



## YMCA of Mount Vernon 24/7 Fitness Center Access Policy and FAQ's

Utilization of 24/7 fitness center access to the YMCA of Mount Vernon requires the reading of this document by each eligible individual who wishes to access the facility after hours and signing of the 24/7 Fitness Center Assumption of Risk and Waiver Form. Please read thoroughly, as failure to abide by any of the policies can result in loss of YMCA 24/7 fitness center access privileges, cancellation of YMCA membership and possibly result in criminal prosecution. During the period of any such termination, the member shall not be entitled to a credit or repayment of membership dues. These policies are non-negotiable and will be strictly enforced.

### 24/7 FITNESS CENTER ACCESS POLICY AGREEMENT

1. Member can scan their membership card to enter the 24/7 fitness center access entrance after normal operating hours. The door must be pulled shut and not be held open for other persons. For your safety, please use caution when entering or leaving the YMCA facility. DO NOT allow access to people who knock on the door because doing so may put you at risk for injury or harm and will result in loss of YMCA membership privileges.
2. Member may not bring in guests. Guests can only utilize the facility during regular hours of operation.
3. Member may not allow anyone else to use their membership card. The member assumes all responsibility for their membership card and must notify the YMCA immediately if it is lost or stolen.
4. Member agrees that he/she shall not engage in any type of commercial or business activity while using the facility. Member shall not act as a trainer for other members in the facility.
5. If there is an emergency situation, please call 911 with your cell phone or the phone provided in the fitness center. If there is a non-emergency situation, please use the phone provided and dial "190" to leave a message for the Membership Director or email [missi@mtvymca.org](mailto:missi@mtvymca.org).
6. There is to be no loitering on YMCA property – inside or outside.
7. Member agrees to adhere to all YMCA policies regarding appropriate attire, behavior, sanitation, and care of equipment. Use of personal device to broadcast music is prohibited when sharing the facility with other members unless headphones are in use. Member agrees to be respectful of other members regarding music, language, and use of equipment.
8. Member accepts full responsibility for all personal property brought onto the premises or into the YMCA facility.
9. The YMCA recommends that members have an adult workout partner, who also has 24/7 fitness center access, accompany them when using the YMCA during unstaffed hours. The YMCA uses 24-hour video monitoring of the fitness center for security purposes but does not provide staffing assistance for emergencies. It is likely that should you require immediate assistance, none will be provided.
10. The YMCA building and grounds are under 24-hour surveillance and activities are recorded. These recordings will be reviewed to address any security concerns and monitor who is in the building.
11. Member agrees to only use the fitness center and the restroom that is available in child watch. All other areas of the YMCA will be closed off and using any closed off areas will result in immediately termination of 24/7 access privileges.

## FREQUENTLY ASKED QUESTIONS

### ELIGIBILITY

All members who are in good standing at the YMCA of Mount Vernon and are 18 years of age or older are eligible for 24/7 fitness center access. No person under 18 years of age is eligible for 24/7 fitness center access.

### IS IT STAFFED?

No, the fitness center is not staffed after regular facility operating hours. For safety, there will be a phone provided, located in the fitness center for emergencies, a first aid kit, and an AED. There are also security cameras that record 24/7 surveillance of the area.

### HOW WILL I ENTER THE 24/7 FITNESS CENTER?

After regular building hours members will scan their own membership card to unlock the 24/7 fitness center access door located off North Main Street. The North Main Street entrance has direct access into the fitness center, with all other areas of the YMCA will be closed. During regular building hours the 24/7 fitness center access door will be locked and you will need to enter through the main lobby doors.

### CLOSURES AND SNOW DAYS

During snow days, snow removal will not be in place until staff are present (or later if there is a delay in operation hours). Members with 24/7 fitness center access will be notified of closures for inclement weather that result in unsafe conditions via social media and the YMCA text alert system (Knox Alerts). If the YMCA loses power after normal operating hours, or there is a level 3 snow emergency, 24/7 fitness center access will not be available.

### HOW MUCH DOES IT COST TO HAVE 24/7 ACCESS?

Nothing extra! This is included in a YMCA of Mount Vernon membership.

### CAN GUESTS OR VISITING YMCA MEMBERS USE 24/7 FITNESS CENTER ACCESS AFTER HOURS?

No. Only YMCA of Mount Vernon members will have access. Guests or members through Nationwide Reciprocity are not permitted.

### CAN I BRING MY CHILD WITH ME?

No. 24/7 Fitness Center access is for only members who are 18 years and older. We encourage your children to come along during normal operating hours.

### WILL LOCKER ROOMS AND SHOWERS BE AVAILABLE?

No. We have storage cubbies in the fitness center for coats, shoes, bags etc. There will be one bathroom available located in the child watch room.

AS A CURRENT MEMBER, WHAT MUST I DO TO HAVE ACCESS TO 24/7 FITNESS? There will be a few requirements that you will need to follow in order to have access. They are the following:

- Must be at least 18 years old
- Update your member photo if necessary
- Sign the 24/7 Fitness Center Access Assumption of Risk and Waiver
- Attend a staff guided orientation of how to utilize the 24/7 access