

SAFEGUARDING OUR HEALTH



INFORMATION FOR MEMBERS

Welcome back! We want to assure you that **safety remains our top priority**. We have followed guidance from the CDC, local health agencies and public health 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.

PHASE FOUR UPDATES

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

- Face masks are **REQUIRED** in all areas for ages Kindergarten-Adult
- 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.

Phase Three Facility Information:

- YMCA members only at this time.
- Hours: Monday–Thursday 5 AM–9 PM, Friday 5 AM–6 PM, Saturday 6 AM–3 PM, Closed Sunday.
- **3 Entrance Doors Available**—to provide safe traffic flow we ask that you use these entrances for your facility needs.
 - Main Entrance (Monroe Street Parking Lot): Wellness Center, Child Care and Handicap Parking
 - Side Entrance (Filmore Street Parking Lot): Membership/Member Services, Healthy Living Room, Main Gym, Fitness Classes, Staff
 - Pool Entrance (Filmore Street): Large and Small Pool Usage Only. This entrance is temporary and may be closed during cold weather.
- Please stop at check in stations provided at each entrance. Self-screen questions are posted at all entrances. All who enter the building must self-screen. 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 a water bottle.
- Staff are required to check their temperature before reporting for 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.
- We ask that participants clean equipment before and after use. Disinfectant spray and paper towels will be accessible throughout the area.
- Capacity limitations are in effect. Once room capacity has been met we will ask members to wait in their car until space is available.

Fitness Classes:

- Registration required unless indicated on Fitness schedule available at www.tuscymca.org.
- Please bring water, sweat towel, and exercise/yoga mat, blocks, straps etc.
- Fitness class capacity has been reduced to accommodate the required 6 ft social distancing. Floors have been marked to indicate your space.
- Some Fitness classes have been temporarily moved to other areas to provide more capacity and better ventilation. Please check online schedules for location or call for details.
- Please do not arrive more than 10 minutes prior to class.

Healthy Living Room:

- Room available for seniors and vulnerable population.
- Room includes cardio and strength equipment.
- 5 person capacity.
- Please scan membership card at front desk.

Pools:

- Water Fitness classes are available. Check schedule online for details. Registration required.

- 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 is set up for 6 lap lanes. Small pool will be available for stationary exercise. Reservations are available up to 24 hours in advanced but not required. To make a reservation please use App or call 330-364-5511. Timeslots begin at the top of the hour.
- Whirlpool is closed during this phase to ensure social distancing.
- Swim Meet schedule is available online under Silver Streaks Swim Team.

Locker Rooms:

- We encourage members to arrive dressed for their work-out and use their home facilities for showering etc.
- Steam and sauna areas are closed at this time.
- Showers are available in all locker rooms. When using the men's and women's locker room showers please sanitize all high touch areas above the floor (faucet knobs, chrome rails, etc.) after each use. Sanitizer spray bottles are provided for you in adult locker rooms only this ensures that cleaning products are out of the reach of children. Safety is our top priority.

Sports

- Racquetball (no more than 2 players per court). Please bring your own equipment. Limit playing time. Wash hands before and after play. Reservations required.
- Youth Sports programs are now available. Check Program Guide online for details.
- Pickle Ball Days/times: Tuesday/Thursday/Friday 7:30am – 9:30am. Please bring your own equipment. 2 courts only. Limit 10 people per hour in gym. Wash hands before and after play. Check gym for other recommendations for play.
- Basketball 1 person or family per basket. See website for Covid-Procedures for Adult Basketball Recreational Play.

Child Watch for Y Members

- AM HOURS MONDAY-SATURDAY 9:00 AM - 11:30 AM
- PM HOURS MONDAY-THURSDAY 5:30 PM - 8:00 PM
- Capacity Limit: 6 Kids / one staff or 12 Kids / two staff
- Age Limit: Children Age 6 Weeks to 9 years
- Time Limit: 75 Min. Parent must remain onsite at all times.

App and Online Registration Information

Please see our website www.tuscymca.org for details on how to download our Daxko App. To **cancel reservations/registration** please call the Y at 330-364-5511.

Your Safety is our Number One Priority

We're doing everything possible to ensure our facilities meet the highest standards for hygiene and safety. 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.

Together, we're a better us!