GUIDELINES FOR OUR PHASE I OPENING:

MEMBER GUIDELINES

PHASE 1 OPENING
To re-open our Y as quickly as possible while still keeping the safety of members and staff as our highest priority, we will adopt a Three-Phase Approach that will gradually return us to full operations. We are taking the following steps in Phase 1 of our opening, which will begin as soon as the State permits. At this time, we are unsure of how long this phase will last. We will use Phase 1 to test our new procedures/guidelines and make any necessary adjustments prior to moving into the next phase. Anticipate 1-2 weeks before moving to Phase 2.

We have created guidelines to align with recommendations from the CDC, Y-USA, our County and City health departments, and local and state authorities. We understand that some members may not agree with every guideline. For the good of all, it is vital that everyone cooperate. Compliance is non-negotiable.

Temporary Hours of Operation:

Beginning Tuesday, September 1st:
Monday-Friday: 6:30am-8:30pm
Saturdays: 6:30am-1:00pm
*Closed Sundays
*Closed, Monday, September 7th for Labor Day
*Hours are subject to change

Appointments:
- Appointments will be made via your online account (accessed through our website, click here), or by calling the Y. You may “drop-in,” but are not guaranteed a spot in the Fitness Centers, based on appointment times and capacity guidelines.
- To learn more about setting up an appointment, click here.

Locker Rooms:
- Locker Rooms are currently open to Members utilizing the pool. This is due to the State mandate that all swimmers must shower prior to using the pool. Swimmers are not permitted to keep their items in the locker rooms, or return to them after their swim time.
- Locker Rooms are not available to any Members otherwise.
- Main floor restrooms, and family changing rooms, will be available for use.

General Updates/Preparing to Come back to the Y:
- We have expanded our maintenance and cleaning schedules and protocols to maximize sanitizing efforts throughout the building during our hours of operation and when we are closed. Certain areas may potentially be closed for a period of time during hours of operation to be properly cleaned. We will notify members of any anticipated closing times.
- We will be open to active members only, age 16 and older. No guests, visitors or Nationwide Members will have access to our Y at this time. Youth ages 13-15 who are on a Family Membership may work out with their parent under existing membership guidelines.
- Our facility will monitor capacity, based on recommendations from the State and local authorities/health departments. Fitness Centers will operate at a 25% capacity limit, per the State Guidelines. Each Fitness Center is subject to the 25% capacity limit. Appointments are
set for ONE fitness center at a time, no crossing between rooms is permitted at this time. Members may have to wait to enter based on the capacity at that time.

- To enable us to manage the total number of members in the facility at any one time, we ask you to check in AND out at the Welcome Desk. If you use a membership card or the app to check in, you will check in as usual at the bar code scanner.
- All members will be required to sign an updated waiver release form.
- To allow access to as many members as possible, we ask that you manage your workout time efficiently. Where possible, please keep your visit to one hour (appointments are set to one hour maximum)
- Everyone will receive a temperature check upon entering the Y. Anyone with a temperature of 100.4 or higher will not be admitted into the Y.
- You may see staff wearing facial coverings appropriate to their jobs to protect themselves and you. At this time, Members and Staff will be required to wear a facial covering during the length of their visit, including while they are working out. We highly recommend lower intensity workouts at this time. Those not wearing a facial covering will be asked to leave.
- We have increased handwashing supplies and hand sanitizer stations throughout the building. We strongly encourage members to frequently and thoroughly wash and clean your hands.
- We have re-arranged equipment and space to allow for CDC-recommended social distancing and expect all members to maintain a six-foot distance from other members while using the Y.
- New “Traffic” Patterns were created throughout the facility for our Members and Staff safety. These include:
  - **Front Lobby:** now divided as two-lane aisle for entering and exiting. Please follow arrows on the floor.
  - **Member Service Desk:** those in need of assistance at the Member Service Desk will be asked to wait in our front lobby, 6 feet apart, while one person at a time is helped at the Desk.
  - **Main Hallway:** now divided as a two-lane aisle for entering and exiting; please follow markers and keep a distance of 6 feet.
  - **Fitness Centers:** entrance to the Fitness Centers will be at the main door of the Family Fitness Center; Members must exit through the Health and Adventure Center door (located next to the coat/cubby area).
    - Certain pieces of equipment may be unavailable during our Phase I opening; some pieces of equipment will be limited to one person at a time.
    - Cubby/coat area will be one person at a time.
  - **Aquatic Hallway:** members will be escorted to the pool area down the main pool hallway to enter; a Lifeguard will ensure the hall is clear for members to exit.
    - Members exiting the Fitness Centers (through the Health & Adventure Center doors) should make sure no one is exiting the pool area before leaving.
  - **Second Floor:**
    - **Facility (Adult) Locker Rooms (Open for pool lane reservations only):**
      - Women using the Facility locker rooms must utilize the West Stairs (located by the Member Service Desk) or the elevator to get to the second floor.
      - Men using the Facility locker rooms must utilize the back fitness lobby stairs or elevator to get to the second floor.
      - Men and Women will enter their respective locker rooms by way of the “normal” entrance; to exit the locker rooms, members will use the "wet hall" located in the back of the locker room areas (near the whirlpool/steam room).