



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# KEEPING KIDS SAFE

## AGE GUIDELINES | TOM TAYLOR FAMILY YMCA

	CHILD WATCH	LOCKER ROOMS <small>FAMILY CHANGING ROOMS ALSO AVAILABLE</small>		FAMILY ADVENTURE ZONE		ALONE IN FACILITY (2 hour max.)	CARDIO EQUIPMENT	STRENGTH EQUIPMENT	GROUP EXERCISE CLASSES		INDOOR TRACK		FREE WEIGHTS HOT TUB SAUNA STEAM ROOMS	YOUTH CENTER
		Opposite Gender With Parent	Same Gender Alone	With Adult During Non-Staff Times	Without Adult				Main Gym Youth Gym Racquetball Main Pool Instructional Pool	Designated Classes	All Classes	With Adult		
<b>0-5 YEARS</b>	●	Family Side		●					●		●			
<b>6 YEARS</b>	●		Family Side	●					●		●			During Family Time
<b>7 YEARS</b>	●		Family Side	●					●		●			During Family Time
<b>8-9 YEARS</b>			Family Side	●	During Staffed Times	●				With Instructor Permission		●		●
<b>10-11 YEARS</b>			Family Side	●	During Staffed Times	●	Second Floor with FitPath			With Instructor Permission		●		●
<b>12-14 YEARS</b>			Family Side			●	Second Floor with FitPath	Second Floor with FitPath		With Instructor Permission		●		●
<b>15+ YEARS</b>			Adult Side		●	Anytime: No limit	All Equipment: First and Second Floors	All Equipment: First and Second Floors	●		●	●	●	●

**NOTE: Parents of youth younger than 8 years must remain within the facility, including when a child is checked into a supervised YMCA program.**

## BUILDING USE BY AGE

### Children Under 8 Years of Age

Children under 8 years must be directly supervised by a parent or guardian or registered in a staff supervised program while in the building.

### Children 8-14 years

Children ages 8-14 do not have to be directly supervised by an adult, but it is highly recommended. Children ages 8-14 may be in the facility for no more than two hours without adult on site. Youth may not loiter in exercise rooms, hallways, or meeting rooms. Parents will be contacted if youth are participating in inappropriate behavior or are disrespectful of staff or facility rules.

Children ages 10-14 may use fitness equipment only after completing a staff lead youth orientation. Schedule a FitPath Orientation at the Welcome Center or online at ymcapkc.org.

### Teens 15 and older

Teens age 15 and older are considered adults in the YMCA facility and have access to all adult fitness equipment, classes and programs. Any teen displaying unsafe actions or behavior not in line with our YMCA values, may lose their adult privileges.

## BUILDING USE BY AREA

### Fitness Floors

Children age 9 and under may not be on fitness floor or use equipment at any time. Children ages 10-14 that have completed a staff lead youth orientation may use specific equipment according to their training. Children under the age of 15 may not be on the free weight floor or use main floor cardio and strength equipment at any time.

### Parents with Infants

Adults may not work out on any equipment with children in front or rear facing packs. Infants in strollers or carriers may not be next to cardio or weight machines on the first and second floor. Strollers are welcome on the track at any time.

### Youth in Adult Fitness Classes

Children ages 8-14 may participate in group fitness classes (i.e.: Yoga, Zumba, Cycling) with prior instructor permission. Participation for all children 14 and under is at the discretion of the instructor.

### Adult Sports

Children under the age of 15 may not participate at any time in any of the adult sports. (i.e.: Basketball, Pickleball, Volleyball)

### Child Watch

Children must be signed in and out by a parent/guardian (15 years or older). Parent/guardian may not leave the premises when children are signed into Child Watch.

### Youth Center

Youth Center is open to youth ages 8-18 during posted times. Family Time is also available throughout the week. See the Youth Center schedule for more information.

### Swimming at the Y

To maintain a safe environment and follow state health code, a shower is required before entering the pool. Shoulder length hair or longer should be restrained by a swim cap or hair tie. Proper swimwear is required. Non-swim attire is not permitted. Swim diapers must be worn by children not yet potty trained. Children under the age of 8 must have a parent/guardian (15 years or older) within arms reach in the water with them.

### Locker Rooms

See charts below for locker room use guidelines.

## YOUTH CLASSES

### Youth Sports, Martial Arts, Dance, Rock Wall

Parents please escort children to the door of the classroom or gym and sign into program. Please have children use restroom before entering class. Children 7 and under will not be released from class without parents being present to pick them up.

### Swim Lessons

Please escort children to pool deck after they have been changed into proper swim attire, used restroom, and showered. Children age 5 and under will be released from class to parents at the pool edge. Children 6 and older will be released to the locker room to shower and meet parents.

## PHOTOGRAPHY AND CELL PHONES

The Y is committed to ensuring the safety and privacy of all it's members and guests. Use of photographic devices (all cameras, camcorders, cell phones, and any other technology with photo or video camera capabilities) will be restricted at the Y. Cell phone usage is prohibited in locker rooms and dressing rooms. Members may take pictures for their personal use in classes or activity areas if they have obtained prior approval from the class instructor or the staff member on duty for the activity, and only when it is considered non-disruptive to the activity taking place.

## DROP OFF AND PICK UP

### Non Member Escorts

Adult (15+ years) non members, parents, grandparents, babysitters, etc. may escort a child into the building. The adult will be asked to show ID and sign waiver book at front desk. Escorts may not use equipment or participate in any classes and must wait for the child in the appropriate waiting area.

### Entry

You must have your YMCA membership card to enter the facility. All members must be scanned in at the front desk. Children under the age of 8 may not enter the facility without an escort, escort must stay on site.

### Exit

Members may leave the facility freely without rescanning their membership card upon exit. Even though staff observe exit doors, it is possible for children to leave the building unsupervised. Please decide on a meeting place inside the facility to meet your child after class. If unable to locate your child, and have checked all areas, please see front desk immediately.

### Fire Alarm

When a fire alarm sounds, please exit the building immediately. Do not attempt to meet children inside the building. Instructors will evacuate students and supervise them in designated safety areas. Child Watch will evacuate out the building through the playground. Parents please check with instructor or Child Watch staff before picking up your children.

## WOMEN'S AND GIRLS' LOCKER ROOM



Please refer to the chart below to determine appropriate use of each side of the locker rooms.

I am a...	WOMEN'S SIDE		GIRLS' SIDE		FAMILY CHANGING ROOMS*
	During Program Hours	Outside of Program Hours	During Program Hours	Outside of Program Hours	
Parent with Daughter (Ages 0-14)	●		●	●	●
Parent with Son (Ages 0-5)	●		●	●	●
Single Adult (15+)	●	●		●	*

**PROGRAM HOURS INCLUDE:** Monday-Thursday 9:30-11:30am; 4-7pm, Saturday 9am-12pm, Sunday 1-3:30pm

\*Individuals with special needs may utilize the Family Changing Rooms at any time.

## MEN'S AND BOYS' LOCKER ROOM



Please refer to the chart below to determine appropriate use of each side of the locker rooms.

I am a...	MEN'S SIDE		BOYS' SIDE		FAMILY CHANGING ROOMS*
	During Program Hours	Outside of Program Hours	During Program Hours	Outside of Program Hours	
Parent with Son (Ages 0-14)	●		●	●	●
Parent with Daughter (Ages 0-5)	●		●	●	●
Single Adult (15+)	●	●		●	*

**PROGRAM HOURS INCLUDE:** Monday-Thursday 9:30-11:30am; 4-7pm, Saturday 9am-12pm, Sunday 1-3:30pm

\*Individuals with special needs may utilize the Family Changing Rooms at any time.