



Fitness+ Rules & Guidelines

**Please note that Y staff will not be on duty.
Use of fitness center is at your own risk.**

THE FOLLOWING ARE STRICTLY PROHIBITED

- Use of profanity toward members and staff.
- Providing entry to the facility after normal operating hours to a member or non-member who does not have Fitness Plus access.
- Providing personal training, consulting, instruction or coaching to other members.
- Theft or destruction of equipment, parts or merchandise.
- Theft from another member or of any contents in the facility.
- Use of equipment in a manner different than intended by the manufacturer.
- Failing to wear shoes, or wearing open-toe shoes, sandals or flip-flops.
- Selling merchandise and/or products of any kind.
- Alcohol and/or drug consumption on the premises.
- Entering the facility under the influence of any substance that impairs the member's physical or mental ability to function normally.
- No food, except for sports drinks and water, is allowed on the fitness floor.
- Physical and verbal confrontations. These will result in revocation of membership for all involved.
- Taking photos or videos of other members in the facility.
- Use of camera or video equipment (including cell phone) in restrooms.
- Using another member's scan card or providing another member's information to check-in to the facility.
- No weapons of any type are allowed inside the facility.
- Projecting phone calls or music. Any personal music usage requires headphones or earbuds.
- Use of areas in the facilities that are closed/gated.
- Allowing a non-member or member without Fitness Plus access to use designated key fob.
- Utilizing space that is not designated for Fitness Plus access.
- Any behavior or action that does not exemplify the YMCA core values of CARING, HONESTY, RESPECT, RESPONSIBILITY & FAITH.

AGE REQUIREMENTS

Fitness Plus access is limited to adults, ages 18 and older. Fitness Plus access will only be granted to those who meet this age requirement. Members who violate this policy will lose their membership privileges.

GUEST POLICY

- Day pass guests are only allowed in the Y's during normal business hours when a YMCA staff member is on duty.
- No guests are allowed to utilize the Fitness Plus access area after business hours, as it is a program for members only.

KEY FOB ENTRY

- Fitness Plus members will be required to use their personal key fob at the time of entry.
- Your key fob is to be used exclusively for your entrance into the facility, and is non-transferable. Members with Fitness Plus access cannot grant access to others, even if they are known to them. Granting access to another individual is grounds for immediate termination of membership and all those on the membership with or without notice.
- In the event that your access code does not work, please call the Y during normal operating hours for assistance.
- Please use the same entrance and exit location when enjoying the Fitness Plus benefit. Emergency exits are available to use only in the event of an emergency ONLY.
- All guests/members must provide a valid ID during the enrollment process for Fitness Plus access. A recent photograph must be saved on your YMCA account.

MEMBER COMMUNICATION

Should you need to communicate with management regarding broken equipment, low on cleaning materials, observation, comments, etc. please utilize the Member Connection Notebook located in the wellness center. The Member Connection Notebook is checked daily and responses to inquiries will be given during operating hours. Members may also call the YMCA after hours and leave a voicemail (843)398-0844. Voicemail box is checked daily.

EMERGENCY SITUATIONS & VIDEO SURVEILLANCE

- The Y has a 24-hour video recording system for security purposes. It will be reviewed on a daily basis to address any security concerns and monitor who is entering the building. Please note that this system does not provide staffing assistance for any emergency that might arise.
- An emergency telephone is located in fitness center in case of emergency. Emergency phone dials 911 directly upon pickup of phone. Emergency phone is intended for emergencies ONLY.
- Members with Fitness Plus access will be notified of closures for inclement weather that result in unsafe conditions.
- If there is loss of power in the building, please immediately follow the emergency exit signs.
- Should members identify anything suspicious, illegal or unsafe please contact authorities immediately using red emergency phone or personal cell phone device.
- AED & First Aid Kit are located behind front desk and designated by signage.

EMERGENCY CONTACT NUMBERS

- Emergency Number: 911
- Darlington Police Department (Non-emergency): 843-398-4026
- Darlington Fire & EMS (Non-Emergency): 843-398-4013
- Poison Control: 1 (800) 222-1222
- Darlington YMCA Phone Operating Hours: (843) 398-0844

The privilege of Fitness+ access may be revoked at any time. Violators of the guidelines, policies and procedures for Fitness Plus access are subject to Fitness Plus termination, permanent membership termination, and/or prosecution if deemed appropriate.

Our Mission:

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.