

TRVCC Board of Directors

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Member Handbook

Welcome to the Tongue River Valley Community Center



Ranchester Facility



Dayton Facility

Historical Overview:

At the turn of the century, a group of Sheridan County leaders envisioned a facility that would strengthen existing bonds between Dayton and Ranchester and provide residents of those communities with activities, classes and programs that enhance learning, deepen family values, promote service and improve overall quality of life. The group's grass-roots effort enjoyed strong community support and involvement and culminated in the Tongue River Valley Community Center (TRVCC), which serves hundreds of families and individuals of all ages.

Mission Statement:

The purpose of the Tongue River Valley Community Center (TRVCC) is to enrich the quality of community life by providing educational, physical, social, recreational, and cultural opportunities that cultivate positive values and good character.

Vision:

Creating Community

Core Values:

TRVCC strives to put the following values into practice:

- ✦ **Caring:** to be sensitive to the needs of others and go the extra mile, help others and forgive others.
- ✦ **Respect:** to value the worth of every person and treat them well, use good language and manners.
- ✦ **Honesty:** to tell the truth, have integrity and build trust, be reliable, be loyal.
- ✦ **Responsibility:** to do what is right and be accountable for your behavior and your obligations.
- ✦ **Fairness:** Play by the rules, take turns and share, be open-minded, listen to others, don't take advantage of others, don't blame others carelessly.
- ✦ **Citizenship:** Do your share to make your school and community better, cooperate, stay informed; vote, be a good neighbor, obey laws and rules, respect authority, protect the environment.

Volunteerism:

Volunteers are the backbone of TRVCC. Volunteers not only founded the TRVCC, but operated it in its entirety in the early days. Without the help and time volunteered by many individuals in the community, TRVCC would cease to exist.

There are several volunteer opportunities at TRVCC.

Please contact a staff member if you would like to volunteer.

Contact Information:

Ranchester Center—307-655-9191

411 Dayton Street, Ranchester

Dayton Center—307-655-9419

1100 Main Street, Dayton

Mailing Address: P.O. Box 792, Ranchester, WY 82836

Current Calendar of Events are available on our

Web site:

www.trvcc.org

YMCA of Sheridan:

Membership at TRVCC includes Membership to the YMCA

Keyless Entry Usage Policy

- Key card only activated on off-hour usage (See off hour times at front desk). Please use front entrance during regular business hours.
- Anyone under the age of 18 is prohibited to use key card without adult supervision.
- Key card use is strictly for weight room, walking laps, and locker rooms. **Basketball, volleyball, and all other activities are strictly prohibited during off-hour times.**
- Leave the weight room and locker room clean and tidy.
- Users keys will be locked if payment of dues is not received by the 10th day of each month.
- Users between the ages of 14-18 MUST have an adult accompany them while using the weight room during the keyless entry hours. Absolutely no one under the age of 14 is allowed in the weight room or in the remainder of the building during Keyless Entry hours.
- Keys are non-transferrable. Members may NOT give their key to an unauthorized user.
- Carry in clean work out shoes.
- Report any maintenance issues to the Director.
- Sign in and out each time you use the facility

VIOLATIONS OF KEYLESS ENTRY POLICIES WILL RESULT IN LOSS OF ENTRY IN THE FACILITY FOR A MINIMUM OF SIX MONTHS.

Facility Policies

- Sign in each time you use the facility.
- Pets are not permitted in this building, unless utilized as a guide or assistant for people with disabilities.
- Acceptable rules of conduct must be observed at all times.
- All children under the age of 10 must be supervised by an adult at all times when using the facility.
- To use the weight room you must be at least 15 years of age or in the ninth grade.
- TRVCC is not responsible for lost or stolen items.
- No food or drink in the library, community room, weight room, or gymnasium area. Only Water in closed containers is permitted in these areas. Please contain other drinks and food to commons area.
- Return all equipment and game pieces to their appropriate location.
- Balls, towels, and other equipment may be checked out at the front desk.
- Bring a clean pair of tennis shoes to participate in activities in the gymnasium and the weight room.
- Locker rental and towel services are available, inquire at the front desk.
- TRVCC Memberships are non-transferable and non-refundable.
- Members may be expelled or suspended should they be in default of payment of dues.
- Inappropriate behavior at the discretion of the Executive Director and/or TRVCC Board Members may result in membership termination or suspension.
- TRVCC facilities are Alcohol, Tobacco, Drug, and E-Cigarette Free facilities.
- TRVCC facilities are gun free zones.

Weight Room Policies

- You must be 15 yrs. of age or in the ninth grade to use the weight room and equipment (*note: you must be at least 18 yrs. of age to access key-less entry hours. 7th and 8th graders must be accompanied by adult and have gone through training.)
- Appropriate dress is required for personal safety and equipment maintenance reasons. Appropriate dress includes:
 - (Clean) Closed toed, rubber soled athletic shoes
 - T-shirt or tank top that covers torso is required
- Please return equipment to the appropriate location after use.
- Please do not drop or bang the weights.
- Please report any maintenance or repair needs to the director or staff.
- All first time users must go through an equipment orientation before using the weight room.



All Participants enter at their own risk. TRVCC does not provide accident insurance. Any and all injuries incurred are the financial responsibility of the Patron.

Climbing Wall Policies:

1. The climbing wall is available during posted hours only. All climbers must check in at the front desk. If the green mat is on the wall – it is **CLOSED!** Please note – the climbing wall is not open during key card hours.
2. A waiver must be completed and on file for each and every climber. All youth under the age of 18 must have a parent or legal guardian sign the waiver.
3. All children 14 and under must be accompanied by an adult (18 years of age or older) or climb during climbing hours when TRVCC staff is on supervision (see Climbing Wall schedule).
4. All Climbers must go through Auto Belay safety prior to first use on Wall. The auto belay can only be used on a person weighing up to 310 pounds.
5. Clean climbing shoes and/or clean tennis shoes must be worn at all times.
6. If you are aware of any unsafe condition on the wall (worn ropes, loose or broken holds or anything else you may deem as unsafe) you must report it immediately.
7. NO climbing, swinging, hanging or stepping on ropes. They are your LIFE LINE!
8. Free climbing and bouldering is only allowed up to 12 feet. Please do not climb above the tape marker 12 feet.
9. Do not attempt to move any holds on the climbing wall. TRVCC staff will change routes on a regular basis.
10. No loose chalk is allowed. Chalk use is limited to chalk balls.
11. No food or drinks allowed in the climbing area.
12. CLIMBING IS DANGEROUS. TRVCC Climbing Wall rules are for the safety of you and your climbing partner. Breaking these rules will result in your immediate and indefinite dismissal from the facility.

