

YMCA Exercise Facilities: Covid-19 Guidelines

Ensuring the health and safety of our Y community is everyone's responsibility and we've made adjustments within our facility and to our guidelines for use. We're following guidelines from health experts and local officials to ensure that our facilities meet the highest standards for hygiene and safety, and we have modified our policies and programs to facilitate safe physical/social distancing practices. We ask our staff and all members to be respectful to others and their safety by social distancing at all times. Together we can work responsibly to keep each other safe, and keep the YMCA open. We are asking all staff and members to follow these policies:

Members

- Patrons should self-screen before entry to the YMCA
 - Persons with temperatures above 100.4 degrees Fahrenheit should not enter the premise
 - Minimum: Questions for patrons regarding Covid-19 symptoms
 - Have you been in close contact with a confirmed case of Covid-19?
 - Are you experiencing a cough, shortness of breath, or sore throat?
 - Have you had a fever in the last 48 hours?
- Members must follow social distancing guidelines (at least 6 feet from other members and employees) "Further is Better"
- Members should wash or sanitize their hands upon entering and leaving the facility
- Face coverings are not required while exercising, but are recommended when possible.
- Members are required to clean/disinfect equipment they come in contact with before and after each use
- Only use one piece of equipment at a time (i.e., no circuits or "super setting" so that machines are cleaned after each use
- Consider limiting workout length to avoid unnecessary exposure/decrease congestion, and allow for additional sanitization
- Recommended: persons more vulnerable or at-risk for Covid-19 as identified by the CDC – including those who are over the age of 65 or those who have chronic medical conditions – take extra precaution or refrain from use of the facility at the outset of re-opening

- Some fitness equipment will be closed to follow social distancing guidelines, please use every other piece of equipment in areas without machine closures.
- Members are encouraged to arrive ready to exercise and clean up at home, as locker room usage will be limited with no showers available.
- Members are asked to bring their own mats for classes where needed
- Please bring your own water, as water fountains will be out of service
- Child Watch will not be available during this restricted period. We recommend you not bring children and other family members with you as common area seating will be extremely limited. Please check our website for updates to when this service may once again become available
- Pool lap lanes will be available by reservation
- Family Members may reserve time in the gymnasium or 6 lane pool in hour increments, during certain hours. You must bring your own play equipment
- No business will be conducted at our front desk at this time. For help with your membership please email membership@ohiovalleyymca.org or call 330-383-8362

Employees

- All employees will do a self-assessment before reporting to work
- Staff will wear face coverings (not N95 or medical masks, which should be reserved for healthcare workers) and other personal protection items as recommended by the CDC. Masks must be worn properly, covering from the bridge of the nose to below the chin
- Provided training on personal protective equipment based on CDC guidelines
- Provided a sanitizing station such as a wash basin with soap and/or bottle of hand sanitizer
- Practice recommended social distancing to the greatest extent possible – “Further is safer”
- Stagger shifts, breaks and meals to maintain social distancing.
- Employees should increase hygiene practices – wash hands more frequently, avoid touching face, practice good respiratory etiquette when coughing or sneezing

- All employees should stay home if feeling ill, report any symptoms of illness to supervisor and require notification of Covid-19 positive case in employees household
- Any employee who exhibits Covid-19 symptoms (i.e., answers yes to any of the screening questions or who is running a fever) is directed to leave the premises immediately and seek medical care and/or Covid-19 testing, per Ohio Department of Health and CDC guidelines. Employers should maintain the confidentiality of employee health information.
- Plan for potential Covid-19, and work with local health department officials when needed (eg., monitor and trace Covid-19 cases, deep clean facilities)
- Post extensive signage on health policies, including the following documents, in the workplace to help educate building occupants on Covid-19 best practices:
 - CDC guidance to stop the spread of germs
 - CDC guidance on Covid-19 symptoms

Business Process Adaptations

- Facility access and facility occupancy is restricted based on available space and ability to social distance with six feet between members/staff (as such capacity is adjusted in consideration of closed areas of the facility pursuant to these guidelines)
- Implementing social distancing guidelines and modifying scheduling to mitigate exposure
- Facility access and facility occupancy is restricted to active members only during this restricted time. **No** guests or reciprocity members will be allowed access
- Lost and found will not be available
- Staff to conduct regular (i.e., every hour) disinfecting of high-touch surfaces, equipment and common areas of the facility using disinfectant cleaning supplies according to CDC guidelines
- Showers will remain closed. Locker rooms will be open for limited use, but members are encouraged to arrive dressed to work out and clean up at home
- Pool usage will be limited to the 6 lane lap pool by reservation, with one person allowed in each lane at a time. The therapy pool, hot tub, steam rooms and saunas will remain closed during this restricted time

- All basketball courts, racquetball courts, and other places where formal and informal group or team sports may occur will remain closed
- All classroom spaces will remain closed when not in use for a scheduled YMCA class
- Any youth or team leagues or sports should remain closed
- Only allow group fitness classes if classes can be completed in accordance with social distancing recommendations (including but not limited to: less than 50% capacity and with more than 6 feet of distance maintained between participants at all times; no shared equipment during the classes; sufficiently adjusted class schedules to allow for deep cleaning between classes
- Members are asked to bring their own mats for classes where needed
- Classes will not be available the first week of opening. An adjusted class schedule will be made available as soon as possible

We're so happy to welcome you back. Together, we're a better us.