

# **WEIGHT ROOM RULES**

- **Must be 13+ to use weight and pin cable equipment.**
  - Youth ages 13-17 must complete orientation before using weights and pin cable equipment.
  - Ages 13-14 must be accompanied by adult guardian.
- **Wear proper workout attire.**
- **DO NOT drop weights or weight plates.**
- **Return all equipment to its original location.**
- **Wipe off equipment after each use.**
- **Report any damaged equipment to Y staff immediately.**
- **Allow others to work in between your sets.**
- **No food or drink allowed. Water bottles with secure caps are acceptable.**
- **Keep chalk inside the chalk bowl.**
- **Non-YMCA personal trainers are prohibited.**
- **Be courteous and respectful of others. Use appropriate behavior and language at all times.**

**NOT FOLLOWING THE RULES COULD RESULT IN  
LOSS OF MEMBERSHIP PRIVILEGES.**



# SHIAWASSEE FAMILY YMCA

# CODE OF CONDUCT

The YMCA is committed to providing a safe and welcoming environment for all. To promote safety and comfort, the YMCA asks all persons to act appropriately at all times when in our facilities, on our property or participating in our programs.

We expect persons using the YMCA to act maturely, to behave responsibly, and to respect the rights and dignity of others. The actions listed below, which are not intended to be an all-inclusive list of behaviors, are considered inappropriate and are prohibited in our facilities and programs:

- Using or possessing alcohol or illegal drugs on YMCA property or in YMCA vehicles.
- Smoking on YMCA property - all YMCA buildings and grounds are smoke and tobacco product-free environments. This includes vaping and e-cigarettes.
- Carrying or concealing a weapon or any device or object that may be used as a weapon.
- Harassment or intimidation by words, gestures, body language, or any type of menacing behavior.
- Physical contact with another person in an angry, aggressive, or threatening way.
- Verbally abusive behavior, including profanity, angry language, swearing, name-calling, or shouting.
- Sexually explicit conversation or behavior; any sexual contact with another person.
- Inappropriate, immodest, or sexually revealing attire.
- Using YMCA facilities to work with a "client", or facilitate a "third-party program" regardless of membership status, without being an employee of the YMCA.
- Theft or behavior that results in the destruction or loss of property.
- Loitering within facilities or on the grounds of the YMCA after being requested to depart the YMCA's property.
- Use of social networking websites in a manner that is contrary to the YMCA's mission, is detrimental to the community or is in violation of the law.

In addition, the YMCA reserves the right to deny access or membership to any person who has been accused or convicted of any crime involving sexual abuse, is or has been a registered sex offender, has ever been convicted of any offense related to the sale, possession and/or transportation of illegal drugs, or is currently under the influence of illegal or dangerous drugs or chemicals, narcotics, or intoxicating beverages.

Anyone who feels that this Code of Conduct is being violated should immediately report the behavior to a staff person on duty. YMCA staff members are eager to be of assistance.

Suspension or termination of YMCA membership may result from a violation of this Code of Conduct. While an incident is being investigated, the membership of the person(s) accused of violating this Code of Conduct may be temporarily suspended pending a final decision.

Our YMCA utilizes video technology to protect all persons. Cameras are installed in open/public areas only and not in private areas such as locker rooms, restrooms, etc.

# SHIAWASSEE FAMILY YMCA WORK OUT WISELY

Fitness Center users are responsible for knowing the following information in order to safely use our equipment.

- **WARM UP:** Spend 5-10 minutes doing something that gets your heart pumping. Try to move all parts of your body. Warm up before you stretch.
- **BE SMOOTH:** Aim for smooth, flowing, continuous movement when using weights. Fast, jerky or uneven movements will put unnecessary strain on your muscles and could result in injury.
- **BREATHE FREELY:** Don't hold your breath. Your muscles need a constant supply of oxygenated blood. Denying them that risks broken blood vessels or even a hernia.
- **FOCUS:** To ensure you are working your muscles in the most effective way it is important to focus on what you are doing. Losing focus could call you to fall into bad form or forget to count repetitions.
- **CHOOSE THE RIGHT WEIGHT:** You should choose a weight that you are comfortable with, but that will work the muscles i.e. you should be able to feel the muscle working, but not so heavy you have difficulty lifting it smoothly. Tip: Use a weight that tires the muscles within 8-12 repetitions.
- **RULE OF THUMB:** Studies have shown that doing one set per muscle builds just as much strength as doing three sets per muscle during the first 3-4 months of training. If you are a novice or just getting back into training, begin with one set of 8-12 reps, and make sure the last rep feels challenging.
- **BALANCE YOUR WORKOUT:** Work all major muscles and muscle groups - abdominals, legs, chest, back, shoulders, arms. Exercise opposing muscles in a balanced way. Example: Chest and Back or Triceps and Biceps
- **REST AND RECOVER:** Your muscles need 48 hours to recover after a weight training workout. During this period, the muscle development takes place.
- **DON'T OVERDO:** Getting carried away will result soreness or injury. Use your initial sessions to practice getting your form right with fairly light weights. Once you've mastered the moves you can move on to heavier weights.