

YMCA Cape Cod

COVID-19 Mask Guidelines FAQ's

What: CDC Mask Recommendation

Where: **All YMCA Cape Cod Locations, Organized Events, & Meetings**

When: Starting Saturday, May 7, 2022

Staff, Members, Volunteers, Contractors, and Program participants will follow CDC recommendations for communities in "High Transmission" and will **wear masks indoors at all YMCA Cape Cod locations and YMCA Cape Cod organized events & meetings, regardless of location**. According to the CDC, vaccinated people may choose NOT to wear a mask outdoors.



FAQ's

Q: Do I need to wear a mask in the pool?

A: Face coverings should be worn at all times when inside the Y. Masks should be worn between locker rooms and on the pool deck area and while waiting for classes to begin. However the following are exceptions:

Exception: While Swimming/Participating in Aqua Fitness/ Swim Lessons

Q: Do I need to wear a mask in the locker room?

A: Face coverings should be worn at all times when inside the Y. Masks should be worn in the locker rooms and can be removed once in the shower but must be replaced before leaving the shower.

Q: Do I need to wear a mask for Outdoor Group Exercise classes?

A: The CDC recommends that **unvaccinated** people continue to wear their mask when outdoors with people from outside their households.

Q: Do children need to wear a mask?

A: The CDC states masks can be worn by children ages 2 and older. Parents should choose a well-fitting and comfortable mask or respirator that their child can wear properly. A poorly fitting or uncomfortable mask or respirator might be worn incorrectly or removed often, and that would reduce its intended benefits.

- If your child has a medical condition, such as a heart or lung problem, ask their healthcare provider before they use methods to improve mask fit or use an ASTM F3502 mask or a respirator.
- If your child has a hard time breathing, gets dizzy, or has other symptoms while you are trying to get the mask to fit better or when using an ASTM F3502 mask or a respirator, choose a cloth or disposable mask. They should continue to [protect themselves and others](#). Consult your healthcare provider if these symptoms do not resolve.

Q: Are there exemptions for those who can't wear a mask due to a medical condition?

A: If a medical condition prevents you from wearing a mask you should seek advice from your health care provider on mask exemptions & the steps you can take to protect yourself & others. We expect our members & program participants to communicate honestly with YMCA Staff about their mask

exemption status.

Q: Can I place my membership on hold during the high transmission period?

A: Yes, during the high transmission period Members can place their membership on hold for up to 90 days, with no fee to rejoin. One hold request per account. We are waiving the monthly \$10 hold fee. Annual memberships may request a time extension.

- To place your account on hold, please email billing@ymcacapecod.org
- Please note that any changes to your membership account must be done five business days before your next draft date. **The next draft date is Friday, May 13, 2022.**

Q: Can I cancel my membership?

A: Although we don't want to see you go, we know that these are challenging times. If you wish to end your membership, please email billing@ymcacapecod.org Please note that any changes to your membership account must be done five business days before your next draft date. **The next draft date is Friday, May 13, 2022.** Draft dates differ based on the date you selected. Please check your bank statement for draft dates. Please contact us if you have questions.

For additional questions not answered here, please e-mail Mark Thurman, Director of Operations at mthurman@ymcacapecod.org