



# YOUTH GUIDELINES

## YMCA OF SNOHOMISH COUNTY



In order to provide a safe and positive experience in structured activities for the youth of our community, the following guidelines related to facility use by Y members and guests will apply. These guidelines apply to Y branch facilities and may vary from other Y 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. See exceptions for specific areas. 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, if required, 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

### WELLNESS CENTER

- All youth age 11 and up are welcome to workout in all areas of our Wellness Center. We offer free Wellness Orientations for any member to learn how to use the equipment properly.
- A supervising Individual is responsible for Youth aged 8 – 10. Direct supervision and active monitoring of Youth activity is required at all times in all areas of the Wellness Center.
- Youth age 7 and under are not permitted in weight room and cardio area (exceptions may be made for infants that are secured in an approved device and that are in close proximity to an adult). Some branches may have youth fitness equipment. Please refer to the respective branch guidelines for use of this equipment.

### POOL

(This applies to open/recreational swim times): Youth age 6 and under must be accompanied by a supervising individual who is in the water within arms reach. 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.

### GROUP EXERCISE CLASSES

Youth 7 and over may attend with a supervising individual if they are willing and able to follow class structure. Certain formats are not appropriate, check with class instructor before class to ensure safety.

### SPA/WHIRLPOOL

The Washington State Health Dept. does not allow children age 6 and under in spa/whirlpools (this includes sitting on the side and soaking feet and/or legs). Youth ages 7-13 may use the spa/whirlpool when accompanied by a parent or guardian. Please do not sit on or otherwise block stairs leading to the spa/whirlpool.

### SAUNA/STEAM ROOM

Children age 14 and under are not allowed in sauna/steam areas.

### 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.

Private changing rooms are available at some branch facilities. Check with the Welcome Center at your branch for availability and guidelines.