



Y-ZONE Code of Conduct

Here at the YMCA, we strive to provide an environment that is supportive and fun for everyone. In order to do so, we focus on the four character values: CARING, HONESTY, RESPECT, and RESPONSIBILITY. As Y-ZONE members, we must not only follow the rules of the YMCA but also Y-ZONE rules. The following rules apply to every area of the YMCA and the pool.

CARING

- Be courteous to everyone around you
- If another Y-ZONE member or a staff member needs your help, be willing to help without complaint
- No pushing or other horseplay in any area
- Be patient and polite to all Y-ZONE members and staff
- At the YMCA, everyone gets to play- so include anyone who wants to be included
- Food and drinks are not allowed in the gym or the pool. Snacks can be eaten during the 15 minute break in the Multi Purpose room

HONESTY

- Be honest to all staff members and Y-ZONE members
- Tell a staff member if you need help or are having a problem with another Y-ZONE member
- If you cannot touch the bottom of the pool, you cannot participate in activities in the pool
- If you cannot swim the width of the pool in a swim test, you cannot go into the deep end. A pool test will be given on each swimmers first day

RESPECT

- Be respectful to all staff and other Y-ZONE members
- No using inappropriate language
- Smoking, drugs or alcohol are not acceptable
- Arguments, "talking back" and fighting are not allowed and will result in a "strike" or dismissal from the building
- Always put away toys or equipment the way it should be
- Turn off showers or faucets when you are finished using them
- Follow all the rules of the activity you are involved in
- You can only enter the pool deck if you plan to swim
- Everyone must shower before swimming

- Do not hang on the ropes, lane lines or any other equipment in the pool
- Stay off the blue ladder and the starting blocks
- Only equipment used during the session's activity may be used in the pool
- No diving in any area of the pool
- No dunking or hanging on the rims
- Everyone must stay off the walking track during Y-ZONE activities

RESPONSIBILITY

- Do not come to the YMCA before **7 pm** on Wednesday night, doing so could result in loss of Y-ZONE privileges
- You must be off the YMCA property by **9:15pm** on Wednesday nights, failure to do so may result in loss of Y-ZONE privileges
- Do not bring valuables with you to Y-ZONE
- If you plan to buy a snack, only bring a couple dollars with you
- Put your things in a locker when swimming
- If you plan to swim, remember to bring a towel and an appropriate swimming suit with liner inside (no gym shorts or t-shirts will be allowed)
- You must be participating in an activity each session. If you need to get a snack or take a break, you can use the 15 minutes in between sessions

Consequences

Good Consequences:

- If you follow all the rules and participate in an activity in each session you will receive **1 POINT** for the week.
- If a Y-Zone staff member sees you doing something extra that displays the 4 character values, you will receive **1 POINT**.
- At the end of the month, the top 5 Y-ZONE members with the most points will be entered in a drawing for a special prize

Bad Consequences:

- A total of **3 STRIKES** will be allowed for the entire month. A strike will be given if you fail to follow the rules.
- If you receive **3 STRIKES** in **1 MONTH** you will not be able to attend Y-ZONE until you and your parents meet with the Executive Director.
- At the beginning of the month, you will be allowed a new 3 strikes. **If you receive 3 strikes for 2 months you will no longer be allowed to participate in Y-ZONE.**
- If you do not follow the above rules, you will lose your point for the week.



YMCA
We build strong kids,
strong families, strong communities.