



WALDO COUNTY YMCA DURING THE PANDEMIC WHAT YOU NEED TO KNOW

WE ARE OPEN!

In order to ensure the health and safety for our members, patrons, staff and community we are taking a very cautious approach in regards to reopening our Y.

In order to ensure the health & safety of all, PLEASE STAY AT HOME IF YOU ARE SICK

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|--------|
| Facility: | 5 a.m. - 7 p.m. | 5 a.m. - 7 p.m. | 5 a.m. - 7 p.m. | 5 a.m. - 7 p.m. | 5 a.m. - 6 p.m. | 7 a.m. - 4 p.m. | Closed |
| Pools: | 6 a.m. - 6 p.m. | 6 a.m. - 5 p.m. | 6 a.m. - 6 p.m. | 6 a.m. - 5 p.m. | 6 a.m. - 5 p.m. | 7 a.m. - 3 p.m. | |

HOW TO RESERVE A SWIM, WORKOUT OR CLASS:

- **RESERVATIONS ARE REQUIRED.** Please call our Front Desk at 338.4598 to reserve your time. You must speak with a person to be assured your time is reserved (please do not leave a voicemail for reservations).
- Reservations may be made up to 24 hours in advance **ONLY**. You may reserve a 30 minutes or one hour block. We want to give as many members as possible the opportunity to utilize their membership.
- You may also reserve a time for the following day when checking in or out.
- Fitness class schedules can be found online at: <https://waldocountnymca.org/fitness%20for%20adults.htm>

HOW TO PREPARE AND WHAT TO EXPECT:

- Effective November 9, **FACE COVERINGS ARE REQUIRED** everywhere in the building except when showering, in a pool or eating/drinking. This includes classes, on the track, weight room, locker rooms and all non program areas.
- Bring your own towel and bottle.
- Arrive on time and please do not enter your workout area until your reserved time.
- **PRIOR** to entering, please complete the self-assessment health questionnaire.
- Sanitize your hands upon entry.
- Please try to maintain 6' physical distance whenever you can.
- After you self check-in, the Front Desk will confirm your reservation. (You will need to complete an updated waiver of participation upon your first visit into the facility.)

HOW WE ARE KEEPING OUR COMMUNITY HEALTHY AND SAFE:

- We are following **STRINGENT, FREQUENT & SCHEDULED CLEANING PROTOCOLS** in all areas throughout the day.
- Women and Men's Locker Rooms will be **CLOSED** for cleaning 9:15 - 9:45 a.m. and 1:15 - 1:45 p.m. each day. Please observe these times and be out of the locker rooms so we may clean.
- We are limiting the use of our facilities to members and basing occupancy on CDC Guidelines.
- We ask all members to **SANITIZE** their hands when they enter and to run through the **SELF-SCREENING HEALTH ASSESSMENT** before each visit.
- We are requiring **FACE COVERINGS** to be worn at all times with the exception of when showering, in a pool or eating/drinking. **Please mask up before you walk in.**
- Our facility will be open to Annual, 3-Month and New Members only until further notice.
- We are here to help! If you require special accommodations please call to discuss or email Membership Director, Bruce Osgood at bosgood@waldocountnymca.org.

**Help us lead the community through this challenging time.
Stay strong. Stay safe. Stay with us.**

Thank you for your understanding and consideration.
Updated November 27, 2020 / Subject to change.

STAYING SAFE TOGETHER

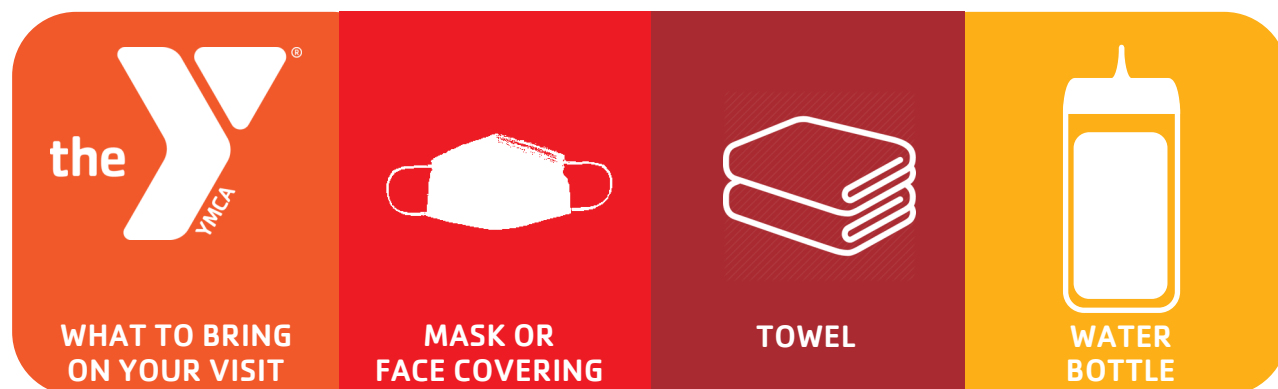
As we prepare to reopen our Waldo County YMCA facility we will be implementing the following safety protocols in an effort to reduce the health risks for members, staff and other visitors to our facility. We will be reopening in phases under the recommendations from the State of Maine Restarting Economy Guide.

WHAT THE Y IS DOING

- **Single Entry/Exit:** To maintain safety protocols, we will maintain a single entry/exit point for members.
- **PPE for All Staff and Members:** All staff are required to wear personal protective equipment as necessary. Face Coverings will be worn at all times by staff unless they are alone in their own office.
- **PPE for Members:** Members are required to wear Face Coverings at all times with the exception of when showering, in a pool or eating/drinking.
- **Self scan upon Entry:** Staff will not handle cards, phones or any other person's belongings.
- **Designed for Social/Physical Distance:** All open areas inside the Y have been evaluated and redesigned where necessary to help ensure social distancing between members. Signage will be placed prominently throughout the facility to drive awareness of this requirement.
- **Expect Reduced Capacity:** To ensure proper social/physical distancing, areas will have limited capacity. Please do not enter your intended workout location until your scheduled time.
- **Cleaning Spray Bottles:** We are providing spray bottles and clothes for each member to take with them to the Fitness Room to help wipe down the equipment after usage.

HOW WE'RE ASKING MEMBERS TO HELP MAINTAIN SAFETY

- **Stay at Home if You are Sick:** Members should stay home if they don't feel well. The CDC and state public health officials encourage people at an increased risk for severe illness such as seniors and members of vulnerable populations, including those with underlying health conditions, to stay at home.
- **Be Ready for Health Self-Screening Questions:** All members will be asked to complete a self-assessment health questionnaire before entering the facility and to sanitize hands upon entry.
- **Bring a Face Covering, a Towel, a Mat and a Water Bottle:** The Y requests that members bring a Face Covering: PLEASE WEAR YOUR FACE COVERING UPON ENTERING THE BUILDING. Members will be asked to bring their own full water bottle and a workout towel (water fountains and towel service will not be provided).
- **Keep the Kids at Home:** We are unable to provide Kidz Corner babysitting service at this time and recommend you do not bring children and other family members with you as common area seating will be extremely limited.
- **Keep Your Distance:** Please exercise on designated equipment only and respect all signage regarding social/physical distancing. Strive to maintain at least six feet between you and others whenever possible.
- **Remember to Wipe Down of Equipment:** Please help us reduce the risk of exposure by wiping down all equipment you've personally used with the provided cleaning solution and paper towels.



HELP STOP THE SPREAD

HEALTH SELF-SCREENING QUESTIONS



1

Have you been in close contact with a confirmed case of COVID-19?

2

Are you experiencing a cough, shortness of breath or sore throat?

3

Have you had a fever in the last 48 hours?

4

Have you had a new loss of taste or smell?

5

Have you experienced vomiting or diarrhea in the last 24 hours?

6


Have you been around anyone exhibiting these symptoms in the past 14 days?

7

Are you living with anyone who is sick or quarantined?

8

Have you traveled outside of Maine recently? Please note the 14 day quarantine may apply.



Thank you for your understanding and cooperation.

Updated November 10, 2020 / Subject to change with Governor updates.