by the policies of the YMCA of Metropolitan Washington, as outlined in the YMCA of Metropolitan Washington Membership Handbook. In support of the YMCA mission and the Y's core values of caring, honesty, respect and responsibility; please observe and honor the YMCA of Metropolitan Washington's Wellness Floor Policies:

SUPPORT A RESPECTFUL ENVIRONMENT:

- Honor the Y's Code of Conduct at all times.
- All inappropriate language, behaviors & gestures are prohibited.
- When using equipment, please be mindful of other members that may be waiting to use the same equipment.
- Please honor a 30-minute time limit on all cardio equipment during peak times and when reasonably requested by Y wellness staff.
- In respecting the comfort of others, please avoid wearing heavy colognes, perfumes or other fragrances.
- Please do not leave any personal property on the wellness floor.
- Maintain a respectful conversation volume.
- Camera usage (or using imaging devices of any kind) is prohibited.

SUPPORT A SAFE ENVIRONMENT:

- Please report all accidents and emergencies to the nearest YMCA staff.
- Please observe and honor all Y wellness team member requests regarding equipment use and general workout safety & conduct.
- Appropriate workout attire is required in all wellness areas, including shirts; shorts and/or sweat pants; and closed-toe athletic footwear.
- Street clothing, street shoes and bare feet are not permitted.
- Please handle all equipment with care (do not slam, bang, drop or throw equipment) and keep it in the appropriate area for the next member to use.
- Small apparatus and specialty equipment is available for member use; please see the branch wellness team for more information and support on the safe use of this equipment.
- No personal, non-YMCA equipment may be bought onto YMCA property by a member or guest and/or used by a member or guest.

SUPPORT A CLEAN ENVIRONMENT:

- Please dispose of any trash and return used towels to designated bins.
- Please do not bring gym bags, food or drink (other than water bottles) into the wellness floor areas.
- Please wipe down equipment after each use using YMCA supplied sanitation wipes.

WELLNESS SERVICES:

- For the health and safety of all YMCA members, guests and staff, workouts are reasonably prohibited from including the provision of Wellness Services without the support of certified YMCA Personal Trainers (which may include, but is not limited to: exercise prescriptions; workout instruction and feedback; fitness assessments; and member wellness education).
- YMCA Personal Trainers and wellness staff team members are eager to support YMCA members and guests in their healthy living journey. Please direct any questions or concerns you have about your workouts (i.e. from proper workout technique, safe use of Y equipment, personal training support, etc.) to a YMCA branch wellness staff member.

PARTNER / GROUP WORKOUTS:

- YMCA members are encouraged to workout with each other in pairs or groups. This may include participating in the same workout routine together, "spotting" each other during workouts to promote member safety; and providing basic encouragement to each other during the workout activity.
- Please be courteous and respectful of all members and guests in your workout area. As feasible, partner/group workouts are encouraged at off-peak times for the comfort of all fellow Y members and guests.

AGE RESTRICTIONS:

- Children 12 years old or younger are not permitted to be in the Wellness Floor Area, or to use the Wellness equipment, unless participating in a YMCA-sanctioned program/activity.
- Children ages 13-17 years old are permitted to be in the Wellness Floor Area and use the Wellness equipment with adult supervision. In order to be in the Wellness Floor Area and use the Wellness equipment without adult supervision, children ages 13-17 years old are required to have successfully completed the branch's youth wellness floor orientation program and wear the identifying wrist band provided by the YMCA to confirm their successful completion of this program.