



# A SAFE PLACE FOR EVERYONE

## **Our Values:**

The YMCA is an inclusive, family organization. We expect all members and guests to model our core values: Caring, honesty, respect, and responsibility, in their conduct and language in all YMCA facilities and programs.

## **General Policies:**

### **ID**

Anyone over the age of 16 may be required to show a valid ID upon entry as a first time member, guest, or any other non-member usage reason.

### **Ages for Facility Use**

All ages are welcome in the building until 8pm weekdays. After 8pm, youth 17 or younger are not to be in the facility unless they are participating in a program, or accompanied by a parent or guardian.

Infants between 0-4 months old (too young to go into Kids Club) are only allowed:

On the 3<sup>rd</sup> floor walking track, in a stroller, walking with parent/guardian, or in the lobby.

Aside from walking on the track, infants are not allowed anywhere in the building where physical activity takes place. This includes, but is not limited to the Wellness Center, Gymnasium, 3<sup>rd</sup> floor Group Exercise area, Bike Cave, Mind and Body Studio, in pools, & Lower court areas.

Youth ages 10 and older are welcome to be in the facility on their own until 8pm. Youth ages 9 and under must be accompanied by an adult in the facility. Please see specific age restrictions for each area of the facility.

### **Bicycles**

Bicycles may be parked inside the facility in the designated bike racks. YMCA staff are not responsible for bikes parked inside or outside the building. Locks are encouraged.

### **Cancellation and Refund Policy**

Classes cancelled due to weather will not be made up or refunded. If a class is cancelled due to pool closure, we will attempt to offer a make-up class. All other refunds are at the discretion of the program's Director. If school is cancelled overnight, all morning programs will be cancelled through 11am. This includes all youth and adult classes, lessons, and other planned activities. After 11am, it is recommended to call or check with website for further information.

### **Clothing**

Proper athletic attire and non-marking athletic shoes must be worn in the physical facilities (gym, Wellness Center, bike cave, Mind & Body Studio, and track level). At the discretion of staff, members and guests will be asked to change out of any clothing deemed offensive, derogatory, or presenting a safety risk.

### **Closures**

The facility may close or delay opening, as well as cancel programs due to inclement weather or other reasons. Please check our website [www.duluthymca.org](http://www.duluthymca.org) for updates on facility and program status.

#### **CODE OF CONDUCT**

As a member or guest of the Y, you agree to abide by the following:

- I will stop at the Member Service Desk and check-in upon every visit.
- I will be responsible for children and guests that I bring into the building
- I will not use equipment or facilities inappropriately or for unintended purposes.
- I will not possess tobacco, alcohol, illegal drugs anywhere on Y property
- I will not wear clothing with inappropriate language or graphics in the Y facility
- I will bring a lock to lock up my personal items.
- I will follow age restrictions on facility usage and class caps
- I understand that weapons are banned from Y property and physical violence is not tolerated.
- Understand that inappropriate language, profanity, or behavior will not be tolerated
- Will wear appropriate clothing and footwear for the activities I am engaging in at the Y
- Understand the Y staff are the final authority on policy, safety, and behavior.

### Food and Beverage

Water is allowed in all areas of the facility. Food, beverages, and candy are not allowed in the physical facilities (gym, Wellness Center, bike cave, Mind & Body Studio, pool, and track level) but may be consumed in the lobby, Generation Center, and youth Center.

### Membership Cards

Your membership card is valuable and important \* You must present it each time you enter the building for access to the facility \* Sharing of cards may result in loss of privileges \* Lost cards may be replaced for \$2.00.

### Locker Rooms

Cell phone use is prohibited in all locker rooms. Members are asked to bring a lock and to lock up their personal items at all times. Youth/All Ages locker rooms are provided for general use. Children 5 years and older must change in their gender specific locker room. Parents may bring their children into the Family/Adaptive locker rooms, which are intended for those needing accessible accommodations and children needing parent assistance. Adult locker rooms are provided for those only 18 years and older.

### Gym

- Proper gym clothes and athletic shoes must be worn at all times.
- Athletic shoes must not mark the floor.
- Inappropriate language is NOT permitted.
- Youth ages 10 and older may use the gym independently.
- Youth ages 9 and under must be directly supervised by an adult or be participating in a program.
- Please respect group use times, which are posted on the doors of the gym.

### Pool area

- Obey the lifeguard(s) on duty.
- Please wear proper fitting swim suit. Cotton cloths are not allowed. Swim diapers must be worn under a swimsuit by children under the age of three and by those who are not potty-trained.
- Children under 7 must be accompanied in the pool by an adult and within arms reach at all times. Ages 7-9 must have an adult present in the pool area, but the adult is not required to be in the pool with the child/ren. Youth ages 10 and older may use the pool independently.
- Youth ages 9 and under must be directly supervised by an adult or be participating in a program.
- Use family friendly language and conversation.
- Shower before entering the pool keeps the pool clean
- Practice safe play in the pool area by keeping your hands to yourself.
- Help prevent the spread of germ by keeping pool toys and noodles out of your mouth.
- Be respectful of others by cleaning up after yourself
- Use of electronics in the pool area is not recommended.

### Main Pool Etiquette

- Youth swimmers must pass a safety test and have a corresponding wristband to swim in certain areas of the pool.
- Twisting and somersaulting into the pool is unsafe and not allowed. Jump or dive straight into pool. Diving is only allowed from the starting blocks at the end of the pool.
- Kickboards, bull buoys, job belts, fins and other aerobic equipment are for classes and responsible lap swimmers only.
- Help keep our water clean by using YMCA life jackets. Lifejackets must be Coast Guard approved.
- Inflatable devices such as water wings will not be allowed.

### Whiteside Family Pool Etiquette

- The family pool is intended for therapy use and for children ages 6 and under. Children ages 7 and older may use the pool during open swim times, provided they are respectful of others.
- It is not safe to jump into the family pool unless in a swim lesson and under the supervision of an instructor.

### Hot Tub/Whirlpool Etiquette

- The hot tub is open to those 16 years and older. Youth 15 and under are not permitted in the hot tub.
- Respect the personal space of others.
- Observe the hot tub capacity of 7 people.
- Showering before entering the hot tub and before entering other pools helps keep our pools clean.
- Refrain from using soaps, oils, and shampoos.
- Refrain from submerging past your shoulders.
- Limit your time in the hot tub to 10 minutes. Hot tub use is a high risk activity, especially if you have certain medical conditions. Consult your doctor if you have questions.
- To keep our hot tub safe for everyone it will be closed twice weekly for cleaning; see our pool schedule for details.

### Sauna Policies

- Towels must be laid on the sauna bench prior to sitting down
- Shaving is not permitted in the sauna
- Eucalyptus and other oils are not permitted in the sauna.

### Wellness Center Policies

- No child under the age of 10 are allowed in the Wellness Center
- Youth ages 10 – 12 may be in the Wellness Center accompanied by an adult, after they have both attended a Parent/Child orientation. Parent must stay within arm's reach of youth at all times. Youth of this age may also attend Group Exercise classes accompanied by an adult.
- Youth ages 13-17 may be in the Wellness Center unattended by an adult after they have attended a Wellness Center orientation. Youth of this age may attend Group Exercise classes independently.
- Clothes appropriate to work out in such as: clean, closed-toe athletic shoes, gym shorts/pants, tee/tank, and dry wick clothing. No street shoes, jeans, or clothing with buckles or rivets. Shirt and shoes must be worn at all times. No midriffs are allowed.
- All equipment must be disinfected and stored or reset in an organized manner. Do not remove equipment from the Wellness Center.
- Cell phone conversations must be taken into the hallway
- No gym bags, back packs, or purses are allowed in the Wellness Center.
- Spotters and clips are to be used in free weight area.
- Please don't rest on a machine if others are waiting. Allow others to work through
- Refrain from yelling, using profanity, banging/dropping weights, and making loud sounds.
- Jumping rope, martial arts, and boxing exercises must take place in the gym or 3<sup>rd</sup> floor area

### **Our Mission:**

The DULUTH AREA FAMILY YMCA is dedicated to putting the principles of caring, honesty, respect, and responsibility into practice through programs that build healthy spirit, mind, and body for all.

### 3rd Floor and Mind & Body Studio Policies

- Youth ages 13-17 may be in the Studio unattended by an adult and may attend group exercise classes independently. Youth ages 10-12 may attend group exercise classes accompanied by an adult. Youth under 10 may use the 3rd floor track area and studio only if accompanied by an adult.
- Studio flooring is to be used for group exercise classes and personal fitness only.
- Horseplay with or misuse of studio equipment may result in suspension of membership.
- After use, participants must disinfect, return, and store equipment in an organized manner.
- Personal belongings must be stored and locked in the locker rooms.
- Eating or drinking is prohibited, with the exception of capped water bottles.
- Members must wear hand wraps or gloves when using the heavy bag.
- Track directions alternate based upon even and odd days. Please see calendar for direction that day.
- Faster traffic must stay on the outside lane with slower traffic on the inside lanes.
- Strollers and wheel chairs are welcome on the track on the inside lane. Wheels must be cleaned before use of track.

### Bike Cave Policy

- Youth ages 10-12 may use the bikes only when accompanied by an adult. Youth ages 13 and older may use the bikes independently.
- After use, participants must disinfect bikes and return resistance lever down to 0.
- Eating or drinking is prohibited, with the exception of capped water bottles.
- Clean athletic shoes or appropriate bike shoe clips must be worn on bikes.
- A sweat towel should be used when using bikes.

## **Creating a Great Member Experience**

We value your suggestions for improving our YMCA. If you have a comment or suggestion, please pass it along to any member of our staff, fill out a member comment card, or contact us by phone at (218) 722-4745.

If you witness inappropriate behavior, find a safety concern, broken equipment, or have any other issues to report, please contact Member Services at (218) 722-4745 or talk to a staff member.

Thank you for being a part of our cause!

**Duluth Area Family YMCA**

**302 W 1st St**

**Duluth, MN 55802**

2/19/2019



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

Office Use Only:

Staff name: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_

Membership ID # \_\_\_\_\_

Entire form filled out with member

Photo ID and Name checked, if 16+

Photo taken of member(s) In Daxko

Gave new member welcome folder

# WELCOME!

## To the Duluth Area Family YMCA

The Y is a cause-driven organization that is for Youth Development, Healthy Living and Social Responsibility.

Membership is open to all. Everyone is welcome regardless of race, religion, age, gender, sexual orientation, national origin, economic level, or disability.

### Harbor City International School Student Information

Full Legal Name: \_\_\_\_\_ DOB: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_\_\_

Phone #: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_

### + Emergency Contact Info: (adult not listed on the membership)

Full Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Contact #: (\_\_\_\_) \_\_\_\_\_

### What interested you in coming to the Y?

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Improving my health           | <input type="checkbox"/> Aquatics          | <input type="checkbox"/> Volunteer Opportunities |
| <input type="checkbox"/> Family Activities             | <input type="checkbox"/> Kid's Club        | <input type="checkbox"/> Youth Programming       |
| <input type="checkbox"/> Active Older Adult Activities | <input type="checkbox"/> Personal Training | <input type="checkbox"/> Meeting People          |
| <input type="checkbox"/> Preschool programs            | <input type="checkbox"/> Leagues           |  |

### Goals - tell us yours so we can help you achieve them!

We all have goals! Please take a moment to tell us about some of your wellness goals (individual or family goals) - whether they may be physical, mental, social etc. we want to know so we can help you achieve!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Volunteer!

The Y relies heavily on our wonderful volunteers! We have on-going opportunities as well as one-time only opportunities. Are you interested in learning more about volunteerism at the Y?  Yes  No

# Release and Waiver of Liability and Indemnity Agreement

## DULUTH AREA FAMILY YMCA

IN CONSIDERATION of being permitted to utilize the facilities, services and programs of the YMCA (or for my children to so participate) for any purpose, including, but not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with the YMCA, the undersigned, for himself or herself and such participating children and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will, inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgment that such premises and all facilities and equipment thereon and such affiliated program have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use or participation by the undersigned and such children. The Duluth Area Family YMCA may share personal information collected about members, program participants, and users of Y facilities in response to any legal issue, court summons, similar investigative demand or a request for cooperation from a law enforcement or other government agency.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE YMCA FOR ANY PURPOSE INCLUDING, BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY OFF-SITE PROGRAM AFFILIATED WITH THE YMCA, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

1. THE UNDERSIGNED, ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the YMCA, its directors, officers, employees, and agents (hereinafter referred to as releases) from all liability to the undersigned or such children and all his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releases or otherwise while the undersigned or such children is in, upon, or about the premises or any facilities or equipment therein or participating in any program affiliated with the YMCA.
2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releases and each of them from any loss, liability, damage or cost they may incur due to the presence of the undersigned or such children in, upon or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the releases or otherwise.
3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE to the ~~undersigned or such children due to negligence of releases or in, about or upon the premises of the YMCA and/or while using the premises or any~~ facilities or equipment thereon or otherwise while participating in any program affiliated with the YMCA. In the circumstance of medical emergency, the undersigned permits YMCA staff to contact Emergency Medical Services (911).
4. THE UNDERSIGNED HEREBY PERMITS their likeness to be recorded and used by the YMCA, YMCA of the USA, and third parties collaborating with the YMCA in promotion. All such recording is the exclusive property of the YMCA and may be used for any purpose without compensation to the undersigned.

THE UNDERSIGNED further expressly agrees that the foregoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of Minnesota and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made.

**NATIONWIDE MEMBERSHIP AND SEX OFFENDER SCREENINGS:** By participating in the YMCA Nationwide Membership Program, I agree to release the National Council of Young Men's Christian Associations of the United States of America, and its independent and autonomous member associations in the United States and Puerto Rico, from claims of negligence for bodily injury or death in connection with the use of YMCA facilities, and from any liability for other claims, including loss of property, to the fullest extent of the law.

**The YMCA requires photo ID's and conducts regular sex offender screenings on all members, participants, and guests over 16. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access.**

**The Duluth Area Family YMCA reserves the right to deny membership, guest, and program privileges. Any loss of privileges at the Duluth Area Family YMCA will be matched at the Superior Douglas County Family YMCA.**

\_\_\_\_\_  
Signature of Adult/Parent or Guardian of Minor

\_\_\_\_\_  
Printed Name of Adult/Parent or Guardian

\_\_/\_\_/\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Adult/Parent or Guardian of Minor

\_\_\_\_\_  
Printed Name of Adult/Parent or Guardian

\_\_/\_\_/\_\_\_\_\_  
Date

# WELCOME TO THE Y!





## 2019–2020 Harbor City International School Student Agreement:

### GENERAL POLICIES

#### **Code of Conduct**

At the YMCA, we expect staff, members and guests to behave in accordance with our mission and values, respecting the rights and dignity of others.

At the YMCA, we demonstrate **Respect, Responsibility, Caring and Honesty** by:

- ▣ Speaking in respectful tones, refraining from the use of vulgar or derogatory language and dressing appropriately;
- ▣ Resolving conflicts in a respectful, honest and caring manner;
- ▣ Respecting others by refraining from intimate behavior in public;
- ▣ Respecting the property of others;
- ▣ Creating a safe, caring environment free of weapons and firearms;
- ▣ Participating in programs to build healthy spirit, mind and body; and
- ▣ Never engaging in the use, sale, dispensing or possession of illegal drugs or alcohol on YMCA premises.

Adherence to the YMCA Code of Conduct is essential. Noncompliance may result in suspension or termination of YMCA membership privileges.

#### **Locker Rooms**

**Adult Male and Adult Female Locker Rooms (Upstairs Locker Rooms):** For adults only age 18+. Youth under the age of 18 are not allowed in this locker room at any time.

**Youth/All Ages Male & Female Locker rooms (lower level):** For general use of all ages. All children 5 and older must change in their respective locker room.

**Family/Adaptive Locker Rooms:** Poolside for all ages. Private rooms for families, anyone in need of an adaptive space, or anyone wishing a personal space.

#### **Cell Phones**

Cell phones are prohibited in the locker rooms and restrooms at the Y.

#### **Membership Cards**

Your membership card is valuable and important. You must present it each time you enter the building for access to the facility. Lost cards may be replaced for \$2.

#### **Wellness Center**

If you choose to workout in the Wellness Center, you must have an Orientation by one of our Wellness Center staff. Age guidelines, which are listed in our General Policies must be followed

#### **8:00PM Curfew**

If you are under the age of 18 and not with a parent/guardian or not enrolled in a Y program, you will be asked to leave the Y at 8pm on weeknights. Be prepared to leave the Y at 8pm M-F.

I agree to adhere to the YMCA Code of Conduct and follow all Y policies while I am in the facility.

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Signature of Student

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Date





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Duluth Area Family YMCA Climbing Wall – Release of Liability & Assumption of Risk Agreement

NOTICE: THIS IS A LEGALLY BINDING AGREEMENT. Duluth Area Family YMCA's climbing gym includes top roping and traversing wall. The activities in the climbing gym are strenuous and psychologically demanding and require participants to be in good physical condition. Although it is impossible to foresee all possible dangers, some specific risks the participant may encounter while using the tower might include, but are not limited to, injury from slipping, falling, running, or jumping.

- Participant is aware and understands that participating in the Duluth Area Family YMCA's climbing gym, involves a potential risk of physical injury that may not only be from his/her own actions, inactions, or negligence, but also from the actions, inactions, or negligence of others, the condition of the environment, equipment, or areas where the event or activity is being conducted.
- Participant understands that the programs are physically demanding and potentially dangerous. Therefore, all participants must be free of medical or physical conditions, which might create undue risk to themselves or others who depend on them. If there is any question about the participant's ability to participate, please consult with the participant's physician prior to signing this form or participating in the program.
- Participant understands that he/she is responsible for behaving in a careful and prudent manner to minimize the risk of injury to themselves or others.
- Participant understands that this is a voluntary program and that he/she should participate to the extent that they feel appropriate for their own condition and skill level.
- Participant will not be able to participate if under the influence of drugs or alcohol.

### Release/Indemnification and Covenant Not to Sue

In consideration of my use of the Climbing Wall, I, \_\_\_\_\_ (parent/guardian), agree to release and on behalf of my children, my heirs, representatives, executors, administrators, and assigns, HEREBY DO RELEASE the Duluth Area Family YMCA, its officers, agents, and employees from any cause of action, claim, or demand of any nature whatsoever, including but not limited to, a claim of NEGLIGENCE, which I, my heirs, representatives, executors, administrators and assigns may now have, or have in the future against the Duluth Area Family YMCA on account of personal injury, property damage, death or accident of any kind, arising out of or in any way related to my use of the Climbing Wall whether that use is supervised or unsupervised, however the injury or damage is caused, including, but not limited to the NEGLIGENCE of the Duluth Area Family YMCA, its officers, agents, and employees. In consideration of my use of the Climbing Wall, I, the undersigned user, agree to INDEMNIFY AND HOLD HARMLESS the Duluth Area Family YMCA, its officers, agents, and employees from any and all causes of action, claims, demands, losses, or costs of any nature whatever arising out of or in any way related to my use of the Climbing Wall. I hereby certify that I have full knowledge of the nature and extent of the risks inherent in the use of the Climbing Wall and that I am voluntarily assuming the risks. I understand that I will be solely responsible for any loss or damage, including death, I sustain while using the Climbing Wall and that by this agreement the Duluth Area Family YMCA of any and all liability for such loss, damage, or death. I further certify that I am in good health and that I have no physical limitations which would preclude my safe use of the Climbing Wall. I further certify that my (parent/guardian's) date of birth is \_\_\_\_\_ (month/date/year), and that I am therefore of lawful age (18 years or older) and otherwise legally competent to sign this agreement. I further understand that the terms of this agreement are legally binding and certify that I am signing this agreement, after have carefully read it, of my own free will.

**I have read this release of liability and acknowledge and agree to be bound by the terms of this document.**

### CLIMBER'S MUST BE AT LEAST 5 YEARS OF AGE TO UTILIZE THE ROCK WALL

Climber's First Name	Climber's Last Name	Climber's D.O.B	Climber's Phone (if applicable)	Emergency Contact (Name & Phone)

Legal Guardian Printed Name: \_\_\_\_\_

Legal Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/2017