

## WELLNESS CENTER POLICIES

- You are responsible for your personal health and safety while exercising. Use equipment safely and properly. Exercise within your limits. If you need assistance or have questions, please speak with a staff member.
- Report any injury to a staff member immediately.
- The YMCA is not responsible for lost, stolen, or damaged items. Lock valuables in a locker. If you need a lock, ask at the front desk. Do not leave personal items on the floor or behind/beside equipment.
- Wear appropriate attire and footwear at all times, including a top and athletic, closed-toe shoes with a rubber sole. Shoes must be free of mud and debris.
- Do not talk on cellphones, participate in video calls, or take photos or videos in the Wellness Center or elsewhere in the YMCA.
- Use earbuds or headphones to listen to audio.
- Food is not allowed in the Wellness Center. Resealable plastic or aluminum beverage containers are OK, but not glass.
- Use the cardio signup board, if applicable, to reserve your workout time. There's a 30-minute limit on the use of all cardio equipment when others are waiting. If no one is waiting after your 30 minutes are up, you may continue your workout until someone else needs the equipment.
- Sanitize, wipe down, and return all equipment – including weight plates, dumbbells and all other loose items – to the proper location after use.
- Be respectful of others when using strength equipment. Allow others to work out between sets or during rest periods.
- Handle weights carefully. Do not allow machine plates to slam together and do not drop weights.
- Use collars when using Olympic bars and lift safely when using free weight equipment.
- Only YMCA of WNC staff may conduct personal training services on Y property.
- Youth ages 10-12 may use the Wellness Center under direct adult supervision if they have had Youth & Family Orientation. Youth ages 13-15 may use the Wellness Center, including free weights, if they

have had Teen Orientation or if they are under direct adult supervision.

- YMCA members and guests agree to abide by our Code of Conduct. Report any policy violations or inappropriate behavior to a staff member immediately.

These policies are in place for everyone's safety and well-being. Violation may result in your removal and/or the suspension of your Wellness Center access. Thank you for building a better us.