



WALDO COUNTY YMCA REOPENING PLAN: WHAT YOU NEED TO KNOW

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.

- Our facility will be open to Annual, 3-Month and New Members ONLY. We will assess non-member, reciprocity, day pass and guest pass usage in the future.
- Effective Monday, June 29, 2020 our hours will be:

Monday - Thursday:

Facility: 5:00 a.m. - 7:00 p.m.
Pools: 6:00 a.m. - 6:00 p.m.

Friday:

Facility: 5:00 a.m. - 6:00 p.m.
Pools: 6:00 a.m. - 5:00 p.m.

Saturday:

Facility: 7:00 a.m. - 4:00 p.m.
Pools: 7:00 a.m. - 3:00 p.m.

Sunday:

Closed

- We are limiting capacity by department - you MUST schedule an appointment in order to use our facility.
 - Open - Fitness Room - maximum 12 per hour.
 - Open - Walk/Run Track - maximum 10 per hour.
 - Open - Gymnasium - maximum 6 / 1 per basket per hour
 - Open - Lap Pool - maximum 6 / 1 per lane.
 - If you require an outside lane please specify when you reserve your time.
 - Open - Therapy Pool - maximum 3 / 1 per lane.
 - Closed - Wellness Room; Group Fitness Classes are being held outside and virtually through out the week; please see schedule at www.waldocountyymca.com.
 - Closed - Babysitting Room, Hot Tub, Water Fountains and Towel Service.
- Reservations are REQUIRED. All reservations are for 60 minutes. Please be respectful and limit your work out to 60 minutes. (You may arrive 15 minutes prior to the start of your reservation time EXCEPT the 5:00 a.m. time - our facility will open promptly at 5:00 a.m. only).
 - 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 can be made 24 hours in advance ONLY. You may only reserve a 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 out.
 - We will be following stringent, frequent & scheduled cleaning protocols throughout the day. Please observe physical distancing (6'feet) & where you can, please wipe down equipment after usage.
- Locker Rooms will be open but with limited availability. Please request a lock when signing in. Please be respectful of others and keep locker room time to a minimum.
- We are here to help! If you require special accommodations please call to discuss or email Membership Director, Bruce Osgood at bosgood@waldocountyymca.org.

WHAT TO EXPECT WHEN YOU ARRIVE: *Please stay at home if you are sick*

- You will complete a self-assessment health questionnaire prior to entering and sanitize your hands.
- Bring a face-covering, towel and a water bottle. (Please limit the amount of personal belongings).
- Please arrive no more than 15 minutes early to check in for your scheduled 60 minute workout time. You may be directed to wait in assigned areas to promote safe social distance.
- Complete member check in on our key pad (we will provide a touch-less method).
- Please see the Front Desk to confirm your reservation. Please check again on your way out.
- You will need to complete an updated waiver.

Thank you for your understanding and consideration. Updated September 11, 2020 / Subject to change.

REOPENING INFORMATION for PATRONS

Opening date, Monday, June 15.

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.

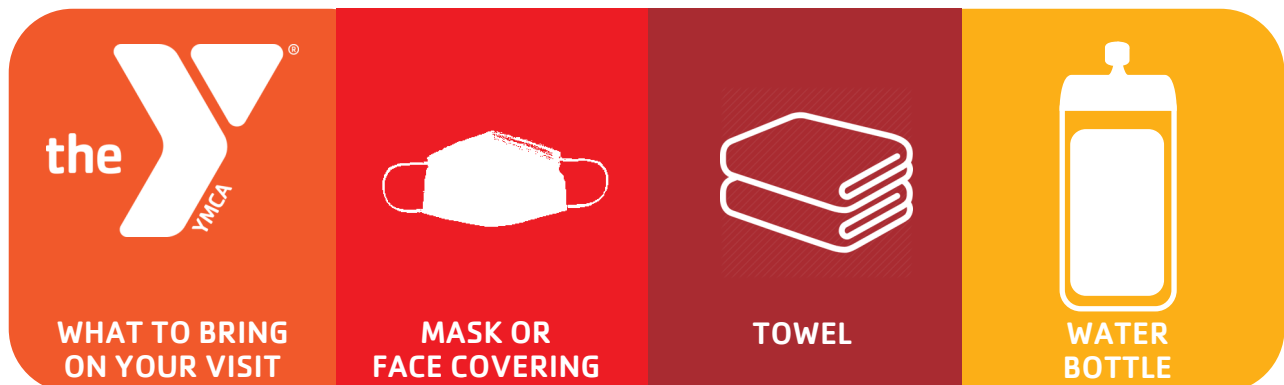
WHAT THE Y IS DOING

- **Single Entry/Exit:** To help us maintain our safety protocols, we will maintain a single entry/exit point.
- **PPE for All Staff:** All staff will be required to wear masks and other personal protective equipment.
- **Self scan upon Entry:** staff will not handle cards, phones or any other person's belongings.
- **Designed for Social 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 distancing, our wellness area will have a limited capacity. At times of full capacity you will be asked to wait in a designated area until space is available.

HOW WE'RE ASKING MEMBERS TO HELP MAINTAIN SAFETY

The YMCA appreciates members' adherence to the following safety precautions during their visits:

- **Stay at Home if You're Sick:** Members should stay home if they don't feel well. The CDC and state public health officials encourage seniors and members of vulnerable populations, including those with underlying health conditions, to stay at home.
- **Be Ready for Health Screening Questions:** All members will be asked health screening questions when you enter the facility.
- **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.
- **Bring a Towel, a Mask, a Mat and a Water Bottle:** Members will be asked to bring their own full water bottle and a workout towel (water fountains and towel service will not be provided). The Y also requests that members bring a mask and wear it whenever possible, especially in common areas where other members are present.
- **Keep Your Distance:** Please exercise on designated equipment only and respect all signage regarding social distancing. Strive to maintain at least six feet between you and others whenever possible.
- **Remember to Assist in the Wipe Down of Equipment:** Please help us reduce the risk of exposure by wiping down all equipment you've used - weights, etc. with the provided cleaning solution and paper towels.



HELP STOP THE SPREAD HEALTH 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 June 26, 2020 / Subject to change with Governor updates.