



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**FAMILY YMCA AT TARRYTOWN
MEMBER CODE OF CONDUCT
&
MEMBER/PARTICIPANT RELEASE & WAIVER OF LIABILITY
AND INDEMNITY AGREEMENT**

MEMBER CODE OF CONDUCT

In order to comply with NYS guidelines for reopening gym facilities, all Family YMCA at Tarrytown members must adhere to the following safety protocols and procedures. Any member who refuses to comply will be immediately asked to leave the facility and may have their membership revoked. These measures have been put in place for both member and employee safety and have been approved by the state, county and village. We are asking all of our members to be socially responsible as we at the Y have to ensure the health and safety of all who are using the Y.

Members must sign the **Code of Conduct and Waiver of Liability** prior to using the facility. Return completed document to Lesa Dalton, Associate Executive Director at lesad@ymcatarrytown.org or sign in person at the Y's Member Service Desk. **Please note that guests and any member under the age of 18 are not allowed at this time.**

The Y Fitness Center and Pool will initially be open during the on the Y **Member Usage Procedures** document on our website. In order to meet the 33% capacity requirements members must reserve a 45 minute time slot and strictly adhere to their time allotment. Members can reserve the timeslot by calling 914-631-4807 ext. 100 prior to coming to the Y. It is advised that you call 24 hours ahead to reserve your spot. Walk-ins are strongly discouraged; you will not be admitted if all spots are taken.

Reservation requests can be made during the following hours 5 am – 10:30 pm Monday-Thursday, 5 am – 10 PM on Friday, and 7 am – 7p on Saturday/Sunday. Members are expected to show up on time for their reserved time slot; if you arrive late your time will not be expanded. Members who repeatedly miss their reservation may not be allowed to continue to reserve a time slot. Reservations are on first-come, first-serve basis. **RESTRICTIONS APPLY** – see website and Y **Member Usage Procedures** for more information.

Fitness Center and Pool Hours (Each timeslot is made up of 45 minute blocks); Fitness Center and Pool are sanitized between each block). See Y **Member Usage Procedures** for Time Slots

To use the Fitness Center and Pool Members Must:

- Have their temperature checked upon arrival (anyone who has a temperature over 100.0 F will be asked to leave immediately).
- Complete a health attestation each time they use the facility which includes updated contact information
- Maintain social distancing and follow directional floor markers (6 feet apart) and follow entry and exit arrows.
- Wear an acceptable face mask during their entire time at the Y and on our grounds (this includes the parking lot) (See below.) Members do not wear a face mask once they enter the water.
- Only use equipment that has been designated for use
- Spray down equipment after use
- Comply with start and end times
- Bring your own towel and water

- Exit the building via the back lobby exit
- Comply with all directions from **Y FC Monitor and Managers**

ACCEPTABLE FACE COVERINGS:

Acceptable face coverings include, but are not limited to, cloth based face coverings and disposable masks cloth (e.g. homemade sewn quick cut), surgical masks, and N95 respirators that are appropriate for exercise.

They must cover both the mouth and nose at all times. **Bandanas, buffs, and gaiters and exercise masks with valves are not acceptable; no exceptions.**

**MEMBER/PARTICIPANT RELEASE & WAIVER OF LIABILITY
AND INDEMNITY AGREEMENT**

PLEASE READ CAREFULLY. THIS DOCUMENT AFFECTS YOUR LEGAL RIGHTS AND IS LEGALLY BINDING. BY SIGNING THIS AGREEMENT, YOU ARE RELEASING THE FAMILY YMCA AT TARRYTOWN FROM ALL LIABILITY AND FOREVER GIVING UP ANY CLAIMS THEREFORE

Assumption of Risk

I acknowledge and agree that any use of The Family YMCA at Tarrytown facilities, services, equipment and premises (“Facilities”) and any participation in The Family YMCA at Tarrytown programs and activities (“Programs”) comes with inherent risks including, but in no way limited to: (1) moderate and severe personal injury, (2) property damage, (3) disability, (4) death, and (5) sickness or disease. I voluntarily accept and assume full responsibility for these risks as well as any and all other risks of the use of Facilities and participation in Programs. I agree that I have full knowledge of the nature and extent of all such risks and am not relying on all such risks being described in this document.

Waiver, Release, Indemnification & Covenant Not to Sue

In consideration of the use of Facilities and participation in Programs I, the undersigned, agree that The Family YMCA at Tarrytown, it’s officers, directors, agents, employees, volunteers, insurers and representatives (“Releasees”) will not be liable for any personal injury, property damage, disability, death, sickness or disease incurred by myself, my family members, dependents, or guests, including minors, however occurring including, but not limited to the negligence of Releasees. I understand that I will be solely responsible for any loss or damage, including personal injury, property damage, disability, death, sickness or disease sustained from the use of Facilities and participation in Programs.

I further agree, on behalf of myself and any and all legal successors and proxies, to release and **HEREBY DO RELEASE, WAIVE AND COVENANT NOT TO SUE** Releasees from any causes of action, claims, suits, liabilities or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which I and any and all legal successors and proxies may have, now or in the future, against Releasees on account of personal injury, property damage, disability, death, sickness, diseases or accident of any kind, arising out of or in any way related to the use of Facilities or participation in Programs, whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to the negligence of Releasees.

In further consideration of the use of Facilities and participation in Programs, I agree to **INDEMNIFY AND HOLD HARMLESS** Releasees from any and all causes of action, claims, demands, losses, suits, liabilities or costs of any nature whatsoever, including claims of negligence, arising out of or in any way related to the use of Facilities and participation in Programs by myself, my family members, dependents or guests, including any minors.

FAMILY YMCA AT TARRYTOWN
MEMBER AGREEMENT

I agree to abide to adhere to the terms of use outlined above. I understand that I may be asked to leave the facility and my membership status may be affected if I fail to comply with COVID Policies and Procedures. I acknowledge the Member Release and Waiver of Liability.

Member Name **PLEASE PRINT**: _____

Member Signature: _____

Date: _____

PLEASE PRINT:

Address: _____

Phone: _____

Email Address: _____



**FAMILY YMCA AT TARRYTOWN
MEMBER USAGE & RESERVATION PROCEDURES**

The Y Fitness Center and Pool will initially be open during the hours listed below. In order to meet the 33% capacity requirements members must reserve a 45 minute time slot and strictly adhere to their time allotment. Members can reserve the timeslot by **calling 914-631-4807 ext. 100** prior to coming to the Y. It is advised that members call at least 24 hours ahead to reserve a spot. Walk-ins are strongly discouraged; members will not be admitted if all spots are taken.

We are limiting the fitness center to 10 and the pool to our 4 members at a time. Swimmers will each have their own lane. Reservation requests can be made during the following hours 5 am – 10:30 pm Monday-Thursday, 5 am – 10 PM on Friday, and 7 am – 7 pm on Saturday/Sunday. PLEASE DO NOT LEAVE A VOICEMAIL – YOU MUST SPEAK TO ONE OF OUR STAFF TO RESERVE A TIME SLOT.

Members are expected to show up on time for their reserved time slot; late arrivals will not be able to expand their workout time. Members who repeatedly miss their reservation may not be allowed to continue to reserve a time slot. Reservations are on first-come, first-serve basis.

- Members can reserve up to 3 spots per week on different days. Members can reserve 1 slot for the pool and/or fitness center per day.
- Reservations are made for the current week only.
- Members should arrive 15 minutes before the reserved time slot to complete the necessary health screening. Please be patient with the screening process as it necessary for everyone’s safety.
- Members will have to complete the health attestation each time they enter the Y. **Youth under the age of 18 are not permitted in the fitness center/pool at this time.**
- Fitness Center and Pool are for paying members or subsidized programs such as Silver Sneakers, Fitness Advantage. **NO GUESTS /NATIONWIDE Y members not allowed at this time.**
- Members who have not signed the **Member Code of Conduct/Waiver 2020** will not be permitted to use the facility. Members must adhere to the policies and procedures outlined in the **Member Code of Conduct/Waiver 2020. Members who do not comply will be asked to leave the facility AND may have their membership revoked.**
- Members must wipe down/spray sanitize equipment after use.
- Members parking in the Y lot should only park in the front lot.

TIME SLOTS:

**Each timeslot is made up of 2 or more 45 minute blocks
Fitness Center and Pool are sanitized between each block**

FITNESS CENTER

5:30 AM – 7:15 AM M-F
10:30-2:15 M-F
7:00 PM - 8:45 PM M-TH
7:00 AM-10:45 AM SATURDAY

POOL

5:30 AM – 7:15 AM M-F
10:30-1:30 M-F
7:00 PM - 8:45 PM M-TH
7:00 AM-10:45 AM SATURDAY

*Hours subject to change without notice. Questions: contact Lesa Dalton, Associate Executive Director @ lesad@ymcatarrytown.org

