

# SAFEGUARDING OUR HEALTH



## WELCOME BACK INFORMATION FOR MEMBERS

**Welcome back!** We want to assure you that **safety remains our top priority**. We have put careful thought and planning into our reopening. This means that things will look and feel a little different. We have followed guidance from the CDC, local health agencies and public officials to update our policies, practices and procedures to ensure the highest standards of cleanliness and hygiene. We have made appropriate accommodations for social distancing so that every person who walks through our doors can stay safe and protected while getting back to what matters most: your health, your family and friends, and your community.

### WE ARE IN THIS TOGETHER

#### When you come back to the Y, these are expectations for members

- Face masks are recommended in all common areas (lobby, hallways, restrooms).
- Practice social distancing of 6 ft at all times.
- Wash or sanitize hands often, especially upon entering and exiting.
- Clean all equipment before and after each use.
- Stay to the right in hallways and when passing others.

#### IMPORTANT SCREENING QUESTIONS FOR ALL:

1. In the past 14 days have you experienced:

- Cough
- Shortness of breath or difficulty breathing
- Fever (100.4 degrees or higher)
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

2. Have you been in contact with someone known or presumed to have COVID-19 within the past 14 days without droplet precaution Personal Protective Equipment (PPE)?

We are sorry, but anyone who answers "yes" to either of these questions cannot be in the Y until:

- At least 3 days (72 hours) have passed since recovery, defined as resolution of a fever (100.4 degrees or higher) without the use of fever-reducing medications AND improvement in respiratory symptoms (e.g., cough, shortness of breath).
- AND at least 10 days have passed since symptoms first appeared.

## As We Begin:

- Our facility will be for YMCA members only at this time.
- Hours: Monday–Thursday 6 AM–8 PM, Friday 6 AM–6 PM, Saturday 6 AM–3 PM, Closed Sunday.
- Phase one plans include opening **more facility entrance doors**—please use appropriate door for your specific workout.
  - Main Entrance (Monroe Street Parking Lot): Child Care and Handicap Parking only
  - Main Entrance (Filmore Street Parking Lot): Membership/Member Services, Healthy Living Room, Main Gym, Fitness Classes, Staff
  - NEW!** Wellness Center Entrance (Monroe Street): Cardio, Resistance, and Free Weights
  - NEW!** Pool Entrance (Filmore Street): Large and Small Pool
- Check-in stations available at all entrances and will be monitored by staff and members need to self-screen (using the Covid-19 Screening Questions). Members must provide proof of membership upon entrance (ex. membership card or card stored on phone app).
- Members under 15 must be accompanied by adult member at all times.
- Excess seating has been removed from our lobby areas to reinforce social distancing. We will not provide coffee. No towel service of any kind. Drinking fountains will NOT be accessible. Please bring water bottle.
- Our staff will be required to check their temperature before reporting to duty and wear face masks (except: Lifeguards and Fitness Instructors during class instruction).

## Wellness Center:

- Equipment has been spaced out to ensure social distancing. Some machines will be closed on a rotation basis to ensure proper cleaning. Please be patient.
- Capacity limited. Room opens at the top of the hour for a 45 min workout duration. Reservation is available by using App. No more than one reservation a day please.
- Walking Track not available—please use Main Gym if available.
- We ask that participants clean equipment before and after use. Disinfectant spray and paper towels will be accessible throughout the area.
- Healthy Living Room available for seniors/vulnerable population.

## Fitness Classes:

- New schedule will be posted soon. Registration will be required using online registration or App.
- Fitness class capacity has been reduced to accommodate the required 6 ft social distancing. Floor has been marked to indicate your space.
- Some Fitness classes have been temporarily moved to other areas to provide more capacity and better ventilation. (Example: Yoga and Spinning will be held in the Patton Center)
- Yoga will be free for members as we phase in and participants will be asked to bring their own mats, blocks, straps, etc. for their practice.
- When arriving to a fitness class, please do not arrive more than 10 minutes prior to class. Please enter the building on the Filmore Side Entrance unless needing handicap parking.

## Healthy Living Room

- Room available for seniors and vulnerable population. Cardio and strength equipment added.
- 5 person capacity.
- Enter the building on the Filmore Side Entrance unless needing handicap parking.

## Pools:

- Enter through large pool glass door on Filmore Parking Lot side of building. Please have membership ID ready for check-in at the door.
- Large pool will be set up for 6 lap lanes. Small pool will be available for stationary exercise. Reservation is recommended by App or by calling 330-364-5511. Timeslots begin at the top of the hour and will last 45 min. Time ends at the end of the reservation time regardless of arrival time so that area can be cleaned.
- Whirlpool will be closed during this phase to ensure social distancing.
- Locker rooms will be open for changing and restrooms only. Time ends at the end of the reservation time regardless of arrival time.

## Locker Rooms:

- Shower, steam and sauna areas will be closed at this time.
- No towel service.
- We encourage members to arrive dressed for work-out and use their home facilities for showering etc. We are sorry for the inconvenience.

## Sports

- No group contact/competitive sports at this time. This includes Racquetball, Pickle Ball, Basketball, and Youth Sports programs.
- Gym hoops may/must be reserved. 1 person or family per basket. 4 available. Use App or call to reserve.

## Child Watch for children of members using the facility:

We miss our Y kids but this service will not be available at this time. YMCA Child Care/Camp Program is available. See website for details.

## App Information

Link to our App is available at [www.tuscymca.org](http://www.tuscymca.org). Please download and follow the instructions provided on our website and facebook pages regarding how to reserve facility access. Remember, in Phase One, most of the building is running on the top of the hour at 45 min segments. Times will be adjusted as needed.

## Your Safety is our Number One Priority

As a **100 year-old** non-profit organization with deep roots in this community, we have the knowledge and experience to respond to social needs. We're doing everything possible to ensure our facilities meet the highest standards for hygiene and safety. The Y isn't a building. It's people from all backgrounds and walks of life who come together to improve their lives, nurture their families, and strengthen their community, together. It's been hard to be away from the people we care about but thank you for persevering and doing your part to stay safe and stop the spread of coronavirus. While we can't predict how long the COVID-19 crisis will last, or whether it will be necessary to close facilities and programs again in the future, we are committed to doing whatever is necessary to ensure your safety.

## Welcome Back! Together, we're a better us