



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 5:00 ON THE DOT!

## YMCA MIDDLE SCHOOL SIGN OUT POLICY

Middle School After School allows students to sign themselves out at 5:00 pm to leave the after school and go into the Y. There are specific rules that go along with this in order for us to run a safe program.

### **Are you a member of the Y?**

You must be a member of the Cary Y and the teen must have gone through the middle school fitness orientation. After they have gone through this training they receive a Y card.

### **I have a card... now what?**

At 5:00 pm participants are able to come to our office desk and sign themselves out. The most important thing to convey is this is a privilege. In years past this opportunity to take advantage of the Y facility has turned into a Y hangout in the front of our building. We ask that if you child signs themselves out they must leave the area in which our after school program runs.

### **What are the responsibilities our staff once my child signs out?**

Once your child has signed out of our program we no longer are responsible for them. This means in rides out if they signed out we cannot leave our areas and go looking for them, you will need to come into the building to get them.

### **Things to remember**

- You must be a member
- You must have gone through the middle school fitness orientation
- You must have a written or emailed note from a parent
- You must leave the areas in which the after school program is running

If at any time we feel that this privilege is being abused we will have a conversation with the teen and it can possibly be revoked. Please also note that once your child signs out they may not check back in.

### **How do I ensure my child is able to sign themselves out?**

If you would like your child to have the ability to sign themselves out we will need a note written, or emailed to [Hannah.Wait@ymcatriangle.org](mailto:Hannah.Wait@ymcatriangle.org) prior to them doing so. This note will need to state your child's name, your name and the days they are able to check out of our after school program.