



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA Northeast Teen Leaders School (NELS) **PROGRAM GOALS, RULES & POLICIES**

YMCA Branch \_\_\_\_\_

Teen's Name \_\_\_\_\_

### Leaders School Goals

- To supplement the work of the local YMCA in training of its young people who have demonstrated leadership potential
- To offer a mentoring experience with volunteers and professionals to stimulate their continuing interest in the work of the YMCA
- To introduce methods of teaching and leadership skills, qualifying youth in turn to initiate training in their own YMCA
- To enhance leadership capabilities including teaching and performance skills in physical education, aquatics, specialty programs, character development and other areas of YMCA youth work
- To cultivate and strengthen our Core Values of Caring, Honesty, Respect and Responsibility
- To build human relations skills necessary to translate personal values into positive action
- To have fun

### Leaders School Rules and Policies

The Leaders School Management Team and the staff have adopted the following rules and policies to promote a healthy, safe, character-building, fun environment for the Leaders School community.

1. Springfield College is a shared property and we expect each leader to adhere to our character development values by respecting the college property as well as each other's rights and property.
2. Everyone is expected to stay at the School for the entire week. No personal vehicles are allowed on campus.
3. **Anyone coming to Leaders School with prescription medicine must check it in and notify the Management Team upon registration. All medicine must be in its original Rx bottle.**
4. Leaders School is a tobacco, alcohol, and drug free school. This includes use of all vaping products. Violation will result in notification of parents/guardians and immediate dismissal from Leaders School.
5. In keeping with the values of the YMCA, appropriate language is expected.
6. Attendance at all sessions, classes and meals is mandatory. The leader's responsibility is to participate fully and show a willingness to learn. We expect full cooperation at all times.
7. Visitation in dormitory is not allowed. Porches and common rooms are considered part of the dorm.
8. Leaders School is not responsible for lost or stolen articles. For safety dorm doors are not locked. We discourage valuables being brought to the school. All electronics including game, music, and media players should be left at home.
9. Usage of cells is to be at a minimum and is not allowed during times when teens are in program. Cell phones may be used during free time and within the dorms.



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10. Quiet will be expected after lights out. All leaders will be in their rooms between lights out and rise & shine.
11. Leaders are not permitted to return to their rooms between classes.
12. We are the guests of Springfield College and will treat the entire facility with care and respect. All living areas are to be left neat and clean.
13. To ensure safe participation appropriate sneakers and swim suits as outlined in the NELS Dress code are required.
14. Cultivating our Core Values, appropriate attire as outline in the NELS Dress Code is expected at all times.
15. Bumpers (name identification) must be worn at all times.
16. Pets, skateboards, roller blades, scooters and bikes are not allowed.

### **Sick Policy**

Report all injuries or sicknesses to the school office and/or your group advisor. If you miss any activity during the day due to illness or injury, you will be out of all activities for the day, including evening activities. Exceptions are at the discretion of the Management Team.

In the case of illness or injury it is our goal to help you feel better so you can continue to stay at Leaders School. In the event of a significant injury, illness or medical emergency you may be sent home. Most illness and injuries at Leaders School come from over participation. Taking care of yourself by eating, sleeping, washing hands and understanding your limits will help you be successful.

### **COVID-19 Sick Policy Update 2021**

For the safety of our community during the COVID-19 pandemic any teen exhibiting symptoms related to COVID-19 including but not limited to coughing, loss of taste or smell, fever, nausea, diarrhea, vomiting, sore throat, or difficulty breathing, or who fails a daily temperature check will be required to quarantine in their room and will be sent home.

### **Visitation Policy**

Prior arrangements must be made with the School Director regarding a guest visiting during the school, including parents/guardians, YMCA staff and former Leaders.

### **Signature**

I have read and understand the above rules and policies. I agree, for the health and safety of everyone, to abide by these rules at Leaders School. **I further understand that if I am sent home, it will be at my family's expense.**

Teen's Name \_\_\_\_\_ Teen's Signature \_\_\_\_\_

Parent/Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_