



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA FEE-BASED TRAINING & COACHING POLICY

Bob Freesen YMCA

## TRAINING & COACHING AT THE YMCA

Personal training or coaching for a fee at the YMCA is provided by YMCA employees only. As examples, this includes fitness training, swim coaching, swim lessons, and sports coaching. Trainers and coaches that are not employed by the YMCA are prohibited from providing training and coaching services at the YMCA to members or participants.

Due to liability issues and member experience concerns, the YMCA requires all trainers and coaches working within the building to be employed by the YMCA, maintain certification through a nationally recognized organization and meet specific academic requirements essential for quality personal training and coaching.

An individual may be seen as personal training/coaching if he/she/they is:

- receiving payment for an exercise, lessons, or coaching session
- designing a program or workout
- providing exercise, sports, or swim technique

Failure to comply with the Fee-Based Training and Coaching Policy is in direct violation of YMCA policy and may result in suspension or termination of YMCA membership privileges.

## WHY NO OUTSIDE TRAINERS/COACHES?

·The YMCA cannot adequately control the quality of training or coaching from individuals that are not employed by the YMCA. These individuals may not have adequate academic background, ability, training, or experience to correctly train members. The YMCA is limited in its ability to regulate outside trainers or coaches in order to prevent or correct potential erroneous information or techniques passed on to members.

·Individuals not employed by the YMCA have not been trained by the YMCA on staff policies and procedures and therefore are unauthorized trainers or coaches in YMCA facilities. Additionally, they have not completed a full background check which is required of all YMCA employees.

·A legal liability arises for the YMCA if we are aware of outside trainers and coaches working within the YMCA, and profiting from the use of YMCA's equipment and facilities without consent violates the YMCA's non-profit status as a 501(c)3 organization.

·The use of the YMCA for outside training and coaching is in direct competition with the training and coaching services that the YMCA offers.

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Everyone is welcome. Financial assistance is available.  
The Bob Freesen YMCA strengthens community through youth development, healthy living, and social responsibility.