

# CODE OF CONDUCT

The Superior Douglas County Family YMCA is committed to providing a safe and comfortable 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 the Y facilities or participating in Y Programs.

We expect all persons using the Y to behave in a mature and responsible way and to respect the rights and dignity of others. Our Code of Conduct for Members and Guests does not permit language or any action that can hurt or intimidate another person.

This includes:

- Angry or vulgar language including swearing, name-calling, or shouting
- Physical contact with another person in any angry or threatening way
- Any demonstration of sexual activity or sexual contact with another person
- Harassment or intimidation by words, gestures, and/or body language
- Theft or behavior that results in destruction of property
- Carrying or concealing any weapons, devices or objects that may be used as weapons
- Using, possessing, or being under the influence of illegal chemicals or alcohol on Y property or at Y sponsored programs
- Any other conduct of an inappropriate, threatening, or offensive nature

Members and guests are encouraged to be responsible for their personal comfort and safety. Any person who is feeling threatened should immediately make it known to the respondent that the behavior is unwelcome. If a member or guest feels uncomfortable in confronting the person directly, they should report the behavior to a staff person immediately.

YMCA staff will investigate all reported incidents. Any violation of this Code of Conduct may result in suspension or termination of YMCA membership and/or participation.

In our best effort to maintain a strong relationship with our diverse membership base and ensure all members feel safe and their privacy is respected as we are implementing the following policies.

## GENERAL INFO

You are participating at your own risk and are responsible for yourself and your children. All accidents, injuries, or unusual incidents should be immediately reported to a staff member in the area you are in, or at the Member Services Desk and a report filed.

### CELL PHONES

Please be respectful when using your cell phone. All phones should be on silent mode. While engaged in a conversation please use a hallway or lobby rather than a program area. Free Wi-Fi is available in some areas of the building.

### LOST AND FOUND

All lost and found items are placed at the Member Services Desk for a limited amount of time.

**THE Y IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS.**

### NON-SUFFICIENT FUNDS OR OUTSTANDING PROGRAM BALANCES

Individuals, or their family members, who have an NSF or outstanding program balance may be denied access to the Y facility and/or program registration until the issue is resolved.

### TOBACCO POLICY

In keeping with YMCA health and fitness advocacy, smoking and chewing tobacco are not permitted, this includes vaping and e-cigarettes. All Y facilities including outdoor areas, athletic fields, and parking lots are tobacco free.

# POLICIES

## FITNESS CENTER

- Appropriate athletic attire must be worn at all times. No jeans on Matrix strength equipment
- No food or beverage, other than water, allowed at any time.
- **Fitness Center closes 15 minutes before the building closes.**  
A complete list of Fitness Room policies is available in the Fitness Center.

## FITNESS CENTER REQUIREMENTS FOR YOUTH

**Ages 10-12:** MUST be WITH a parent/guardian (within arms reach) and MUST have completed a Fitness Center Orientation WITH their parent/guardian.  
**Ages 13-15:** Can work out on their own, but MUST have completed a Fitness Center orientation WITH their parent/guardian.

## GYMNASIUM

- Appropriate gym attire is required.
- Clean and dry shoes only
- No food or beverages other than water is allowed.
- YOUTH UNDER THE AGE OF 7 MUST BE WITH AN ADULT AT ALL TIMES. Youth 7 & up may use gymnasium without a parent present. See current gymnasium schedule.
- Gymnasium closes 15 minutes before the building closes.

## WALKING/RUNNING TRACK

- Youth under age 7 are not allowed on the track.
- Ages 7-12 must be accompanied by a parent or guardian. 13+ may use the track without parent or guardian.
- Slow runners or walkers must stay to the inside of the track in a single file line.
- No strollers allowed on the track.
- The track is not an observation area.  
A complete list of track policies is available by the track.

## INCLEMENT WEATHER POLICY

The Superior YMCA makes every effort possible to keep the Y and its programs running during periods of inclement weather. Building closing decisions are based on weather alerts, road conditions, and the ability of YMCA staff to get to and from the Y and operate the facility safely. In case of facility closure or early closing, the Superior YMCA will post this information on local media outlets, on the home page of our website and on Facebook. On the rare occasion that the Y closes due to the weather, we are unable to offer a refund, credit, or make-up classes.  
Receive Text Alerts Text: @superiory To: 81010  
Complete the opt-in and you'll receive text alerts any time the Superior YMCA building hours or programming are affected by weather.  
\*\*You'll be asked to confirm your opt-in and then choose either STUDENT, PARENT or TEACHER\*\* Select any option to gain access.

## YMCA INCLUSION PRACTICE

As a community based non-profit organization and in line with the YMCA's Inclusion Policy, we are committed to reflecting the diverse communities and membership we serve. All individuals are invited and welcome to use the locker room spaces that best align with their gender identity. The Y's universal changing rooms are also available for dressing, showering, and bathroom use for anyone who would like additional privacy.

## LOCKER ROOMS

- Cell phone recording and photography use is prohibited in all locker rooms
- There are designated locker rooms for youth and adults.
- Adult lockers rooms are 18+. No one under the age of 18 may use the adult locker rooms at any time.
- Adults may use boys/girls locker room when assisting youth. (This helps keep universal locker rooms as available as possible)

## UNIVERSAL LOCKER ROOMS

- Please limit time in locker room to 15 minutes.
- No food or beverage allowed.
- Keep locker room area clean.
- Lock up all belongings.

## LOCKER USE

- Lockers are available for day use only.
- Use your own lock to lock your valuables.
- Locks left overnight will be cut off.
- Locks are available for purchase at the member services desk.  
**The Y is not responsible for lost or stolen items.**

## HANDBALL/RAQUETBALL COURT

- Reservations for the court can be made by members one day in advance.
- Members may reserve two hours per day.
- Eye guards are strongly recommended at all times.
- Appropriate gym attire is required. Clean, dry, non-marking shoes only.

## HOT TUB/SAUNA

- Use is for adults ages 18+. No one under the age of 18 may use the hot tub or sauna at any time.
- Take a shower before entering; do not enter if you have a communicable disease or open wound.
- No food or drink allowed.  
A complete list of hot tub policies is available in the pool area.

See page 16 for additional Aquatic policies.