

YMCA of the Inland Northwest Youth Guidelines

To provide a safe and positive experience for the youth of our community, the following guidelines related to facility use by YMCA members and guests will apply. These guidelines apply to all YMCA of the Inland Northwest facilities.

General Age Guidelines

The following general guidelines apply to all youth who are not participating in a supervised, structured program while at a YMCA location.

- Youth ages 6 and under must have direct supervision at all times by a supervising adult or be signed into Child Watch.
- Youth ages 7-11 must be accompanied by a supervising adult who remains in the building. The supervising adult does not have to be in the same area as the youth, so long as the youth is in a designated age-appropriate area. The youth must follow the age restrictions posted for specific rooms and activities.
- Youth ages 12 and older are not required to be accompanied by a supervising individual but are subject to the age restrictions for specific areas as outlined below.
- The recommended length of time for a visit to the Y for an unsupervised youth not in a YMCA program is 2 hours or less.

ATTIRE FOR WELLNESS FLOORS

- Acceptable Attire: Close-toed shoes T-shirts and tank tops that fully cover the torso, shorts and pants that fully cover undergarments and bottom, and hijab, burka, or other cultural/religious attire.
- Please Do Not Wear: Sandals, bare feet, open-toed shoes, boots Cropped shirts, low cut shirts, tank tops with the sides cut out that show ribcage, shorts that don't fully cover bottom, or low-slung shorts or pants that show undergarments. jeans, and swimsuits. Staff reserve the right to ask you to change if your attire does not meet these requirements.

Age & Use Restrictions for Specific Areas:

AQUATICS

- Children ages 4 and under and anyone using a life jacket must have an adult with them IN THE WATER within arm's reach AT ALL TIMES.
- Children ages 5-6 must have an adult with them IN THE POOL AREA.
- Lap Swim lanes are reserved for ages 14 years and older. Lead Guards may approve of younger swimmers. A swim test may be required.
- Spas, Saunas, & Steam Rooms users must be 15 years and older.
- The Lazy River at the North YMCA requires children ages 7 and under be accompanied, in the water, by an adult 18 years of age or older.
- For Slides & Water features, adhere to age and height restrictions posted on the pool deck.
- All children who are not potty-trained must wear appropriate swim diapers or fitted plastic pants. Standard diapers are prohibited. Swim diapers are available for purchase at Member Services.
- Acceptable modest swimwear is mandatory in the pool area. Jeans or cut-offs will not be allowed. Aquatics staff reserve the right to ask you to change if your swimwear does not meet these requirements.
- A cleansing shower is required before entering pools.

LOCKER ROOMS

- Children ages 4 and under may accompany their supervising adult of the opposite gender into the locker room.
- All-gender Changing Rooms are available for anyone's use at Central, Valley, and North YMCA locations. For additional options at the South and Lighthouse YMCAs, please see Member Services.
- Youth ages 15 and older are allowed to use the designated Adult Areas of the locker room at Central and North.
- The YMCA of the Inland Northwest complies with all state and city laws related to non-discrimination and gender identity inclusion.
- Cell phone & camera use is prohibited in locker rooms.
- Food & drink are prohibited in locker rooms.
- Lock your locker!



YOUTH, TEEN, & FAMILY ACTIVITY CENTERS (not available at all branches)

- Youth under age 7 must have direct supervision at all times by a supervising adult.
- Youth ages 7-11 must have adult present in the YMCA facility.
- See Member Services for Y Staffed hours.

WELLNESS CENTER

- Non-members under the age of 18 are not allowed in the Wellness Center but may participate in group exercise classes if accompanied by an adult.
- For safety reasons, youth ages 9 and under are not permitted in the Wellness Center, including infants in carriers.
- All Youth ages 10-15 must attend a free YMCA of the Inland Northwest Youth Wellness Center Training to use the Cardio (ages 10-15) and Strength (ages 12-15) equipment.
- Youth under the age of 12 must be supervised by an adult.
- Youth ages 10-11, after completing a Youth Wellness Center Cardio Training, may use the Cardio equipment only with direct parental supervision. Wrist band must be worn and visible. See Member Services for wrist band.
- Youth ages 12-15, may access the Wellness Floor without adult supervision after completing both Youth Wellness Center Trainings. Wrist band must be worn and visible. See Member Services for wrist band.
- Youth Wellness Center trainings must be completed in this order: Cardio for ages 10-15 (\$0), Strength for ages 12-15 (\$0), then optional Free-Weights for ages 12-15. (\$15).
- Please use our App to register for free cardio and strength trainings.

CLIMBING WALL (VALLEY Y)

- We provide certified staff and equipment during designated open climb hours. Children ages 4 and older are welcome to climb. Please be sure to wear appropriate clothing (clothing must be dry) and wear close-toed shoes. For safety reasons pants or shorts are required. Please see Member Services for more information and hours of operation.

SKATE PARK (Valley Y)

- Youth Under the age of 12 must be accompanied by a supervising adult.
 - All skaters must check in at Member Services. A signed waiver and wristband are required.