

# Facility Guidelines for Children and Youth



In order to provide a safe and positive experience for the youth of our community, the following guidelines related to facility use by YMCA members and guests will apply. These guidelines apply to YMCA branch facilities and may vary from other YMCA program venues such as off-site teen centers, outdoor facilities and camps.

"Supervising individuals" are defined as persons 14 years or older.

## **The following general guidelines apply to all youth who are not participating in a supervised, structured program while in the facility:**

- **Youth ages 7 and under** must have direct supervision at all times.
- **Youth ages 8-10** must be accompanied by a supervising individual who remains in the building. The supervising individual does not have to be in the same area as the youth. The youth may sign themselves in and out of the program areas if required and follow the age restrictions posted for specific rooms and activities.
- **Youth ages 11 – 13** are not required to be accompanied by a supervising individual but are subject to the age restrictions for specific areas as outlined below.
- **Youth ages 14 and older** are considered adults only for the purpose of use of the facilities and programs. They may sign themselves in and out of program areas within the facility and may participate in adult fitness classes unaccompanied by an adult. Orientation to the facility and equipment is strongly recommended.

## **Age Restrictions for Specific Areas:**

Weight/Cardiovascular Rooms: Youth age 13 and older may use these areas without supervision after completing an orientation with YMCA fitness staff. Youth ages 8-12 must be accompanied by a supervising individual who remains in the room and is actively monitoring the youth. Youth age 7 and under are not permitted in weight/cardiovascular rooms (exceptions may be made for infants that are secured in an approved device and that are in close proximity to an adult).

Pool (this applies to open/recreational swim times): Youth age 7 and under must be accompanied by a supervising individual who is present in the pool area. All youth are subject to swim testing and the applicable restrictions based on swimming ability which may include an adult accompanying the child in the water.

Whirlpool: Children age 5 and under are not permitted in whirlpools. Youth ages 6-7 must be supervised by an individual who is present in the immediate vicinity.

Sauna/Steam: Children age 5 and under are not allowed in sauna/steam facilities. Youth ages 6-12 must be supervised by an individual in the immediate vicinity.

Locker/Shower Facilities: Youth age 5 and under may use the opposite sex locker room if accompanied by a supervising individual. Children 6 years and older must use the same gender locker room and showers. Request assistance from membership staff if needed.

Exercise Classes: Youth ages 10-13 may participate with a supervising individual if they are willing and able to follow class structure.