



MEADVILLE FAMILY YMCA

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YMCA Member-to-Member Training Policy

Purpose

To maintain a safe environment for all members and to protect the YMCA, its members, and staff from unnecessary safety, property, and liability concerns, members are not permitted to provide personal training, workout instruction, or ongoing exercise coaching to other YMCA members.

Policy

YMCA members may participate in their own workouts and may exercise with friends or family members. However, **members may not train, coach, instruct, or provide ongoing workout assistance to another member.**

This restriction is in accordance with the YMCA's property and liability policies. Members who are observed providing training or coaching to another member may be subject to disciplinary action, **up to and including termination of their YMCA membership.**

Training or coaching may include, but is not limited to:

- Standing with another member at a fitness machine or piece of equipment and directing them through exercises or workouts.
- Repeatedly showing or explaining which exercises or machines another member should use.
- Walking another member through a workout routine or exercise program.
- Consistently assisting or coaching the same member during multiple workouts.
- Providing instruction on proper exercise technique or how to use equipment as part of an ongoing coaching relationship.
- Remaining with another member to supervise, direct, or support their workout.

Important: A member does not have to be formally identified as a "personal trainer" for this policy to apply. If a member is regularly standing with another member and walking them through what workouts or exercises to perform, particularly when this occurs consistently with the same person, this is considered **training** and is not permitted.

Assistance With YMCA Equipment

The Meadville YMCA offers a **free fitness orientation to all new members** so that members can understand how equipment operates and learn how to safely perform exercises. The YMCA also offers personal training from certified trainers for a fee if a member would like personalized training.

Members should not take on the role of an employee, fitness instructor, or personal trainer when helping another member.

Enforcement

YMCA staff may intervene when they observe behavior that appears to violate this policy. Members are expected to follow staff direction immediately.

Continued or significant violations may result in disciplinary action, including suspension or **termination of YMCA membership privileges**, consistent with applicable YMCA policies and membership agreements.