



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA FEE-BASED TRAINING & COACHING POLICY

PRINCETON FAMILY 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, and sports coaching. Trainers and coaches that are not employed by the YMCA are prohibited from providing training and coaching services at the YMCA for a fee to members or participants.

Due to liability issues and member experience concerns, the YMCA requires all trainers & 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 is:

- receiving payment for an exercise 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 in order to prevent or correct potential erroneous information or technique 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 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 & 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 & coaching is in direct competition with the training and coaching services that the YMCA offers.