



YK Fitness Center Facility Policies

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Summary

Our goal at the YK Fitness Center is to provide a safe, positive environment where all members of the community can exercise and engage in recreation together to enhance their health and wellbeing. We appreciate your help in making the YK Fitness Center a positive part of your community by adhering to facility policies. The following policies and rules are for the safety and wellbeing of all users of the YK Fitness Center as well as for the sustainability of the facility. We make every effort to alert patrons to facility policies. Patrons who violate facility rules or refuse to follow reasonable requests from staff may have facility privileges and/or membership revoked. **Facility Staff have the authority to enforce all facility rules, including those not posted.**

Patrons who utilize equipment and services at YKFC do so at their own risk and should assure they are healthy enough to participate in use of YKFC equipment and services. YKFC is not responsible for injury that may occur from use of facility equipment or services.

Substance Use

The YK Fitness Center is a substance free zone. Use of alcohol, tobacco (including chew), or other drugs or behavior consistent with being under the influence of drugs or alcohol will be grounds for immediate expulsion from the facility and revocation of facility privileges and/or membership. Patrons expelled from the facility will not be eligible for refunds of fees.

Expectations

Health: Patrons who are ill, have a fever, diarrhea, open wounds, or communicable diseases should not visit YKFC.

Behavior: Patrons are expected to behave respectfully towards staff and other patrons and to help our staff provide a positive environment where users may enjoy the facility together. No person shall behave in such a manner as to jeopardize the health and safety of themselves or others. Such behavior, including, but not limited to the below, may result in revocation of privileges and/or expulsion from the premises. Patrons expelled from the facility will not be eligible for refunds of fees.

- Use of abusive or profane language.
- Use of alcohol, tobacco (including chew), or drugs or behavior consistent with being under the influence.
- Loitering or Harassment.
- Any behavior that is not consistent with providing a positive family friendly atmosphere.
- Use of facility or equipment in ways other than designed or intended.
- Any activity likely to result in damage to the facility or equipment.
- Any behavior likely to result in injury to the individual or others.

Cleanliness: Patrons are asked to help us maintain the cleanliness of the facility by removing or covering all outdoor shoes in the facility lobby area. Outdoor shoes may be left in the cubbies provided in the lobby or taken to the locker rooms and placed in a locker, but should not be worn without covers in any area of the facility except the lobby.



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Attire: Patrons are expected to wear clothing that is clean, appropriate for the activity they are engaging in, and appropriate to a family atmosphere. See facility area policies below for specific clothing requirements for each area.

Fees: All patrons must pay the appropriate entrance fees to use the facility. Up to date fees and rates can be found at the facility front desk or on the facility website at ykfitness.org.

Emergency Procedures

In the event of an emergency patrons are expected to remain calm and to follow the below basic guidelines as well as directions of Fitness Center Staff.

Fire

In the event of a fire all patrons should exit the Facility by the nearest exit. For safety, patrons should not go to locker rooms or other rooms in the interior of the Facility but should exit quickly and calmly at the nearest exit.

Power Outage

In the event of a power outage, patrons should remain in place until the generator starts up and provides backup system operations. Under normal circumstances the facility will remain operational, and patrons are encouraged to return to their activities once it is safe to do so. If there are any issues with facility systems once the generator is running, patrons will be asked to leave the affected areas until systems can be restored and the area is deemed safe for activity. If the generator fails to start the facility may be closed and patrons asked to leave until power returns.

Aquatic/Pool Area Incident

In the event of an incident in the Aquatic Area, patrons may be asked to exit the pool and/or Aquatic Area. Patrons will be expected to follow all requests by Lifeguards or Staff immediately.

Medical Emergency (Outside Aquatic Area)

In the event of a medical emergency, alert the closest facility staff immediately. Staff will respond following our emergency action procedures which may include asking all patrons to leave the immediate area. Patrons are asked to follow all directions from facility staff to assure the best possible outcome to the situation.

In the event of a medical emergency outside the Aquatic Area, the Lifeguard may be required to assist. In this situation the lifeguard will require all patrons to clear the pool area immediately so the Lifeguard may leave to assist with the emergency. Patrons are expected to exit the pool and remain out of the pool area until the Lifeguard can return. Failure to do so may result in revocation of privileges.

Lost Child

In the event that a child cannot be found by their parent/guardian, Facility Staff will institute a facility lockdown and will ask patrons to remain in their current area of the facility until the child is found or until Police arrive and release patrons. Patrons are asked to follow all directions from facility staff and/or Police to assure the best possible outcome to the situation.



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Active Shooter Emergency

In the event of an active shooter in or around the Facility, patrons are asked to remain calm. Facility Staff will provide direction if it is possible for them to do so safely. In the event that Facility staff are not able to safety communicate directions, patrons are asked to follow the below guidelines:

- If it is safe to exit the building, patrons are asked to do so quietly to avoid bringing attention to themselves. If police have arrived, exit with hands clearly visible to police.
- If it is not safe to exit the building, patrons should shelter in place, locking/barricading doors if possible and staying quiet to avoid bringing attention to themselves or others.

In all cases if it is possible to safely contact police, without drawing attention to themselves, patrons should call 911.

Age Policies for Facility Use

Patrons aged 16 and older

Patrons aged 16 or older may use all public areas of the facility and are eligible to participate in all activities and programs marketed for adults unless otherwise specified. Patrons age 16 and older may also supervise children using the pool area.

Youth Aged 12-15

Youth aged 12-15 years old may use the swimming pool without a parent/guardian but will be expected to follow all facility policies, rules, and directions from staff.

Children Aged 11 and under

Children aged 11 years and under must be attended by a parent/guardian over age 16 who must remain in the facility.

Open Swimming:

- Youth Age 9-11: Adult age 16 or older must remain in the facility and available in the event of an emergency or discipline issue. Adult may leave the pool area but should let staff know where to find them in an emergency.
- Youth Age 6-8: Adult age 16 or older must remain in the pool area actively supervising their swimmer(s)
- Child Age 5 years old less: Adult age 18 or older must be in the water within arm's reach of the child.
 - There should be one adult for every 2 swimmers age 4-5,
 - There should be 1 adult for every swimmer age 3 or younger.

Programs: If a child is participating in a program with an instructor and the child is:

- between 6-11 years parent must remain in the Facility and be available in the event of an emergency but may leave the activity area. Parent should let instructor know where to find them in the event of an emergency or discipline issue.
- age 5 years or less parent/guardian must remain in the program area available to assist the child/children unless otherwise directed.



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Fitness Area Policies

Use of the fitness areas including the Cardio/Weight Room, Studio, and Cycle Area is restricted to patrons aged 16 years and older with a Fitness Area Membership or Fitness Area Pass.

In the event of overcrowding during peak hours, user time limits will be implemented.

Cardio/Weight Room:

Open to patrons Age 16+ who have a fitness membership or fitness area pass during all hours of operation unless required to be closed for safety or maintenance purposes.

Studio

The Studio will be available for use by patrons age 16+ who have a fitness membership or fitness area pass except during programmed activity hours when the Studio will be closed to patrons not participating in the scheduled program/activity.

Youth under the age of 16 will be allowed to use the Studio only during scheduled programs, activities, or events conducted under the supervision of an adult unless otherwise designated.

Cycle Area may be used by patrons age 16+ who have a fitness membership or fitness area pass during any time the cycles or the cycling space are not required for use by a program or event.

Fitness Area Safety

Patrons using the Fitness Areas do so at their own risk. YKFC is not responsible for injuries that result from use of the Fitness Areas.

Patrons are expected to use all equipment as it is designed and intended to be used. Use of equipment outside of manufactures design/intention may result in injury or damage to the equipment and is not allowed.

YKFC Staff will make every effort to assure the Fitness Areas are tidy and free of hazards. Patrons are expected to help by replacing equipment after use and keeping personal items out of walkways and away from moving equipment.

Glass of any kind is not allowed in the facility.

Fitness Area Behavior

In addition to YKFC General Behavior Expectations, Patrons using the Fitness Areas are expected to follow appropriate gym etiquette including (but not limited to):

- Wear clean, indoor shoes.
- Share equipment/rotate use of equipment with other patrons.
- Use headphones for listening to music watching videos.
- Control all weights and other equipment, do not drop, or throw equipment.
- Wipe down equipment with disinfectant and towels after each use.
- Glass is not allowed in the YK Fitness Center. Water or Sport drinks are allowed in the fitness areas, but should be in a covered, shatter-proof container. Food or other drinks should be consumed in the concession areas.
- Drugs/alcohol are not allowed in the facility. User should not visit the facility if they are under the influence of drugs or alcohol.
- Put equipment away after use.
- Respect personal space of other patrons.
- Avoid staring, leering, or other forms of harassment.
- Do not take pictures of other patrons without their consent.



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Fitness Area Hygiene

Patrons in the fitness areas are expected to adhere to basic standards of cleanliness at all times, including, but not limited to:

- Wearing clothing that is free from transferable dirt or grime and free of discernable odors.
- Avoiding obvious body odors or other heavy scents that may interfere with other patron's workouts.
- Patrons should wear appropriate footwear for the activity they are engaged in. If shoes are worn, they must be clean, indoor shoes. Athletic shoes with sharp soles should not be worn on the exercise or wrestling mats.

Patrons are expected to disinfect all equipment used by wiping with disinfectant and wipes.

Fitness Area Attire

Fitness Area users are expected to wear clean, indoor shoes or footwear appropriate to their activity.

Clothing worn in the fitness areas must be clean, must completely cover the chest, groin, and buttocks, and may not include profane language or symbols. Clothing should be free of discernable odors and should not include buttons, rivets, or other sharp attachments that may damage seats or equipment. Clothing should be free of hanging or dangling pieces that could get caught in equipment and cause safety issues or damage to equipment.

Aquatic Area Policies

The Aquatic Area will be open for use by patrons with an aquatic membership or pass only when a certified Lifeguard is on duty unless otherwise designated. Entering the Aquatic Area when it is not open for use is prohibited and may result in revocation of privileges.

Glass is not allowed in the Aquatic Area at any time.

Food, Gum and Beverages: Food, Drink, and Gum are not allowed in the Aquatic Area except for the following:

- **Pool/Spa:** Water in covered, shatterproof containers is allowed.
- **Spectator/Bleacher area:** Non-Alcoholic Beverages in covered, shatterproof containers are allowed.

Lifeguards will designate space for lap swimming and for recreation. Recreational swimmers are expected to stay out of lap swim lanes. Lap swimmers are expected to share lanes with other lap swimmers. Programs and rentals may limit space available; patrons are reminded to review pool schedules regularly.

Aquatic Area Age Restrictions

Adults age 18+ may use the pool and spa during all Adult Swim and Recreational hours. Adults will be required to sign a waiver to use the pool during Adult Swim hours when a Lifeguard is not present.

Patrons age 16+ may use the pool and spa during all Recreational Swim hours.

Youth aged 12-15 years old may use the swimming pool without a parent/guardian.

Children aged 11 years and under must be attended by a parent/guardian over age 16 who must remain in the facility. During recreational swimming:

- Youth Age 9-11: Adult age 16 or older must remain in the facility and available in the event of an emergency or discipline issue. Adult may leave the pool area, but should let staff know where to find them in an emergency.
- Youth Age 6-8: Adult age 16 or older must remain in the pool area actively supervising their swimmer(s)
- Child Age 5 years old less: Adult age 16 or older must be in the water within arm's reach of the child.
 - There should be one adult for every 2 swimmers age 4-5,
 - There should be 1 adult for every swimmer age 3 or younger.



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Age policies for swimmers participating in Programs and Swim Lessons will follow general program age policies.

Aquatic Area Safety

- Patrons should always walk when in the pool area.
- Prolonged underwater swimming for time and/or distance is not allowed. Competitive or repetitive breath holding can be deadly and is not permitted. Hyperventilation is not permitted.
- **All entries into the shallow end of the pool shall be feet first and forward.**
 - Diving is allowed only in the deep end/7' end of the pool.
 - Jumping backwards, flipping, or spinning off the side of the pool are not allowed.
- No rough play, especially around small children.
- All patrons must stay off each other's shoulders.
- No spiting or gargling.
- All patrons must stay out of lifeguard office unless accompanied by a lifeguard.
- The dividing wall between the shallow area and slide area is for hands only, patrons may not climb, sit or walk on the wall.

Aquatic Area Hygiene

- Patrons who are ill or have open wounds or sores should heal before visiting the pool/spa.
- All patrons must take a cleansing soap shower before entering the pool or spa.
- Any person having a communicable disease, open wound, inflammation, or discharge will not be permitted in the pool or spa.
- Any patron experiencing even a mild case of diarrhea may not use the pool or spa. *Persons with diarrhea should wait two weeks after symptoms end before returning to the pool.*
- Patrons should remove all bandages, gauze, or patches before entering the pool. Medically necessary patches designed for water submersion may be left on.

Aquatic Area Attire

All patrons utilizing the pool or spa must be attired in clean, appropriate swimming apparel.

- Swimwear must be free of dirt, sweat and any chemicals that might interfere with the water chemistry of the pool or spa.
- Appropriate swimwear for females covers the breasts, buttocks, genitals and pubic region. For males, appropriate swimwear covers the buttocks, genitals, and pubic region. Thongs and see-through swimwear are prohibited.
- Swimwear must be of a lightweight material, such as Lycra, Spandex, Polyester or Nylon. Reasonable accommodations will be made for modesty and religious concerns if all apparel is made of approved materials. Cottons and other linens that impact the pool filtration system are not allowed.
- Any patron (regardless of age) who is not fully toilet trained and/or who is incontinent, must wear a clean diaper designed for swimming covered by separate rubber/vinyl cover, all of which must fit snugly around the legs and waist.
 - If the diaper becomes soiled, this person must exit the pool immediately and may not return until being completely cleaned and putting on a clean diaper with clean rubber/vinyl pants.
- All changing of clothes and diapers should be accomplished in the locker rooms. Deck changing is not allowed.

Shoes: Outside shoes may not be worn in the Aquatic Area unless covered with clean shoe covers. Clean, indoor shoes may be worn. Water shoes worn in the pool or spa should be clean and free of outside contaminants (sand, algae, etc.)

Trash is not allowed in the pool. Please check pockets before leaving the locker rooms.



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Lap Lane Use

- Lifeguards will designate lanes for swimming and lanes for recreation.
- Recreational swimmers are expected to stay out of lap lanes and to keep equipment such as balls out of lap lanes.
- Lap swimmers are expected to share lap lanes with other swimmers by circle swimming.
- Lap swimmers are expected to follow lap swim etiquette
- Patrons may not sit or hang on lane lines unless experiencing difficulty swimming.
- Patrons moving between lap lanes must go under the lane lines.

Spa Use

- Patrons should not enter the spa unless a Lifeguard is on duty unless otherwise designated.
- Maximum number of people allowed in the spa is seventeen (17).
- **Patrons must be 16 years old or older to use the spa.**
- Patrons must take a cleansing shower before using the spa.
- Patrons should be healthy prior to using the spa. Any patron with a disease that can be transmitted through the water, or who has been ill with diarrhea or vomiting in the past two (2) weeks are not permitted to use the spa.
- Patrons should limit time in the spa to 15 minutes.
- Patrons with heart disease, diabetes, high blood pressure, or who are pregnant should consult a physician before using the spa.
- Proper swimwear, consistent with facility policies, is required in the spa.
- Public displays of affection, roughhousing or other disruptive behavior is not allowed in the spa.
- Food and drink are not allowed in the spa. Water in covered containers may be allowed.
- Any use of Alcohol, tobacco or any other drug or behavior consistent with being under the influence of drugs or alcohol will be grounds for immediate expulsion from the facility.

Diving and Use of Starting Blocks

- Diving is allowed **only** in the deep end/7' area, of the pool.
- All dives must be forward facing, from the edge of the pool. Divers may not run and dive.
- Flips, spins, or rotations of any kind are not allowed.
- Starting blocks may be used only when under the direct supervision and permission of YK Fitness Center approved coach/instructor.

Water Slide: Failure to follow slide rules can result in serious injury.

- Water slide will only be run when there is sufficient Lifeguard staff available to provide safe oversight.
- Patrons must stay clear the slide plunge area when the slide is on.
- Only 1 rider is allowed on the slide at a time.
- To use the slide riders must be at least four-feet-tall or be able to pass the swim test.
 - Youth must be able to swim or stand in the catchment area.
 - Swimmers requiring floatation are not ready to use the slide.
- Maximum rider weight is 300 pounds.
- Riders should walk carefully up the stairs.
- Riders must wait to enter the slide until cleared by the lifeguard.
- All riders must sit down in the slide start tub, then slide feet first, on their back down the slide.
- Riders may not propel themselves into the slide.



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- Riders must be in good health. Elders, anyone with heart disease, high blood pressure, epilepsy, or using prescription medication should consult their physician before using the slide. Individuals with medical conditions including, but not limited to, pregnancy, heart or back problems should not use the slide.
- Riders must exit the plunge area promptly
- Patrons may not sit, stand or climb on the outside of the slide.
- Rider assumes all risk of injury due to misuse of the slide or failure to follow slide rules.

Rules for use of Pool Equipment: Equipment will be removed if patrons fail to follow equipment use rules.

Floation:

- Lifejackets:
 - Lifejackets are US Coast Guard approved floation and may be used in any area of the pool.
 - Lifejackets are available for use by any patron but will be removed from patrons damaging or misusing lifejackets.
- Inflatable floation:
 - Water wings, inner tubes and other inflatable floation may be used in shallow areas of the pool only.
 - Non-swimmers depending on inflatable floation must be attended by an adult within arm's reach at all times.
 - Large rafts or other inflatable 'play floats' may be allowed at the discretion of management and/or lifeguards **only if patron loads are low and it is safe for use**. Patrons will be expected to use floats safely. **During times of high patron loads large floation devices will not be allowed.**

Basketball Hoop:

- The only item that should touch the basketball hoop is the ball. Patrons should not dunk, hang, or pull on the basketball hoop, net, or backboard.
- Shooting should be done from in the water, not on deck. Patrons shall not shoot or dunk while jumping from the deck.

Balls:

- Balls should be used appropriately and should not be thrown at people with intent to harm.
- Balls should be kept in the areas designated for recreation and out of areas designated for lap swimming.
- Balls will be removed if patrons are not able to play with balls safely and without interrupting lap swimmers

Toys: All toys brought to the pool should be clean, free of contaminants and made of materials that do not interfere with water chemistry. Rocks, coins, or metal objects that disintegrate, corrode, or rust are not permitted.

- Squirting toys: Squirting toys may be used, but water must not be squirted at lights or other electrical fixtures. Water should not be squirted into face, eyes, ears or nose of patrons.
- Sinking toys: Sinking toys are allowed but should not be thrown in any way that may harm patrons or equipment.
 - Weight of sinking toys may not exceed 5 lbs.
 - Patrons must use caution when placing sinking toys and be sure to avoid any action that may endanger themselves, another patron or that may damage the facility in any way
- Torpedo: Torpedo toys are allowed only when propelled under water. Torpedoes thrown outside of the water will be removed from the pool.
- Floating toys: floating toys are allowed in the recreation areas. Users must follow all applicable safety rules

Swim Equipment: (Kickboards, pull buoys, pool noodles)

- Non-swimmers should not depend on swim equipment for safety in deep water.
- Swim equipment should not be used for hitting, throwing, or jumping on.
- Any use of swim equipment that is deemed unsafe by lifeguards will be prohibited.

Water Fitness/Instructional Equipment: (hand bars, floation belts, swim bars etc.):

- Water Fitness equipment is designated for adults only and should be used for fitness uses only (not play).
- Water Fitness equipment should not be used by youth unless supervised by a YKFC instructor

Diving Brick: the diving brick may be used by adults practicing for lifeguard training or other authorized activities. Patrons must use the brick carefully and brick may not be submerged near the pool drains.



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Spectator Area/Bleacher Area

- Spectators should remove shoes or use shoe covers before entering the Aquatic Area.
- Parents are expected to watch children at all times.
- Food is not allowed in the Aquatic Area.
- Patrons may have non-alcoholic beverages in covered non-glass containers in the spectator area.
- Patrons should not run or climb on bleachers.
- Patrons moving between the spectator area and the pool deck should use the gate near the spa or should carefully climb under the bars. Climbing over the bars is prohibited.
- Patrons in bleacher areas should be upright. Laying down or sleeping on bleachers or tables is not allowed.