

Stevens Point Area YMCA

SPORTS DEPARTMENT PARENT HANDBOOK

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Table of Contents

Sports Contact List	3
Welcome Letter	4
REGISTRATION	7
MEMBER RESPONSIBILITY AND RELEASES	8
COACHING STAFF	9
SESSION LOGISTICS & PROGRAM DETAILS	10
What to Wear and Gear	15
Weather & Cancellation Procedures	17
Parent & Guardian Supervision	18
COMMUNICATION	18
Photo & Media Policy	19
Behavior Management	19
Family Engagement	21
SUNSCREEN & BUG SPRAY	24
CHILDCARE & SCHOOL-AGE PICK-UP PROCEDURES	25
SPORTS CAMPS & CLINICS	27
PRIVATE LESSONS	27
Staffing & Emergency Response	28
Youth Sports Concussion Protocol	28
Injuries & Illnesses	30
Child Abuse Prevention Policy	33

Sports Contact List

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Welcome Letter

Dear Families,

Welcome to another exciting season of YMCA Youth Sports! We are thrilled to have your child participating in our programs and becoming part of the YMCA sports community.

At the YMCA, youth sports are about much more than learning the game. Our programs are designed to help children build athletic skills, gain confidence, develop healthy habits, and learn valuable life lessons that extend far beyond the field or court. Through practices, games, and teamwork, participants grow as athletes, teammates, and individuals.

Our sports programs are rooted in the YMCA core values of Caring, Honesty, Respect, Responsibility, and Faith. These values guide how we coach, compete, and support one another throughout the season. We strive to create an environment where every child feels welcomed, encouraged, and challenged to do their best.

Our coaches and staff are committed to providing a positive, safe, and inclusive experience for all participants. We emphasize skill development, teamwork, sportsmanship, and personal growth while encouraging children to have fun and enjoy the experience of being active and engaged.

We also recognize that parents and families are an important part of a child's success and enjoyment in sports. We value open communication and encourage you to share questions, feedback, and ideas throughout the season. By working together, we can create a supportive environment where every athlete feels encouraged by coaches, staff, and families alike.

Every child develops at their own pace, and our goal is to provide opportunities that help each participant grow in confidence, resilience, and character — both in sports and in life.

Thank you for choosing the YMCA as your partner in youth sports. We look forward to a season filled with learning, teamwork, growth, and lasting memories.

Let's make it a fantastic season!

Sincerely,

YMCA Sports Department

YMCA MISSION

“We advance our mission of putting Christian principles into practice that build a healthy spirit, mind, and body for all and seek to engage our community to live an active, healthy lifestyle by serving individuals and families of all ages and backgrounds.”

Program philosophy

At the Stevens Point Area YMCA, we believe youth sports should be a positive, inclusive, and development-focused experience for every child, regardless of skill level, background, or prior experience. Our mission is to create an environment where all youth feel welcome, supported, and encouraged to participate, learn, and grow.

We view sports as a powerful tool for youth development, where the focus extends far beyond wins and losses. Through participation, children develop fundamental athletic skills, build confidence, and learn important life lessons such as teamwork, communication, perseverance, and respect for others. Our programs are designed to meet each child where they are and help them grow at their own pace in a safe and encouraging environment.

Inclusion is at the heart of everything we do. We are committed to ensuring that all children have access to meaningful participation opportunities. We strive to remove barriers to involvement and foster a culture where differences are respected and every participant feels valued as part of the team. Every child plays, every child learns, and every child belongs.

Our coaches and volunteers are dedicated to teaching the game in a way that emphasizes skill development, effort, and personal improvement. We encourage healthy competition, but we prioritize development, sportsmanship, and enjoyment of the game above outcomes. Success is measured not only by athletic growth, but by character growth and the positive experiences children carry with them beyond the field or court.

Through YMCA Youth Sports, we aim to help children develop a lifelong love of physical activity while building confidence, friendships, and a strong sense of belonging within their community.

EQUAL OPPORTUNITIES STATEMENT

The Stevens Point Area YMCA Youth Sports Program is committed to providing equal opportunity and an inclusive environment for all participants, families, volunteers, and staff. In accordance with applicable equal opportunity laws and YMCA values, we do not discriminate on the basis of race, color, religion, sex, national origin, age, disability, or any other legally protected characteristic.

We believe every child deserves the opportunity to participate, learn, and succeed in a safe and supportive environment that promotes fairness, respect, and inclusion.

Participation in YMCA Youth Sports is open to all youth. Parents and guardians may choose to share information regarding a child's disability, medical condition, or special need during registration. When provided, this information helps our staff make reasonable accommodations and better support each participant's safety, inclusion, and overall success within the program.

The YMCA is committed to removing barriers to participation, celebrating diversity, and creating a positive environment where every child can build confidence, develop skills, form friendships, and reach their full potential through sports.

DISCLOSURE

By enrolling a child in any Stevens Point Area YMCA Youth Sports program, parents and guardians acknowledge that they have read, understand, and agree to abide by all policies, procedures, and expectations outlined in this handbook. Completion of registration constitutes acceptance of these terms. Parents and guardians are responsible for reviewing all program guidelines with their child to ensure understanding of expectations and behavioral standards. Participation in YMCA programs also indicates agreement to follow all instructions provided by YMCA staff and officials.

The Stevens Point Area YMCA reserves the right to update, modify, or amend policies at any time as necessary to ensure participant safety, program quality, and compliance with applicable YMCA standards and local, state, or federal regulations. Continued participation in the program following any policy updates will be considered acceptance of those revised terms.

By registering, parents and guardians also authorize the provision of emergency medical care when, in the judgment of YMCA staff, such care is necessary. Furthermore, participation in YMCA programs includes acknowledgment and acceptance of the inherent risks associated with youth sports activities. To the fullest extent permitted by law, parents and guardians release and hold harmless the Stevens Point Area YMCA, its staff, volunteers, and affiliates from liability for injuries or incidents arising from participation, except in cases involving gross negligence or intentional misconduct.

REGISTRATION

How to Register

Registration for YMCA Youth Sports programs is available online (Spymca.org), by phone (715-342-2980), or in person at the Member Services Desk. Full payment is required at the time of registration. YMCA members receive a discounted program rate. Financial assistance is available for families who qualify, and applications may be obtained from the Member Services Desk. Please allow 7–10 business days for financial assistance applications to be reviewed and processed.

Age of Participant

A child's age on the first day of their first scheduled practice determines the class in which they will be placed. Placement is based on the participant's age at the start of the session, not their age at the time of registration.

If a child is an advanced athlete, families may request that the child "play up" into an older age division. Requests to play up must be completed by contacting the YMCA Sports Director or registering in person or by phone, as online registration is not available for these cases. Any exceptions or special circumstances must be reviewed and approved by the Sports Director.

Refund Policy

We understand that plans and circumstances may change. Families may cancel or modify their registration up to the third scheduled practice of the session. Cancellations made prior to the third practice are eligible for a full refund or program transfer.

After the third practice has been completed, refunds will no longer be issued. Exceptions may be considered in limited, extenuating circumstances such as medical situations or relocation. All exception requests must be submitted in writing to the YMCA Sports Director for review and approval.

MEMBER RESPONSIBILITY AND RELEASES

Upon registering a child for a YMCA Youth Sports program, a parent or guardian is required to complete and sign a Participant Responsibility and Release Form. This form includes several acknowledgements and agreements, including (but not limited to): a liability waiver, code of conduct acknowledgment, membership and payment authorization, photo and media release, electronic and cell phone policy agreement, and applicable participant screening acknowledgements.

The parent or guardian is expected to review and sign this form in full prior to participation. If there are any questions or concerns regarding the content of the release, families are encouraged to contact the Member Experience Director.

Liability in Youth Sports

YMCA Youth Sports programs include a variety of physical activities such as running, strength and skill development, sports instruction, and the use of sports equipment and facilities. Participation in these activities involves inherent risks.

By enrolling a child in YMCA programs, the parent or guardian acknowledges and accepts these inherent risks and agrees to assume responsibility for their child's participation. To the fullest extent permitted by law, the parent or guardian releases and holds harmless the YMCA, its staff, volunteers, and affiliates from liability for injury, illness, or death that may occur during participation in YMCA programs or while on YMCA property, whether arising from ordinary negligence or the actions of other participants, except in cases of gross negligence or intentional misconduct.

Lost Items

In the event that a personal item becomes misplaced, a sports employee will take it to the membership desk, where it will be placed in the lost and found.

Please go inside to the lobby and inquire about your specific item at the Member Services desk. Please provide as much detail as possible if it is not labeled.

COACHING STAFF

YMCA Hired Coaches

A YMCA-paid coaching staff member will be assigned to each youth sports team to lead practices, teach sport-specific skills, run drills, and support athlete development. While assistant staff or substitutes may vary from week to week, a consistent practice plan—developed by the lead coach—will be followed to ensure continuity in instruction and skill progression.

YMCA coaches are selected based on experience, training, and knowledge of the sport. Staff may occasionally assist in other sports as program needs require. If a concern arises regarding a coach, families should contact the Sports Coordinator or Program Director as soon as possible.

Volunteer Coaches

Volunteer coaches may assist at practices and games and are typically parents, High school athletes or college students with interest or experience in sports. All volunteers are required to complete background checks and reference screening prior to participation.

Volunteer involvement may vary from week to week; however, a YMCA staff coach will always be present or overseeing the program. Volunteers are placed based on availability and experience and may support multiple sports as needed. Volunteers will NOT be responsible for transporting children or providing bathroom/water breaks.

If there are concerns regarding a volunteer coach, families should contact the Sports Director.

Parents interested in volunteering as a coach are encouraged to contact the Sports Director for consideration.

All parent volunteers are expected to follow YMCA behavior expectations and coaching guidelines outlined in this handbook. Coaches must model

patience, professionalism, and positive reinforcement at all times while working with youth participants.

Under no circumstances may a volunteer coach engage in physical punishment, inappropriate physical contact, or harmful disciplinary practices toward any child, including their own. Any violation of this policy will be taken seriously and may result in immediate removal from the program and further action, up to and including legal reporting if necessary.

Coach Requests and Team Assignments

Families who wish to request team placement or to pair their child with another, please reach out to the Sports Director to share that information for future planning purposes; however, placement cannot be guaranteed. We will not be able to provide any personal information for any other participant.

For safety and program consistency, personal contact information for coaches will not be shared directly between families and coaches. All communication should occur through YMCA-approved channels, program leadership, or in person at scheduled practices and games.

Practice days, times, and team assignments are determined by the YMCA and are not available for individual selection.

SESSION LOGISTICS & PROGRAM DETAILS

Practice & League Locations

Practices and league activities are only permitted at approved YMCA locations, including the Stevens Point Area YMCA, Pachelli High School and Goerke Park athletic fields. If a practice is scheduled at a different location, families will be notified in advance and may be asked to complete a permission form.

Approved indoor YMCA practice spaces currently include:

- Gymnasium
- All-Purpose Room

- Large Motor Room
- Mind & Body Room
- Racquetball Courts
- Outdoor Fields
- Group-X Fitness Room

These are the only approved practice areas at this time.

Practice Arrival

Families are encouraged to arrive 10–15 minutes before the scheduled start time. Early arrival allows time for parking, locating the correct practice area, and addressing any last-minute needs before activities begin.

Parking & Off site locations

Field programs should park to the far west side of the parking lot, near the athletic fields.

Indoor programs should park in our main lot.

Georke Field programs should park in the P.J Jacobs Jr. High School Parking lot. Then walk to Georke Field, then enter through Gate 7. Please see picture below.

Goerke Field

1100 Minnesota Ave.
Stevens Point, WI 54481

Pachelli High School, should park on the east side of the parking lot. Look for the yellow railings. Then enter through the highlighted door on the picture below.

Pachelli High School

1301 Maria Dr.
Stevens Point, WI 54481







What to Wear and Gear

The YMCA is committed to providing a safe, organized, and positive youth sports experience for all participants. Proper attire and appropriate equipment help ensure participant safety, program consistency, and successful participation during practices, games, clinics, and camps.

Participant Uniform Expectations

Participants are expected to arrive prepared for all scheduled activities wearing appropriate athletic clothing and footwear.

Recommended attire includes:

- Athletic shorts, pants, or active wear (If wearing a dress or skirt, please wear shorts underneath)
- Closed-toe athletic shoes appropriate for the sport
- Weather-appropriate outdoor clothing when necessary
- Dress in layers for the weather
- Dance programs should wear dance shoes to practice

Participants should avoid wearing:

- Jeans or restrictive clothing
- Jewelry that may create a safety hazard
- Open-toe shoes, sandals, or crocs during activity
- Clothing with inappropriate language or graphics

Specific sports may require additional equipment or attire, which will be communicated before the season begins.

YMCA Provided

Some programs may provide jerseys, t-shirts, or other uniform items. Participants are expected to:

- Wear YMCA-issued uniforms during games or designated events
- Care for uniforms appropriately
- Return any loaned equipment or uniforms when requested
- Reach out if anything is broken or does not fit correctly

Required Protective Equipment

Participants must wear all required safety equipment designated for their sport. Depending on the activity, this may include:

- Shin guards
- Knee Pads
- Protective padding
- Sport-specific safety gear

Personal Equipment

The YMCA will provide most equipment for programs. Anything not provided will be communicated in advance. If personal equipment is brought from home, please make sure to label items, and bring home with you.

Examples may include:

- Water bottles
- Gloves
- Cleats
- Basketballs
- Soccer balls
- Protective gear

Participants are encouraged to label personal belongings clearly with their name.

The YMCA is not responsible for lost, stolen, or damaged personal items.

Equipment Safety & Inspection

All equipment used during YMCA programming will be safe, appropriate, and in good condition.

Staff and coaches may inspect equipment and prohibit the use of items deemed unsafe, damaged, or inappropriate for participation.

Staff & Coach Responsibilities

YMCA staff and coaches are responsible for:

- Monitoring proper equipment use
- Reinforcing safety expectations

- Ensuring participants use required protective equipment
- Reporting damaged or unsafe YMCA equipment

Staff will regularly inspect YMCA-owned equipment to help maintain participant safety.

Weather-Related Attire

Participants should dress appropriately for weather conditions during outdoor programming.

Families may be asked to provide:

- Jackets or sweatshirts
- Hats and gloves
- Rain gear
- Extra layers
- Sunscreen and bug spray (applied by parent/guardian before arrival)

Weather & Cancellation Procedures

We make every effort to hold all practices and games as scheduled. However, participant safety, field conditions, and overall facility integrity are always our top priorities.

We have rain back ups scheduled in the YMCA gymnasium.

If a practice or game must be canceled, families will be notified through multiple communication channels. Canceled practices may be rescheduled later in the season or added onto an existing practice session. Families will receive updated information through the email address provided during registration.

Please note: If a practice reaches at least half of its scheduled duration, it will be considered a completed practice and will not be rescheduled.

If weather is severe, coaches will lead participants to the YMCA storm shelter, located in the lower level adult locker rooms.

Parent & Guardian Supervision

Parents or guardians are expected to remain on site during all practices and league activities. YMCA staff and coaches cannot assume sole responsibility for supervising individual children outside of program activities.

Parents may designate another responsible adult to supervise their child, including:

- A sibling or relative
 - A caregiver age 16 or older
-

COMMUNICATION

Before the Session Begins

Families will begin receiving communication from the sports department approximately one week before the start of the session. These emails will include important program details and schedules.

Please check your spam or junk folder, as initial program emails may occasionally be filtered there. If you do not receive communication, please reach out to McKenzi Klasinski- MKlasinski@spymca.org

During the Session

The Sports Department utilizes the SPYMCA Facebook and Instagram for announcements such as rain day adjustments. Please check Facebook if you are not regularly seeing our emails.

The sports department will send weekly updates throughout the season. These communications may include:

- A recap of the previous week
 - Coach recognition highlights
 - Upcoming schedules and reminders
 - Weekly topics or announcements
 - Any program updates or changes
-

Photo & Media Policy

The YMCA may photograph, videotape, or record participants during youth sports programs, practices, games, clinics, camps, and special events for promotional, educational, and marketing purposes.

These images or recordings may be used in:

- Social media posts
- YMCA websites
- Brochures and promotional materials
- Newsletters and publications
- Facility displays
- Advertisements and marketing campaigns
- Annual reports or community outreach materials

The YMCA is committed to using all media respectfully and appropriately. Personal or identifying information beyond a participant's first name will not be shared without additional parent or guardian consent.

Parents or guardians who do not wish for their child to appear in YMCA photographs, videos, or media materials must notify the Sports Director or Coordinator in writing before participation begins.

While the YMCA will make reasonable efforts to honor all photo restrictions, families should understand that participation in public youth sports events may result in incidental appearance in group photos, videos, or background footage taken during activities.

By enrolling in YMCA Youth Sports programs, parents and guardians acknowledge and accept the terms outlined in this policy unless written notice requesting exclusion is provided.

Behavior Management

The YMCA is committed to providing a safe, positive, and supportive environment for all participants, families, staff, coaches, and volunteers. Staff members are trained to address behaviors in a calm, respectful, and developmentally appropriate manner while promoting sportsmanship, teamwork, and personal growth.

Positive Behavior Support

Staff and coaches will focus on encouraging positive behavior through:

- Clear expectations and consistent routines
- Positive reinforcement and encouragement
- Redirection and conflict resolution
- Modeling respectful communication and sportsmanship

Our goal is to help participants learn appropriate behavior while maintaining a fun and inclusive environment.

Addressing Inappropriate Behavior

When inappropriate behavior occurs, staff will respond based on the severity and frequency of the behavior. Responses may include:

1. Verbal reminder or redirection
2. Private conversation with the participant
3. Temporary removal from an activity or game
4. Communication with parent/guardian
5. Behavior documentation and follow-up with program leadership

Examples of inappropriate behavior may include:

- Bullying, teasing, or name-calling
- Physical aggression
- Disrespect toward staff, coaches, officials, teammates, or spectators
- Unsafe behavior
- Repeated disruptions during practice or games
- Inappropriate language or gestures

Severe or Unsafe Behavior

Behavior that threatens the safety or well-being of others may result in immediate removal from the activity or facility. Depending on the situation, the participant may require parent/guardian pick-up before returning to the program.

Examples of severe behavior may include:

- Fighting or intentional physical harm
- Threats of violence
- Harassment or intimidation

- Destruction of property
- Repeated refusal to follow safety instructions

Program leadership will determine appropriate next steps, which may include suspension or removal from the program.

Parent/Guardian Communication

Staff will communicate with parents or guardians regarding significant or repeated behavioral concerns. The YMCA values partnership with families and encourages collaborative problem-solving to support participant success.

Staff Conduct Expectations

YMCA staff and coaches are expected to manage behaviors professionally and respectfully at all times. Staff will:

- Use positive and age-appropriate language
- Avoid yelling, humiliation, or public shaming
- Never use physical punishment or inappropriate discipline
- Maintain participant dignity and confidentiality whenever possible

The YMCA reserves the right to determine appropriate disciplinary action in order to maintain a safe and positive environment for all participants.

Family Engagement

The YMCA believes that positive family involvement plays an important role in creating a successful youth sports experience. Our programs are designed to help participants build confidence, develop skills, learn teamwork, and enjoy healthy competition in a supportive environment.

Families are encouraged to work in partnership with coaches, staff, officials, and program leadership to help create a safe, respectful, and encouraging atmosphere for all participants.

Parents, guardians, and family members are encouraged to:

- Encourage good sportsmanship and respectful behavior at all times
- Support all participants, coaches, officials, and volunteers
- Emphasize effort, learning, teamwork, and fun over winning
- Use positive and appropriate language during practices and games

- Follow all YMCA policies and staff directions
- Communicate respectfully with coaches and staff
- Arrive on time for practices, games, and pick-up
- Ensure participants come prepared with appropriate equipment, clothing, and water
- Notify coaches or staff of absences, injuries, or concerns when possible
- Help maintain a positive and welcoming environment for all families

Sideline & Spectator Expectations

Families and spectators are expected to:

- Cheer positively for all participants
- Allow coaches to coach and officials to officiate
- Refrain from arguing with referees, coaches, staff, or other spectators
- Avoid negative comments directed toward participants, teams, or officials
- Model respectful behavior and emotional control

Unsportsmanlike or disruptive sideline behavior may result in warnings or removal from the facility or event area.

Communication Expectations

The YMCA values open and respectful communication between families and staff. Families are encouraged to address questions or concerns directly with the appropriate coach, coordinator, or director in a calm and respectful manner.

To help promote productive conversations:

- Concerns should not be addressed during active games or immediately after emotionally charged situations.
- Families are encouraged to follow a "24-hour rule" before discussing concerns related to playing time, coaching decisions, or game situations.
- Program leadership is available to assist with unresolved concerns when needed.

Volunteer & Program Support

Families may have opportunities to support the program through:

- Coaching or assistant coaching

- Event support
- Team communication assistance
- Volunteer activities
- Program feedback and surveys

Volunteer opportunities may require background checks and YMCA approval procedures.

Shared Commitment

The YMCA believes youth sports are most successful when families, coaches, staff, and participants work together to support the development of the whole child.

By participating in YMCA Youth Sports programs, families agree to uphold the values of:

- Caring
- Honesty
- Respect
- Responsibility

The YMCA reserves the right to address behavior that negatively impacts the safety, experience, or well-being of participants, staff, or families.

YOUTH SPORTS PARENT CODE OF CONDUCT

YMCA Youth Sports programs are built on the belief that every child deserves the opportunity to participate, grow, and succeed.

Our programs emphasize:

- Participation and inclusion
- Skill development and fundamentals
- Teamwork and cooperation
- Fair play and respect
- Healthy competition
- Respect for teammates, opponents, officials, coaches, and self

Our philosophy is simple:

Everyone Plays. Everyone Wins.

Parents and guardians are expected to model positive behavior and support an encouraging environment for all participants.

SUNSCREEN & BUG SPRAY

To comply with child safety and abuse prevention guidelines, parents or guardians must apply all topical products, including sunscreen and bug spray. YMCA staff and coaches are not permitted to apply these products directly to participants.

BATHROOM POLICY

The Stevens Point Area YMCA Youth Sports Bathroom Policy is designed to promote the safety and protection of both participants and staff.

Supervision Procedures

- If only one staff member is present, the group will take scheduled restroom breaks together.
- If multiple staff members are available, one staff member may accompany a child while another remains with the group.
- Parents and guardians are encouraged to assist their child whenever possible.

Staff Safety Expectations

Before a child enters the restroom, staff members will:

- Confirm the restroom is empty
- Visually inspect the area
- Keep the restroom entrance visible whenever possible
- Prop the door open when appropriate

If the staff member and child are the same gender, the staff member may maintain a visible line of sight into the restroom. If they are different genders, the staff member will remain outside the restroom area.

Approved Restrooms

Only designated facility restrooms may be used during youth sports programming. Locker rooms and private restrooms are not approved for program use.

Participant Readiness

Children participating in youth sports programs must be able to: (Unless accompanied by a Parent/Guardian)

- Use the restroom independently
- Clean themselves appropriately
- Wash their hands without assistance
- Be fully potty trained

CHILDCARE & SCHOOL-AGE PICK-UP PROCEDURES

Morning Pick-Up & Drop-Off

To participate in morning transportation services, the primary parent or guardian must complete the required form available on the Youth Sports section of SPYMCA.org.

YMCA Sports staff will:

- Retrieve the child from their assigned classroom
- Sign the child out under YMCA Sports
- Escort the child to the practice location

During practice, the child will remain under the supervision of the YMCA Sports Department, including restroom supervision and emergency care if needed.

After practice, the child will be returned to their assigned classroom and signed back into the School-Age or Childcare program.

Afternoon Sign-In

Parents or guardians must also complete the required transportation form for afternoon pick-up services.

Sports staff will retrieve participants from their assigned classroom, escort them to practice, and sign them into the sports program.

If your child will not be attending, or utilizing pick up services, please contact the Sports Coordinator.

Afternoon Pick-Up

Parents or guardians must sign children out at the end of each practice session.

Requirements include:

- Presenting a valid photo ID
- Being listed as an approved pick-up person
- Being at least 16 years old

Children will only be released to authorized individuals listed on the participant's account.

If an alternate pick-up arrangement is needed, parents or guardians must notify the Sports Coordinator or Director directly.

If identification cannot be verified, the child will remain under YMCA supervision until an authorized adult can be confirmed.

Late Pick-Up Policy

Participants must be picked up promptly after their scheduled program ends.

If a child is not picked up within 10 minutes:

1. Staff will attempt to contact the parent or guardian.
2. Emergency contacts may then be contacted.
3. If no authorized adult can be reached, after 30 minutes, local authorities may be contacted to ensure the child's safety.

Repeated late pick-ups may result in loss of pick-up privileges.

If an adult arrives and appears impaired or unable to safely supervise the child, staff may contact another authorized adult or local authorities to protect the child's safety.

SPORTS CAMPS & CLINICS

The YMCA offers sports camps and clinics throughout the year focused on:

- Skill development
- Teamwork
- Sportsmanship
- Physical activity and fun

All camps and clinics follow the policies and guidelines outlined in this handbook.

PRIVATE LESSONS

The YMCA Sports Department offers private lessons year-round for participants ages 6–17. Private lessons are designed to support individual skill development in a variety of sports.

To participate, a parent or guardian must complete the required registration forms and agreements available on the Youth Sports section of [SPYMCA.org](https://www.spymca.org).

All private lessons follow the policies outlined in this handbook.

Approved Private Lesson Locations

Private lessons may be held in:

- Gymnasium
- All-Purpose Room
- Large Motor Room
- Mind & Body Room
- Racquetball Courts
- Outdoor Fields
- Personal Training Gym
- Fitness Center
- Group-X Fitness Room

Availability may vary based on facility scheduling.

Approved Sports

Available private lesson offerings vary throughout the year. Current options can be found on the Youth Sports section of SPYMCA.org.

Staffing & Emergency Response

All YMCA sports programs are overseen by a YMCA coordinator or director. Coaches complete more than 10 hours of preseason training, including CPR and First Aid certification.

In the event of an emergency, trained YMCA staff or coaches will begin emergency response procedures, including contacting 911 when necessary. Emergency medical care and transportation will be handled by local emergency services.

Youth Sports Concussion Protocol

The YMCA is committed to protecting the health and safety of all participants. A concussion is a serious brain injury that must be treated with caution. Staff, coaches, parents, and participants are expected to take all head injuries seriously and follow the procedures outlined below.

What Is a Concussion?

A concussion is a type of brain injury caused by a bump, blow, or jolt to the head or body that causes the brain to move rapidly inside the skull. Concussions can occur even without a loss of consciousness.

Common Signs & Symptoms

Participants may report or display symptoms including, but not limited to:

- Headache or pressure in the head
- Dizziness or balance problems
- Confusion or difficulty concentrating
- Nausea or vomiting
- Sensitivity to light or noise
- Blurred vision

- Fatigue or drowsiness
- Memory problems
- Mood or behavior changes

Staff and coaches will monitor for visible signs such as:

- Appearing dazed or confused
- Slow responses to questions
- Difficulty following instructions
- Loss of balance or coordination
- Forgetting plays or activities
- Loss of consciousness

Immediate Response Procedures

If a participant is suspected of having a concussion:

1. The participant will be immediately removed from play or activity.
2. The participant will not be allowed to return to play the same day.
3. A coach or staff member will notify the parent/guardian as soon as possible.
4. Staff will monitor the participant until a parent/guardian arrives.
5. If symptoms appear severe or life-threatening, staff will activate emergency procedures and call 911 immediately.

Emergency warning signs requiring immediate medical attention include:

- Loss of consciousness
- Repeated vomiting
- Seizures
- Difficulty walking or speaking
- Unequal pupil size
- Severe or worsening headache
- Increasing confusion or unusual behavior

Medical Evaluation

Any participant suspected of sustaining a concussion should be evaluated by a licensed healthcare provider experienced in concussion management.

The YMCA strongly recommends that participants follow all medical recommendations regarding physical activity, school attendance, and recovery.

Parent/Guardian Responsibilities

Parents and guardians are expected to:

- Inform staff of any diagnosed concussion or head injury
- Monitor their child for symptoms following practices and games
- Follow healthcare provider recommendations

Staff & Coach Responsibilities

YMCA staff and coaches will:

- Take all head injuries seriously
- Remove participants from play when a concussion is suspected
- Never allow same-day return to play following a suspected concussion
- Communicate concerns promptly with parents/guardians
- Follow emergency response procedures when necessary

The safety and well-being of participants will always take priority over competition or participation.

Injuries & Illnesses

The YMCA is committed to maintaining a safe and healthy environment for all participants. The following procedures are designed to help staff respond appropriately to injuries, illnesses, allergies, and medical emergencies during youth sports programs.

Medical Information & Emergency Contacts

Parents or guardians are responsible for providing accurate and up-to-date medical information during registration, including:

- Emergency contact information
- Medical conditions or diagnoses (If needed)
- Allergies
- Activity restrictions or accommodations

It is the responsibility of the parent/guardian to notify the Sports Department of any changes to medical information throughout the season.

Participant Illness

Participants should not attend practices, games, clinics, camps, or other program activities if they are experiencing symptoms of illness, including but not limited to:

- Fever
- Vomiting or diarrhea
- Contagious illness
- Severe cough
- Unexplained rash
- Any condition that may place others at risk

If a participant becomes ill during a program:

1. Staff will separate the participant from activities as appropriate.
2. A parent or guardian will be contacted for prompt pick-up.
3. In emergencies, staff will contact 911 first and then notify the parent/guardian.

Minor Injuries

Minor injuries may include scrapes, bruises, mild sprains, bloody noses, or similar non-emergency situations.

For minor injuries:

- Staff will provide basic first aid within the scope of their training.
- Injuries may be cleaned, bandaged, iced, or monitored as appropriate.
- Parents/guardians will be informed of injuries that require continued monitoring or additional care.

Serious Injuries & Medical Emergencies

If a serious injury or medical emergency occurs:

1. Staff will immediately stop activity and assess the situation.
2. Emergency response procedures will be activated.
3. 911 will be contacted when necessary.
4. Parents/guardians and emergency contacts will be notified as soon as possible.
5. Staff will remain with the participant until emergency responders or authorized adults arrive.

Examples of serious injuries or emergencies may include:

- Head, neck, or back injuries
- Broken bones
- Severe bleeding
- Difficulty breathing
- Seizures
- Loss of consciousness
- Severe allergic reactions

Emergency transportation and medical treatment will be handled by local emergency services.

Allergy Management

Parents/guardians should notify the YMCA of all life threatening allergies during registration, including:

- Food allergies
- Medication allergies
- Environmental allergies
- Insect sting allergies

Parents/guardians are responsible for providing all necessary emergency medications, including EpiPens or inhalers, if applicable.

Incident Documentation

Staff will complete an incident or accident report for injuries, illnesses, allergic reactions, or medical situations that occur during programming. Parents/guardians may be asked to review or sign documentation when appropriate.

Staff Training

YMCA coaches and staff are trained in:

- Basic First Aid
- CPR/AED
- Emergency response procedures
- Injury response protocols
- Child safety practices

The safety and well-being of all participants remain the highest priority during all YMCA youth sports activities.

Child Abuse Prevention Policy

The YMCA is committed to providing a safe, supportive, and nurturing environment for all children participating in youth sports programs, clinics, camps, leagues, and special events. The safety and well-being of every participant is our highest priority.

The YMCA maintains a zero-tolerance policy regarding child abuse, neglect, mistreatment, harassment, or inappropriate conduct of any kind.

Staff & Volunteer Screening

All YMCA staff members, coaches, volunteers, and program personnel who work with youth are required to complete a screening process before participating in programming. Screening procedures may include:

- Criminal background checks
- Reference checks
- Child abuse prevention training
- Interview and onboarding procedures
- Review of YMCA policies and expectations
- Fingerprinting (Staff only)
- Mandated Reporter Training (Staff only)

Individuals who do not meet YMCA standards for working with youth will not be permitted to participate in youth programming.

Staff Training Requirements

All staff working with youth are required to complete child abuse prevention training prior to working with participants. Training includes:

- Recognizing signs of abuse or neglect
- Appropriate staff-to-child interactions
- Mandatory reporting responsibilities
- Boundary and supervision expectations
- Emergency response procedures

Additional refresher training may be required throughout the year.

Supervision & Monitoring

The YMCA maintains supervision standards designed to promote participant safety and accountability.

Whenever possible:

- Programs will follow the "Rule of Three," meaning no staff member should be alone with a child in a non-observable setting.
- Activities should occur in open, visible, and interruptible spaces.
- Staff will maintain appropriate supervision ratios at all times.
- Parents and guardians are encouraged to remain involved and engaged during programming.

One-on-One Interaction Limitations

One-on-one interactions between staff and participants should be avoided whenever possible.

If a one-on-one interaction is necessary:

- It must occur in an observable and interruptible location.
- Another staff member or adult should be aware of the interaction.
- Doors should remain open
- Electronic communication must follow YMCA communication guidelines.

Appropriate Staff Conduct

Staff, coaches, and volunteers are expected to maintain professional and appropriate boundaries with all participants at all times.

Appropriate conduct includes:

- Using respectful and age-appropriate language
- Providing encouragement and instruction in a positive manner
- Maintaining appropriate physical boundaries
- Using safe and appropriate methods of behavior management

The following behaviors are strictly prohibited:

- Physical punishment or abusive discipline
- Verbal abuse, humiliation, or intimidation
- Inappropriate physical contact
- Sexual comments, jokes, or conversations

- Private communication with participants outside approved YMCA channels
- Sharing inappropriate photos, videos, or content
- Being alone with a participant in a private or isolated setting
- Favoritism, grooming behaviors, or boundary violations

Bathroom & Locker Room Procedures

The YMCA follows established bathroom supervision and locker room procedures designed to maintain participant safety and privacy.

Staff members:

- Will monitor restroom and locker room usage appropriately
- Will avoid being alone with participants whenever possible
- Must follow approved supervision guidelines
- Will respect participant privacy while maintaining safety

Participants must use approved restrooms and locker room spaces designated by the YMCA.

Transportation Policy

Staff members and volunteers are prohibited from transporting participants in personal vehicles unless specifically authorized by YMCA administration and approved by parents or guardians in writing.

Electronic Communication & Social Media

Communication with participants should occur through approved YMCA communication methods whenever possible.

Staff and volunteers may not:

- Engage in private or secretive communication with participants
- Communicate with participants through personal social media accounts
- Share personal contact information without YMCA approval
- Send inappropriate or non-program-related messages

Parents and guardians should be included in communication whenever appropriate.

Reporting Concerns

The YMCA takes all concerns regarding child safety seriously.

Any staff member, volunteer, parent, guardian, or participant who witnesses or suspects abuse, neglect, inappropriate conduct, or policy violations should report concerns immediately to YMCA leadership.

Staff members who are mandated reporters are required by law to report suspected child abuse or neglect to the appropriate authorities.

Reports may include concerns related to:

- Physical abuse
- Emotional abuse
- Sexual abuse
- Neglect
- Grooming behaviors
- Boundary violations
- Unsafe supervision practices

All reports will be handled promptly, confidentially, and in accordance with YMCA policies and applicable laws.

Response to Allegations

The YMCA will cooperate fully with law enforcement, child protective services, and other appropriate agencies during investigations involving child safety concerns.

Any staff member, coach, or volunteer accused of inappropriate conduct may be removed from programming pending investigation.

The YMCA reserves the right to suspend or terminate staff, volunteer, or participant involvement when necessary to protect participant safety.

Parent & Guardian Partnership

Parents and guardians play an important role in maintaining participant safety. Families are encouraged to:

- Stay engaged during programming
- Communicate concerns promptly
- Review YMCA policies regularly

- Teach children about personal safety and boundaries
- Report suspicious or concerning behavior immediately

The YMCA is committed to maintaining a culture of safety, accountability, and protection for every child participating in youth sports programming.