



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **PHASE 2 TO START ON MONDAY, JUNE 22**

We look forward to welcoming even more of you into our doors soon. We had a great couple of first days of reopening and we thank all of our members for helping us keep the equipment clean at the YMCA. Thank you for doing your part!

Your safety continues to be our number one priority.

We're continuing to follow guidance from the Minnesota Department of Health and local officials to determine the safest way to serve everyone in our community. We are doing everything possible to ensure our facility meets the highest standards for hygiene and safety, and we have modified our policies and programs to facilitate safe social distancing practices. We ALL have a vital role to play in maintaining a healthy environment in our Y. Please review these guidelines carefully.

### **WHAT TO EXPECT WHEN VISITING PHASE 2 REOPENING GUIDELINES AND KEY TAKEAWAYS**

- Current YMCA members will be allowed access to the facility. No nationwide memberships will be allowed at this time. We will allow guest and day passes during this phase.
- Open areas and provided services during Phase 2 Reopening: Fitness center and weight machines/free weights (now located in the gym). The fitness and weight areas will operate at 25% capacity. We will be adding in group exercise classes, child watch, indoor/outdoor pools, and locker rooms. Senior Group Exercise classes will continue virtually during Phase 2.
- Areas and services not provided during Phase 2 Reopening: Gymnasium (organized/open sports), Rock Wall, Towel Service & Track.
- Building hours will be: Monday-Friday 5:30AM-1:30PM & 2:30-7:30PM (closed from 1:30-2:30PM for deep cleaning); Saturday: 8AM-12PM & 1-5PM (closed from 12-1PM for deep cleaning); Sundays: Closed

## **SAFETY AND SANITATION GUIDELINES**

- We strongly encourage members to wear a mask in areas of transition, shared or crossover spaces, including the lobby, hallways, walkways and restrooms.
- We ask that members workout for only 60 minutes within the facility at a time to allow for usage for all of our members.
- Both cardio and weight machines have been moved to follow physical distancing guidelines.
- Main entrance and internal doors will be left open to help limit touch points and increase ventilation.
- In collaboration with members, staff will conduct regular cleaning and disinfecting of high touch areas and equipment throughout the day.
- We will have added sanitization stations- all members are to clean all equipment before after use.
- Increased signage throughout the facility will indicate directional flow, physical distancing, handwashing and sanitation efforts.
- Staff will wear a mask at all times except for when they are teaching a group ex fitness class or if they are in their individual offices.

## **FACILITY & CAPACITY GUIDELINES**

Building areas will have a capacity limit and clearly marked areas that will be accessible to members as follows:

- Fitness Center: capacity limit to 29 people at one time
- Gymnasium half court with weights: capacity limit to 25 people at one time
- Group Exercise: classes will be on a first come, first serve basis; all classes are 9 participants to one instructor and will be held in the gymnasium
- Child Watch: spots will be on a first come, first serve basis; ratio is seven children to one staff member
- Indoor & Outdoor Pool: capacity at 25% with potential limited amenities

## **CHECK-IN PROTOCOLS**

### **Step 1:**

- Members should wait at least 6 feet from the person in front of them, until the front desk staff member is able to administer a health screening (look for the decals on the floor).
- Please limit personal items brought to the YMCA. There are limited storage areas for personal belongings.
- Staff are required to wear masks into the facility; members are strongly encouraged to wear a face covering. Face coverings are

recommended by the CDC in preventing the distribution of droplets that come from sneezing, coughing and simply breathing.

**Step 2:**

- Staff will use a no-touch thermometer to take the temperature of all members and assess signs of illness. Any member who registers a temperature of 100.4 or more will not be allowed into the YMCA.
- Children in day camp will have their temperature checked curbside by a day camp staff member.

**Step 3:**

- Members will use their scan tag to scan into the facility and proceed.
- Members are encouraged to wash their hands or sanitize prior to working out.

**CHECK-OUT PROTOCOL**

- Members are encouraged to wash their hands or sanitize prior to leaving.
- Members will exit out the North door of the facility.

**QUESTIONS?**

Please review the information provided here. If you still have questions not answered in this communication, please contact Meredith Daley, Executive Director/CEO, at [meredith.daley@ymcaworthington.org](mailto:meredith.daley@ymcaworthington.org)

Thank you for your cooperation in our efforts to maintain a safe environment for all of our members.