

A group of diverse children are running happily on a grassy field. In the foreground, a young boy in a green t-shirt and black shorts is running towards the camera with a wide smile. Behind him, several other children in various colored shirts (purple, yellow, pink) are also running. The background is a soft-focus green field with trees in the distance.

YMCA of Greensboro  
**YOUTH  
DEVELOPMENT  
FAMILY HANDBOOK**

Revised 3/2/26



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# WELCOME!

## Dear Families,

Thank you for choosing the YMCA of Greensboro to help grow and develop your child. We consider it an honor to work with your child and family. The YMCA of Greensboro has been operating youth programs for more than 70 years and it is a joy for us to continue to serve our community in this capacity. We have a vested interest in helping your child become an adult who will make a positive impact in the community.

We adhere to the YMCA's Holistic Development of Children and Youth Development Best Practices. This means that we:

1. Champion character building by providing opportunities to build relationships and build problem-solving skills.
2. Foster the leadership potential and civic engagement of young people.
3. Create a supportive and welcoming environment for families that helps strengthen family bonds.
4. Champion inclusion and respond to the comprehensive needs of children and families.
5. Systematically follow nationally recognized standards for quality and safety.

Social-Emotional Learning (SEL) and Character Development are the foundations of our programs and activities. The skills of empathy, relationship building, personal development, responsibility and emotion management are the building blocks that help children grow into healthy, caring and responsible people.

It is our goal to provide your child with an enriching experience full of fun, laughter and learning! Feel free to provide us with input into our program and services. We look forward to an amazing time learning and growing together.

Sincerely,

**YMCA Youth Development Team**



# WHAT TO EXPECT

## HEALTH AND SAFETY

The health and safety of youth is our top priority. Our goal is to help children feel safe and be safe while they participate in YMCA programs.

## ACHIEVEMENT

Achievement focuses on the opportunity for youth to gain new knowledge, skills or abilities while gaining confidence in themselves.

## RELATIONSHIPS

The Y provides a unique environment where friendships flourish. When youth develop relationships with their peers and with staff, they build strong peer bonds. At the Y, youth are provided with exposure to strong adult mentors and leaders.

## BELONGING

Unique rituals and YMCA pride play a big role in providing youth with a sense of belonging throughout the program

## CHARACTER DEVELOPMENT

Character plays a big role at the Y. Our staff are trained to embed character development into games, teambuilders, daily routine activities and even snack! We strive to give youth an opportunity to develop and exhibit healthy character.

## HEALTH AND WELL-BEING

The YMCA's mission is to build healthy, spirits minds and bodies. We encourage healthy habits through nutritious snacks, mindfulness moments and lots of physical activity. Our overall goal is to encourage youth and staff to enjoy healthy meals, healthy minds and healthy play!

# OPERATIONS & ADMISSIONS

## YOUTH PROGRAMS OPERATIONS

### Hours of Operations

**After School:** 2:30 p.m.–6 p.m., Monday–Friday

**Summer Day Camp:** 7:30 a.m.–6 p.m., Monday–Friday

**All Day/Full Day Care (Teacher Workday, Holiday Camp, Inclement Weather):** 7:30 a.m.–6 p.m.

Please speak with your branch's Program Director regarding program holidays and full-day operations.

### Admission Criteria

- **Youth Development Programs (including After School, Summer Day Camp, and similar programs):** Children must be enrolled in kindergarten and may participate through age 12.
- **Teen Programs (Y Leaders, FLY, and similar programs):** Open to teens ages 13–17, depending on the specific program offered.

**The Hayes–Taylor Memorial YMCA location requires a copy of current immunization records to accompany all registrations.**

We will notify families of any changes to our operation policies in writing.

### Enrollment

Online enrollment is required; printed applications are available upon request. A non-refundable registration fee and/or deposit is required for youth programs.

All outstanding fees from any YMCA program must be paid in full before program registration.

If services need to be cancelled, a written 3-week notice to the Youth Development Director is required.

### Payments

**After School:** Payments for Afterschool are due on the 1st of each month. Non-payment by the 5th of the month is subject to a late payment fee and suspension from the program until full payment, including late fee, is made.

Non-payment by the 15th of the month will result in removal from the program.

**Summer Day Camp:** Payments for Summer Day Camp are due three (3) weeks before the scheduled session/week.

**Automatic payments are required for Summer Day Camp.** A late payment fee can be applied for returned payments or accounts that are paid after the due date on Monday. Non-payment by Wednesday of the due date session/week will have camp space forfeited.

**Past due balances or non-payment will prevent your child or any other family members from participating in any future Y programs until all past due balances are paid in full.**

## Financial Assistance

It is our goal for ALL children to be able to experience the YMCA! Through our Annual Giving Campaign, we are able to offer financial assistance to individuals who may be in financial hardship.

To receive aid, you must submit a complete financial assistance application with additional documents attached.

**Financial aid is provided on a first come, first served basis.** Please allow up to **15 days** for Financial Assistance application processing. Financial Assistance applications without the necessary documents will cause a delay in processing.





# ARRIVAL & DEPARTURE PROCEDURES

**For the safety of all children, please sign them in and out of the program daily.**

To ensure the safety of youth, staff, and families, we are eliminating the need for families to come into the facility, unless for a late drop-off or early pick-up. Please review the details below so that you can help us maintain a safe environment for everyone. Please follow directional signs located in the parking lot.

All individuals authorized to pick up children **must be at least 16 years old**, show ID, and be listed on the authorized pick-up list or the child will not be released to that person. No child can leave the YMCA premises without a parent/guardian or any other authorized individual. No child will be able to walk/or ride a bicycle home without an authorized individual.

## Late Drop-Off/Early Pick-Up

The YMCA designates dedicated time for arrival and departure times. Summer Day Camp and full day drop-off ends at 9 a.m. and pick-up begins at 4 p.m. Between the hours of 9 a.m.-4 p.m., program staff are engaged in YMCA operations.

## Late Pick-Up Policy

YMCA youth programs end at 6 p.m. The YMCA allows a 5-minute grace period before late fees begin to accrue. Caregivers are responsible for making arrangements for youth to be picked up by another authorized person should they be delayed. These late-fee payments are due upon pick-up. Children cannot return to the program unless late fees are paid.

Please note that YMCA program participation may be discontinued if lateness becomes excessive, and the 5-minute grace period can be discontinued if it becomes the regular pick-up time.

# CHILD ABUSE PREVENTION

The YMCA of Greensboro has zero tolerance for abuse and will not tolerate the mistreatment or abuse of youth in its programs. Any mistreatment or abuse by an employee or volunteer will result in disciplinary action, up to and including termination of employment or volunteer service and cooperation with law enforcement.

The YMCA also has zero tolerance for abuse, mistreatment, or sexual activity among youth within the organization. This organization is committed to providing all youth with a safe environment and will not tolerate the mistreatment or abuse of one youth by another youth. Conduct by youth that rises to the level of abuse, mistreatment, or sexual activity will result in intervention or disciplinary action, up to and including, dismissal from the program.

In addition, the YMCA will not tolerate any behavior that is classified under the definition of bullying, and to the extent that such actions are disruptive, the organization will take the necessary steps to eliminate such behavior.

At the Y, we believe that youth can contribute to their own safety if they know what is acceptable and what to expect from YMCA staff, volunteers and other youth. If youth know that violations have occurred or that personal boundaries are crossed, they can spot them and be empowered to let a trusted adult know.

**The YMCA will provide youth with age and developmentally appropriate information explaining our organization's policies and procedures related to abuse prevention. In our youth programs, we discuss the following:**

- Appropriate and inappropriate displays of physical affection.
- Appropriate and inappropriate verbal communication.
- Appropriate interactions between employees/volunteers and youth.
- Appropriate electronic communication between YMCA staff and youth.
- Appropriate gift giving and receiving.
- Appropriate and inappropriate youth-to youth interactions and understanding of personal boundaries.
- How to report concerns, complaints or grievances to a trusted adult.

## Electronic Communication

Direct or text messaging between youth and employees/volunteers is not allowed, unless approved by a program supervisor and administrator. Employees and volunteers are not permitted to befriend/follow youth on social networking or social media sites. Youth will comply with the organization's policies governing the use of personal mobile communication devices while in programming.

# Reporting

Because our organization is dedicated to maintaining zero tolerance for abuse, it is imperative that everyone, actively participate in the protection of youth. In the event that a child observes any suspicious or inappropriate behaviors and/or policy violations on the part of other employees, volunteers, or other child, it is their personal responsibility to immediately report their observations. At the YMCA, the policies apply to everyone.

## Physical Contact Policy

The YMCA’s physical contact policy promotes a positive, nurturing environment while protecting youth, employees, and volunteers. The YMCA encourages appropriate physical contact with all youth and prohibits inappropriate displays of physical contact. Any inappropriate physical contact by employees or volunteers towards youth in the YMCA’s programs will result in disciplinary action, up to and including termination of employment.

**The YMCA’s policies for appropriate and inappropriate physical interactions include but are not limited to:**

Appropriate Physical Contact Initiated by the Youth	Inappropriate Physical Contact
• Side hugs	• Full-frontal hugs
• Shoulder-to-shoulder or “temple” hugs	• Kisses
• Pats on the shoulder or back	• Showing affection in isolated areas
• Handshakes	• Lap sitting
• High-fives and hand slapping	• Wrestling
• Verbal praise	• Piggyback rides
• Pats on the head when culturally appropriate	• Tickling
• Touching hands, shoulders, and arms	• Allowing a youth to cling to an employee’s or volunteer’s leg
• Arms around shoulders	• Allowing a child older than kindergarten age to sit on an employee or volunteer’s lap
• Holding hands (with young children in escorting situations)	• Any type of massage given by or to a child outside of accepted and documented medical treatment
	• Any form of affection that is unwanted by the youth or the staff
	• Touching bottom, chest, or genital areas that is outside authorized and documented personal care assistance

# Verbal Contact Policy

Employees and volunteers are prohibited from speaking to youth in a way that is, or could be construed by any observer, as harsh, coercive, threatening, intimidating, shaming, derogatory, demeaning, or humiliating.

Employees and volunteers must not initiate sexually oriented conversations with youth. Employees and volunteers are not permitted to discuss their own sexual activities with youth.

**The YMCA’s policies for appropriate and inappropriate verbal interactions include but are not limited to:**

Appropriate Verbal Interactions	Inappropriate Verbal Interactions
<ul style="list-style-type: none"> <li>• Positive reinforcement</li> </ul>	<ul style="list-style-type: none"> <li>• Name-calling</li> </ul>
<ul style="list-style-type: none"> <li>• Appropriate jokes</li> </ul>	<ul style="list-style-type: none"> <li>• Secrets</li> </ul>
<ul style="list-style-type: none"> <li>• Encouragement</li> </ul>	<ul style="list-style-type: none"> <li>• Cursing</li> </ul>
<ul style="list-style-type: none"> <li>• Praise</li> </ul>	<ul style="list-style-type: none"> <li>• Off-color or sexual jokes</li> </ul>
<ul style="list-style-type: none"> <li>• Strength-based conversations</li> </ul>	<ul style="list-style-type: none"> <li>• Shaming, Belittling</li> </ul>
<ul style="list-style-type: none"> <li>• Self-disclosure as a supervised therapeutic tool by licensed clinicians, medical professionals, and pastoral counseling</li> </ul>	<ul style="list-style-type: none"> <li>• Oversharing personal history</li> </ul>
	<ul style="list-style-type: none"> <li>• Derogatory remarks</li> </ul>
	<ul style="list-style-type: none"> <li>• Discussing sexual encounters or in any way involving youths in the personal problems or issues of staff</li> </ul>
	<ul style="list-style-type: none"> <li>• Harsh language that may frighten, threaten or humiliate youths</li> </ul>
	<ul style="list-style-type: none"> <li>• Derogatory remarks about the youths or their family</li> </ul>
	<ul style="list-style-type: none"> <li>• Compliments related to physique or body development</li> </ul>



# CAREGIVER AND PARTICIPANT RIGHTS

## Parent/Guardian Participation

Caregivers are welcome to volunteer with youth programs. To do so, caregivers will need to go through the volunteer process. Please contact your branch Program Director for more information.

## Parent Review of Licensing Report (Hayes-Taylor YMCA)

Minimum standards are available at the entryway bulletin board. The most recent licensing certificate is posted on our site information board.

## Parent/Guardian Rights

Parents/Guardians, upon presentation of identification, have the right to enter and visit the YMCA, without advance notice to the program, but must inform staff of their arrival. The law prohibits discrimination of retaliation against any child or parent/guardian to exercise their rights to visit.

**The law authorizes the person in charge of the YMCA facility to deny access to the parent/guardian under the following circumstances:**

- The parent/guardian is behaving in a way that poses a risk to the children in the facility or the adult is a non-custodial parent and the facility has been requested in writing by the custodial parent to not permit access to the non-custodial parents. Court documents must be on file as well.

Under no circumstances should a parent/guardian approach another child other than their own. While in the facility caregivers are always expected to act appropriately by speaking in an appropriate tone using appropriate language. Any parent/guardian who behaves inappropriately will be asked to leave the facility and their child's space in the program can be forfeited without a refund of fees paid.



## Child's Personal Rights

**Each child receiving services from YMCA Youth Development programs shall have rights, which include but are not limited to the following:**

- To be treated with dignity in his or her personal relationship with staff and other persons and have their personal boundaries respected.
- To meet his or her needs;
- To be free from corporal or unusual punishment, infliction of pain humiliation, intimidation, ridicule, coercion, threats, mental abuse, or other actions of a punitive nature including but not limited to interference with the daily living functions, such as eating, sleeping, toileting, or withholding of shelter, clothing, food or medication.

It is the YMCA's intent to meet the needs of children; however, the YMCA cannot legally restrict the non-custodial parent from visiting the child, reviewing the child's records, or picking the child up unless the YMCA has been furnished with current legal documents. Copies of these court documents must be kept in the child's file.



# MEDICAL AND EMERGENCY

## \*Immunization Requirements (Hayes-Taylor YMCA)

Immunization Records are required for children to attend youth programs at the Hayes-Taylor YMCA branch. Immunization records must be on file by the first day of program operations.

## Illness and Exclusion

If a child cannot go outside or participate in the program due to illness, the child needs to remain at home. Children may not attend if they are not feeling well. If a child vomits for any reason they must be picked up by a parent/guardian or authorized individual within 1 hour of notification. No child may attend a youth program if they have ringworm, pink eye, flu, or any other communicable illness. A doctor must treat any contagious infection, virus or fever, and the child can return 24-hours fever-free or without a fever reducer.



## Procedures for Notification

Families will be notified in person, over the phone, or in writing of any discipline concerns or issues with a child. If there are any life-threatening emergencies, families will be notified after emergency care has been called and provided. We do not make phone calls because of a meal aversion or to provide swim clothes. Parents/guardians are only notified for true emergencies or behavior support.

## Procedures for Dispensing Medication

The YMCA will not administer any medication unless the parent or guardian completes a medication authorization form, and the medication is in its original container. The container must include the child's name, the type of prescription, and the dosage.

## Topical Ointments (Lotion, Sunblock, Deodorant, etc.)

Any topical ointments are to be kept in the child's activity area or home base. \*Ointments will not be carried around the facility. Aerosol sunblock, lotions, bugs sprays or deodorants are not allowed. Failure to adhere to this policy will result in the removal of the aerosol item.

\*Youth at Hayes-Taylor cannot keep any topical ointments in their bags or pockets. A topical ointment form must be completed and provided at the to the program director.

## Procedures for Handling Medical Emergencies

**If a child becomes injured or ill (vomiting or a fever of 100 degrees or higher) while in the YMCA care, staff will do the following:**

1. In extreme emergencies, 911 will be called and first aid and/or CPR will be administered.
2. Contact the parent or guardian.
3. Contact a YMCA Director/Coordinator.
4. If necessary, have a child transported to the nearest medical facility.
5. Complete necessary paperwork for YMCA as required by our YMCA and/or the NC childcare licensing policy.

## Emergency Drills

The YMCA conducts fire emergency evacuation, lost child, and lockdown drills. Parents/guardians, program staff, and children may or may not be made aware of drill dates or times, as this is the most effective way to assess the success for emergency plans. During a fire/emergency drill, caregivers may not sign children into or out of the YMCA but must wait until the drill is complete and children have returned to the building. Caregivers can wait with their child until the drill is over and can sign them out afterward.

# BEHAVIOR SUPPORT AND SERVICE TERMINATION



## Behavior Support

Praise and positive reinforcement are effective methods of behavior management. When a child receives positive, non-violent, and understanding interactions from adults and others, they develop good self-concepts, problem-solving abilities and self-discipline. Based on this belief of how children learn and develop values, the YMCA will practice the following behavior guidance techniques and policies.

## Participant Expectations

Children are expected to adhere to all YMCA expectations and rules. If a child is suspended or terminated from the program, the current week and/or month will not be refunded.

- Keep hands, feet, and objects to yourself
- Follow directions
- Respect yourself, respect others, respect the Y
- Be safe, be kind, be honest
- Always, always, always try your best!

## Disruptive Behavior

Children are entitled to a pleasant environment at the YMCA; therefore, the YMCA cannot serve children who display chronic disruptive behavior. Such behavior is defined as verbal or physical activity that may involve but is not limited to bullying behavior or behavior that requires constant attention from the staff, inflicts physical or emotional harm on other children, abuses the staff and /or disobeys the rules that guide behavior.

If a child cannot adjust to the YMCA setting and behave appropriately, the child may be discharged. Reasonable efforts will be made to help children adjust to the YMCA setting.

**The YMCA reserves the right to suspend a child for behaviors that cause physical or mental harm to themselves or other children.**

## Bullying

Our organization will not tolerate the mistreatment or abuse of one youth by another youth. Bullying is aggressive behavior that is intentional, is repeated over time, and involves an imbalance of power or strength. Bullying can take on various forms including physical bullying, verbal bullying, nonverbal or relational bullying, cyberbullying, sexualized bullying, and hazing.

Anyone who sees an act of bullying, and who then encourages it, is engaging in bullying. This policy applies to all youth, employees, and volunteers.

## Termination of Services

**Program services can be terminated for, but not limited to:**

- Consistent late pick-ups
- Failure to pay tuition in a timely manner
- Failure to comply with facility's policies concerning ill children
- Being unreachable and out of touch by phone
- Failure to provide documentation requested by the YMCA
- Failure to keep records current
- Failure to provide emergency contact updates
- Extreme behavior that prevents youth from participating safely with peers

# INCLUSION POLICY

At the YMCA of Greensboro, we are committed to providing a safe, nurturing, and inclusive environment where all children can thrive. We strive to offer reasonable accommodations for children with disabilities, as outlined by the Americans with Disabilities Act (ADA). We make every effort to support participation in our programs. However, our priority is always the safety and well-being of all. Therefore, we must establish certain behavioral expectations to maintain a safe environment for everyone.

## Behavioral Expectations

**Participants are expected to adhere to basic behavioral guidelines that ensure the safety of themselves and others. These expectations include:**

1. Staying with the group. Participants must always remain with their huddle/group. Running off or leaving the group without permission poses significant safety risks and will not be tolerated.
2. Respectful interactions. Participants are expected to follow instructions from staff and interact with peers and staff in a respectable manner. Extreme defiance that significantly disrupts the program or requires disproportionate attention from staff, delivering them from supervising other participants, will not be accommodated.
3. Aggressive behavior. Physical aggression, including hitting, kicking, biting, or any other form of violence, is strictly prohibited. Such behaviors threaten the safety of other participants and staff and will not be tolerated.

## Self-Care Expectations

**Participants are expected to manage their basic self-care needs independently. These include:**

1. Toileting. Participants must be able to use the restroom independently, including managing clothing and personal hygiene.
2. Eating. Participants must be able to eat independently, including opening containers and feeding themselves.
3. Changing. Participants must be able to change their clothes independently, including managing any necessary clothing changes throughout the day.

## Reasonable Accommodations

**In accordance with the ADA, we are committed to providing reasonable accommodation which may include but are not limited to:**

- Modifications to program activities and schedules
- Adaptive equipment and materials
- Individual support plans



## Limitations to Accommodations

While we strive to accommodate the needs of all children, there may be instances where we may determine that we are unable to meet the needs of the child within our program. Examples of such behaviors include, but are not limited to:

- Running off or consistently attempting to leave the supervisor or staff
- Extreme defiance that severely impacts the staff's ability to manage the group and ensure the safety and engagement of other participants

# STAFFING

## Staff Hiring

The YMCA prides itself on hiring quality staff that embody our mission and have a passion for being a positive role model for all children. Staff members are selected through a comprehensive application and interview process, which includes a background and reference check. Employees may be screened with drug tests on an unannounced basis.

## Youth Development Leader Training

Every youth program staff member completes an orientation, and a comprehensive training pathway focus on safety, youth development, and creating fun and memorable experiences for all involved. Training emphasizes building strong relationships, supporting social and emotional growth, and leading engaging, inclusive activities.

### Training topics include:

- Social Emotional Development
- Inclusive and Equitable Practices
- Effective Behavior and Group Management
- Water Safety
- Games, Skits, Songs

All staff maintain current CPR/AED and First Aid certification. Ongoing training opportunities and professional development is provided throughout the year to strengthen staff skills, reinforce values, and ensure the highest quality experience for every child.



# MEALS AND FOOD SERVICE

Afternoon snack is provided for all children at YMCA of Greensboro YMCAs. We will not be able to make accommodations for specific eating habits without medical or allergy documentation from your child's doctor. Meals may not be heated or refrigerated. **Please provide a labeled water bottle each day.**

We do not call home if a child does not like a particular meal or snack that is provided by the YMCA. Families are welcome to send their child a snack or meal each day. Youth in a YMCA programs are not allowed to use the YMCA vending machines.

## Prohibited Foods

YMCA of Greensboro youth programs are nut-free.



# PROGRAM COMPONENTS

## Field Trips & Transportation

Participants may go on an off-site field trip during the program. Examples of on-site field trips are magic shows or Mad Science presentations. Money is not needed on field trips. Attending trips and riding on the YMCA bus is a privilege. The YMCA reserves the right to not allow a child to attend the program on a field trip day or attend the field trip due to behavior/safety concerns.

**ALL children MUST obey the following transportation rules:**

1. Enter and leave the vehicle on the curbside of the road on the side of the vehicle.
2. Remain seated with all parts of their bodies in their seats.
3. Face forward with hands and feet out of the aisles.
4. Keep hands, and feet to themselves and use appropriate language
5. Listen and respond to instructions of all staff.

**The following procedures are followed when transporting children:**

- One or more staff member(s) will carry emergency contact information for all children on the bus
- First-Aid kits will be on all buses
- All proper loading and unloading procedures are followed
- Drivers have a clean driving record with no DWI or DUI

## Dress Code

At the Y, we sweat, run, jump, swim, paint and much more. Sneakers are preferred, but closed-toe shoes are acceptable. Flip flops and sandals are not appropriate YMCA activity shoes. Shirts must cover the entire torso, and shorts must be an appropriate length.

## Electronics & Toys

Please keep all electronics, cards, fidgets, toys, and stuffed animals at home. **The YMCA is not responsible for lost, stolen or damaged items.**

## Reading and Quiet Time

At the Y, we take a holistic approach to youth development with a focus on social and emotional learning. During the mid-point of our day, our Y programs may provide 30–45 minutes of reading and quiet time. This allows time for campers to rest as they prepare for the next half of their busy day. During this time, campers play word games, listen to books read by their counselor, color, or simply rest.

## Outdoor Play

During camp, we play outside as often as possible. We do our best to get outside a minimum of 1 hour a day. We use the temperature and air quality chart listed in the Appendix to determine the amount of time spent outdoors based on temperature and air quality.



# SWIMMING

Swimming is offered weekly during YMCA programs. Please check with your branch's Youth Development Director to determine when your child will swim.

## Swim Attire

YMCA of Greensboro youth programs are nut-free.

- **Girls:** One-piece swimsuit.
- **Boys:** Swim trunks.

Please note that basketball shorts or T-shirts are not allowed in the pool.

## Pool Expectations

Swimming is a privilege. Staff may take away swimming or swim time for misbehavior. In the event of inclement weather, the pool may close, which could affect swim time.

All children will be required to wear a life vest unless a Swim Test is passed. Swim Tests are administered by a lifeguard. See Swim Test policy in the Appendix for more information.

Staff members will have a first-aid kit and emergency contact information for each child. Staff members with training in CPR and first aid will be present.



# APPENDIX

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# SWIM TEST POLICY

For safety purposes, all swimmers under the age of 13 must take a swim test and wear a swim band based on their swimming ability before entering the water. Lifeguards may use their discretion to swim test any swimmer.

## Our swim test consists of:

- 25-Yard Freestyle Swim
- Jump in and submerge in deep water
- Deep Water tread

Our swim test is designed to check the swimming abilities of a child. Based on this test, the child receives a colored band that signifies their swimming ability.



### GREEN SWIM BAND

Ages: Under 13

#### Anywhere in the Pool

##### A child must:

- Be able to comfortably swim 25-Yard Freestyle Swim
- Be able to jump in and submerge in the deepest area of the pool
- Be able to complete a 1-minute deep water tread with head fully out of water

A green band allows a child to swim anywhere in the pool (based on availability).



### YELLOW SWIM BAND

Ages: Under 13

#### Shallow Water Only

##### A child must:

- Be able to comfortably swim 25-Yard Freestyle Swim
- Be able to comfortably jump in and submerge in the deepest area of the pool
- Be able to complete a 30-second deep water tread with head fully out of water

A yellow band will allow the swimmer to swim unaccompanied in the water up to 5 feet deep.\*  
\*This may vary at pools depending on the pool setup.



### RED SWIM BAND

Ages: Under 13

#### Must Have Supervision

The child was not able to complete or unwilling to complete the swim test. The water in the designated red zone must fall at or below the child's armpits, and they must pass a walking test. The swimmer must remain in the designated red zone. They can swim in this area without a life-jacket or without a parent in arm's length.



## NO SWIM BAND

Any child under age 13 who does not pass the swim or walking test are required to be within arm's length of a parent or guardian (18+) or wear a Coast Guard approved PFD (Personal Floatation Device). Swimmers wearing PFDs must remain in the designated red zone of the pool. Life Jackets are not allowed in deeper areas of the pool.

## SWIM TEST DETAILS

A Parent or Guardian (18+) must stay in the immediate pool area with any child aged under 13 years of age.

Aquatic staff reserves the right to remove a swim band if a swimmer's skill level falls below a swim test standard. Aquatic staff have final decision making on all interpretation of the policy and variances that may occur due to each pool set up.

Bands must be worn every time a child gets into the pool. Only children with a green band may swim in the lap lanes or in water deeper than 5 feet under any circumstances.

YMCA Camp Weaver will swim test all participants in their programming, regardless of the band color received at branch pools.



# CHOICES WITHIN LIMITS (HEPA) HEALTHY EATING AND PHYSICAL ACTIVITY STANDARDS

In response to a call by Michelle Obama and the Partnership for a Healthier America, the Y has expanded its longtime commitment to supporting healthy living by adopting a set of Healthy Eating and Physical Activity (HEPA) standards. Based, in part, on years of research with key partners, the HEPA standards will build a healthier future for our nation's children by creating environments rich in opportunities for healthy eating and physical activity.

Standard	Early Learning & After School
Beverages	Water is accessible and available to children at all times, including at the table during snacks and meals. Provide only water and unflavored low-fat (1%) or nonfat milk (for children 2 or older), family style.
Family Engagement	Engage parents and caregivers using informational materials and activities focused on healthy eating and physical activity a minimum of once every three months (a minimum of three to four times per year).
Staff	Staff sit with children during snacks and meals. Provide fruits or vegetables (fresh, frozen, dried, or canned in their own juice) at every meal and snack.
Food	Do not provide any fried foods. Fried foods include items like potato and corn chips, in addition to foods that are pre-fried and reheated (e.g., prefried french fries that are then baked, chicken patties, chicken tenders, chicken nuggets, fish sticks, Tater Tots®, etc.) Do not provide any foods that contain trans-fat (listed as partially hydrogenated oils in the ingredients) Offer only whole grains, as determined by confirming that the first item listed in the ingredients contains the word whole (e.g., whole wheat, whole oats, whole-grain flour, whole brown rice). Y staff will model healthy eating behaviors at all times. This includes consuming the same foods and beverages as children during meals and snacks (if possible) and avoiding consumption of foods or beverages that are inconsistent with the HEPA standards during program time.
Infant Feeding	Promote and support exclusive breastfeeding for six months and the continuation of breastfeeding in conjunction with complementary foods for one year or more.

## (HEPA) HEALTHY EATING AND PHYSICAL ACTIVITY STANDARDS (CONT.)

Standard	Early Learning & After School
Physical Activity	<p>Provide children with opportunities for moderate and vigorous physical activity for at least 60 minutes per day during a full-day program or 30 minutes per day for a half-day morning or afternoon program. The time can be broken down into smaller increments. Include a mixture of moderate and vigorous activity (activity that increases the heart rate and breathing rate), as well as bone- and muscle-strengthening activities. Take active play outdoors whenever possible.</p> <p>Y staff will model active living by participating in physical activities.</p> <p>Provide daily opportunities for infants to freely explore their indoor and outdoor environments under adult supervision. Engage with infants on the ground each day to optimize adult–infant interactions. Provide daily tummy time, or time in the prone position, for infants less than 6 months of age.</p>
Screen Time	<p>Eliminate screen time (television, movies, cell phone, video games, computer, and other digital devices) for children under 2 years old. For children over 2, limit screen time to less than 30 minutes per day for children in half-day programs and to less than 1 hour per day for those in full-day programs. During screen time, seek to minimize children’s exposure to commercials and ads marketing unhealthy foods.</p>

# TEMPERATURE AND AIR QUALITY CHART

## Understand the Weather

### Wind-Chill



- 30° is *chilly* and generally uncomfortable
- 15° to 30° is *cold*
- 0° to 15° is *very cold*
- -20° to 0° is *bitter cold* with significant risk of *frostbite*
- -20° to -60° is *extreme cold* and *frostbite* is likely
- -60° is *frigid* and exposed *skin will freeze* in 1 minute

### Heat Index



- 80° or below is considered *comfortable*
- 90° beginning to feel *uncomfortable*
- 100° *uncomfortable* and may be *hazardous*
- 110° considered *dangerous*

All temperatures are in degrees Fahrenheit

## Child Care Weather Watch

Wind-Chill Factor Chart (in Fahrenheit)										
		Wind Speed in mph								
		Calm	5	10	15	20	25	30	35	40
Air Temperature	40	40	36	34	32	30	29	28	28	27
	30	30	25	21	19	17	16	15	14	13
	20	20	13	9	6	4	3	1	0	-1
	10	10	1	-4	-7	-9	-11	-12	-14	-15
	0	0	-11	-16	-19	-22	-24	-26	-27	-29
	-10	-10	-22	-28	-32	-35	-37	-39	-41	-43



Comfortable for out door play



Caution



Danger

Heat Index Chart (in Fahrenheit %)														
		Relative Humidity (Percent)												
		40	45	50	55	60	65	70	75	80	85	90	95	100
Air Temperature (F)	80	80	80	81	81	82	82	83	84	84	85	86	86	87
	84	83	84	85	86	88	89	90	92	94	96	98	100	103
	90	91	93	95	97	100	103	105	109	113	117	122	127	132
	94	97	100	103	106	110	114	119	124	129	135			
	100	109	114	118	124	129	130							
	104	119	124	131	137									

2010

Child Care Weather Watch, Iowa Department Public Health, Healthy Child Care Iowa, Produced through federal grant (MCJ19T029 & MCJ19KCC7) funds from the US Department of Health & Human Services, Health Resources & Services Administration, Maternal & Child Health Bureau.

Wind-Chill and Heat Index information is from the National Weather Service.

## Child Care Weather Watch

Watching the weather is part of a child care provider's job. Planning for playtime, field trips, or weather safety is part of the daily routine. The changes in weather require the child care provider to monitor the health and safety of children. What clothing, beverages, and protections are appropriate? **Clothe** children to maintain a comfortable body temperature (warmer months - lightweight cotton, colder months - wear layers of clothing). **Beverages** help the body maintain a comfortable temperature. Water or fruit juices are best. Avoid high-sugar content beverages and soda pop. **Sunscreen** may be used year around. Use a sunscreen labeled as SPF-15 or higher. Read and follow all label instructions for the sunscreen product. Look for sunscreen with UVB and UVA ray protection. **Shaded** play areas protect children from the sun.

**Condition GREEN** - Children may play outdoors and be comfortable. Watch for signs of children becoming uncomfortable while playing. Use precautions regarding clothing, sunscreen, and beverages for all child age groups.

**INFANTS AND TODDLERS** are unable to tell the child care provider if they are too hot or cold. Children become fussy when uncomfortable. Infants/toddlers will tolerate shorter periods of outdoor play. Dress infants/toddlers in lightweight cotton or cotton-like fabrics during the warmer months. In cooler or cold months dress infants in layers to keep them warm. Protect infants from the sun by limiting the amount of time outdoors and playing in shaded areas. Give beverages when playing outdoors.

**YOUNG CHILDREN** remind children to stop playing, drink a beverage, and apply more sunscreen. **OLDER CHILDREN** need a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens). They may resist applying sunscreen and drinking beverages while outdoors.

**Condition YELLOW** - use caution and closely observe the children for signs of being too hot or cold while outdoors. Clothing, sunscreen, and beverages are important. Shorten the length of outdoor time.

**INFANTS AND TODDLERS** use precautions outlined in Condition Green. Clothing, sunscreen, and beverages are important. Shorten the length of time for outdoor play.

**YOUNG CHILDREN** may insist they are not too hot or cold because they are enjoying playtime.

Child care providers need to structure the length of time for outdoor play for the young child.

**OLDER CHILDREN** need a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens), applying sunscreen and drinking liquids while playing outdoors.

**Condition RED** - most children should not play outdoors due to the health risk.

**INFANTS/TODDLERS** should play indoors and have ample space for large motor play.

**YOUNG CHILDREN** may ask to play outside and do not understand the potential danger of weather conditions.

**OLDER CHILDREN** may play outdoors for very short periods of time if they are properly dressed, have plenty of fluids. Child care providers must be vigilant about maximum protection of children.

## Understand the Weather

The weather forecast may be confusing unless you know the meaning of the words.

**Blizzard Warning:** There will be snow and strong winds that produce a blinding snow, deep drifts, and life threatening wind chills. Seek shelter immediately.

**Heat Index Warning:** How hot it feels to the body when the air temperature (in Fahrenheit) and relative humidity are combined.

**Relative Humidity:** The percent of moisture in the air.

**Temperature:** The temperature of the air in degrees Fahrenheit.

**Wind:** The speed of the wind in miles per hour.

**Wind Chill Warning:** There will be sub-zero temperatures with moderate to strong winds expected which may cause hypothermia and great danger to people, pets and livestock.

**Winter Weather Advisory:** Weather conditions may cause significant inconveniences and may be hazardous. If caution is exercised, these situations should not become life threatening.

**Winter Storm Warning:** Severe winter conditions have begun in your area.

**Winter Storm Watch:** Severe winter conditions, like heavy snow and ice are possible within the next day or two.

# BRANCH CONTACT INFORMATION

## **YMCA of Greensboro Corporate Office**

620 Green Valley Road, Suite 210, Greensboro, NC 27408

(336) 854-8410

**Sr. Association Youth Development Director:** Shawna Spencer | [shawna.spencer@ymcagreensboro.org](mailto:shawna.spencer@ymcagreensboro.org)

**Association Teen Director:** Eric Graves | [eric.graves@ymcagreensboro.org](mailto:eric.graves@ymcagreensboro.org)

## **Eden Family YMCA**

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(336) 623-8496

**Executive Director:** Jeremy Tesh | [jeremy.tesh@ymcagreensboro.org](mailto:jeremy.tesh@ymcagreensboro.org)

## **Hayes-Taylor Memorial YMCA**

2630 East Florida Street, Greensboro, NC 27401

(336) 272-2131

**Youth Development Director:** Donnie Casterlow | [donnie.casterlow@ymcagreensboro.org](mailto:donnie.casterlow@ymcagreensboro.org)

## **Mary Perry Ragsdale Family YMCA**

900 Bonner Drive, Jamestown, NC 27282

(336) 882-9622

**Youth Development Director:** Chloe Wesselink | [chloe.wesselink@ymcagreensboro.org](mailto:chloe.wesselink@ymcagreensboro.org)

## **Reidsville Family YMCA**

501 S. Main Street, Reidsville, NC 27320

(336) 342-3307

**Program Coordinator:** Alexi Hines | [alexi.hines@ymcagreensboro.org](mailto:alexi.hines@ymcagreensboro.org)

## **Alex W. Spears III Family YMCA**

3216 Horse Pen Creek Road, Greensboro, NC 27410

(336) 387-9622

**Youth Development Director:** Des'Tri Kaefer | [destri.kaefer@ymcagreensboro.org](mailto:destri.kaefer@ymcagreensboro.org)

## **YMCA Camp Weaver**

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**YMCA of Greensboro**  
[ymcagreensboro.org](http://ymcagreensboro.org)