

HEALTH & SAFETY AND MEMBER ETIQUETTE

At YMCA Northumberland, we believe in fostering a strong, respectful, and safe environment for everyone. Our guidelines are designed to promote personal responsibility and community well-being.

HEALTH & SAFETY

- **Stay Healthy:** For the well-being of all members, please enter the YMCA only if you are free of any contagious illnesses and feel well. Avoid coming if you have symptoms of any communicable disease.
- **Wellness Checks:** If you display symptoms or seem unwell, staff may ask you to leave to ensure the health of everyone.
- **Hand Hygiene:** Use hand sanitizer or wash your hands properly while at the Y.
- **Clean Equipment:** Always clean and disinfect equipment before and after use.
- **Dress Appropriately:** To ensure cleanliness and safety for all, wear athletic attire and clean, closed-toe athletic shoes in the Gym and Conditioning Centre, and for the pool deck and shower areas, No-slip Shower shoes are highly recommended.
- **Identification:** Be prepared to identify yourself when requested by staff.
- **Fragrance-Free Zone:** Please refrain from using perfumes and scented products.
- **Shaving:** Facial hair shaving is permitted in designated changeroom areas only and the space needs to be left clean afterwards.

MEMBER ETIQUETTE

- **Equipment Use:** Limit time on cardio equipment to 30 min. during peak times.
- **Tidy Up:** Return weights and equipment to their designated place after use and avoid resting on equipment.
- **Share Kindly:** Allow others to work in and share equipment safely.
- **Handle with Care:** Place weights gently on the fitness room floor.
- **Phone Use:** Only use cell phones for music purposes and always listen using headphones.
- **Respectful Language:** Offensive language and profanity are unacceptable.
- **Personal Belongings:** Keep clothing, bags, and sports equipment in a locked locker or designated spaces.
- **Hydration:** Only water is permitted in the gymnasium, fitness studios, and strength and conditioning areas.
- **Youth Restrictions:** Some restrictions apply to members 10 to 15 years; please refer to our posted YOUTH ACCESS POLICY or see at Membership Services.
- **Follow Directions:** Always adhere to staff directions and report any concerns or unacceptable behavior to staff immediately.
- **Groups of 3 or more in the Personal Conditioning Centre (PCC):** Groups are expected to disperse to avoid impeding the flow of the space.

CODE OF CONDUCT

YMCA Northumberland is dedicated to maintaining a safe and welcoming environment for all members, participants, staff, and volunteers.

We encourage personal responsibility and respect among all.

- **Respect for All:** Avoid language or actions that fall below acceptable conduct standards, including verbal abuse, hurtful comments, jokes, or taunting based on age, race, ancestry, color, origin, religion, sex, sexual orientation, gender identity, disability, family status, marital status, or political beliefs.
- **Inclusive Sharing:** Share the facility respectfully with all individuals and groups.
- **No Intimidation:** Avoid behaviors like stalking or staring.
- **Personal Boundaries:** Respect personal space and avoid unnecessary physical contact.
- **Consent Matters:** Ensure that all invitations and interactions are welcome and consensual.
- **Photography Limits:** Refrain from using cell phones for photos or videos within the facility.
- **Health & Safety Compliance:** Follow the current YMCA Health & Safety and Member Etiquette guidelines to create a safe environment for all and prevent illness.
- **Punctuality** is appreciated: Please arrive on time for classes or lessons to reduce disruptions and be courteous of fellow members.

Please report any concerns or inappropriate behavior to a YMCA staff member immediately.

Together, we can create a supportive and empowering community for all!