

YOUTH POLICY

Greenwood Athletic and Tennis Club encourages members to use the club as a family. For safety reasons and to respect the rights of all members, Greenwood has established the following youth policy as dictated by the American College of Sports Medicine, the American Academy of Pediatrics and the National Strength and Conditioning Association, all of whom support children's participation in **"appropriately designed and competently supervised programs."**

GATC offers a variety of such programming for our youth members. While the club provides direct supervision for children during scheduled program times, it is the parents' responsibility to escort children to and from each activity. Parents are directly responsible for their children's behavior in all areas of the club.

The term Adult Supervision refers to a supervising adult being 18 years of age or older, or a family nanny, or a 16-17 year old Youth Certified sibling (same family) and requires youth under age 13 and 14-17 year-olds without Youth Certification to be in direct visual and speaking contact (same proximity, same activity) with the responsible, supervising adult.

The term Youth Certification refers to a required educational session to be completed with a Club Assistant at GATC in order for a 14-17 year-old to have access to the club independently.

<u>Child's Age</u> <u>Any age</u>	<u>Greenwood Athletic and Tennis Club Youth Policy</u> May use <u>gymnasium, running track, indoor and outdoor pools, racquetball, squash and tennis courts</u> with adult supervision
3 and under	Permitted in either adult locker room with adult supervision
4 to 17	With adult supervision, youth ages 4-17 may use the adult locker room of the same gender Without adult supervision, youth ages 4-17 must use the family locker rooms unless youth certified
9 to 11	May use the <u>weight room</u> with a GATC Personal Trainer May use <u>cardiovascular rooms and exercise studios</u> with adult supervision
12 to 13	May use <u>weight room, cardiovascular rooms and exercise studios</u> with adult supervision May use gymnasium without adult supervision, if responsible adult is on the premises
13 and under	Not permitted in <u>whirlpool, sauna or steam room</u> or to participate in Thermal or Power Yoga
14 to 17	Required to pass youth certification to use club, including adult locker rooms, without adult supervision May bring in an adult guest (18 and older) or a youth guest that has also completed the youth certification process
16 to 17	Permitted to bring in and supervise younger sibling(s), provided that 16-17 year old is youth certified and siblings are on family membership Parent must previously sign appropriate paperwork, allowing older sibling onsite guardianship
10 to 17	May use outdoor tennis courts without adult supervision, if on junior or family tennis membership
17 and under	Not permitted in the adult leisure pool

Unsupervised youth not adhering to the aforementioned policy will be escorted to Kids' Club and the parent will be charged accordingly. Abuse of this policy could be grounds for termination of membership. Please note, this policy applies to members and non-members.

GREENWOOD ATHLETIC AND TENNIS CLUB LOCKER ROOM POLICY

- The use of ANY mobile electronic device for ANY purpose is strictly prohibited in the locker rooms
- Adult locker rooms are designated for individuals 18 years of age and older
- Youth ages 14-17 may use adult locker rooms if they have completed the youth certification
- When adult supervision is required for locker room use, they must be in constant visual and speaking contact and the responsible, supervising adult must be 18 years of age or older, or a family nanny, or youth certified sibling (same family) 16-17 years old.
- Children 3 years of age and under are permitted to use either of the adult locker rooms
- With adult supervision, youth ages 4-17 may use the adult locker room of the same gender
- Without adult supervision, youth ages 4-17 must use the family locker rooms unless youth certified
- The steam room, whirlpool and dry sauna are for individuals 14 years of age and older
- As a courtesy to others, we respectfully request that families with strollers use designated family locker rooms
- Towels are to be returned to the towel drops
- No food or beverages permitted, except water bottles
- Horseplay, roughhousing, loud noises, screaming, running, leaving wet clothing or towels on the floor and excessive or improper use of water or amenities will not be permitted

NANNY MEMBERSHIP

For an additional fee, families with children 13 years of age or younger may add a nanny to their family membership. A nanny membership permits full usage of the club. A guardianship form must be completed and kept on file. A nanny must be at least 16 years of age and a 16-17 year old nanny must complete a youth certification.

STROLLER ETIQUETTE

We want our parents with young children to continue to enjoy Greenwood and realize the challenges you are facing in balancing your life to include regular exercise. Please remember that Kids' Club is available for children six weeks and older. Children are allowed in age appropriate rooms therefore dedicating quiet space in the nursery for babies and nursing mothers. Out of respect for others, please remember to abide by the following:

- Strollers and baby carriers are not allowed in the weight room, cardiovascular areas or group exercise studios
- Strollers are allowed on the indoor running track; please be cautious of your fellow walkers and runners
- Strollers and baby carriers are allowed pool side; lifeguards are on-duty seasonally in addition to your own parental supervision
- Strollers are allowed in the family areas of the adult locker room only; please be courteous of others and keep the stroller against one side of the walkway, therefore allowing other people to access lockers in the same area

Greenwood Athletic Club Metropolitan District
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