

YMCA Cape Cod

COVID-19 Phase 3 Healthy Living Facilities Reopening Guidelines

What: Aqua Fitness Classes

Where: YMCA Cape Cod Large/Small Pool

When: Opening Monday, August 10, 2020 (Check the website for class details!)

On-line Registration Only Required (Sorry, no walk-ins or on-site registration):

1. Schedules and classes post online on Fridays for the upcoming week. Schedules are Sunday through Saturday. Visit YMCA Cape Cod website registration link: <https://ops1.operations.daxko.com/Online/3176/ProgramsV2/Home.mvc>
2. Login In
3. Select class *(Max wait list is 3)
4. Read and complete the class waiver
5. Click Register

Social Distancing:

- **Face coverings are required while in the Y building.**
Exception: While Swimming/Participating in Aqua Fitness. Masks must be worn between locker rooms and the pool area and while waiting for class to begin.
- Members & staff stay at least 6 feet apart when out of the water and 14 ft. apart during class participation. Signage and floor decals will assist in many areas.
- Place all personal items on a chair **in the wet corridor** between the adult locker rooms and pool entrance.
- Pool space will be set up in grid patterns. Large pool classes will be a maximum of 6 participants and small pool classes will be a maximum of 4 participants.
- Socially distanced benches are available to wait for class to begin.
- All areas have new maximum occupancy. Observe signs at all entrances to areas and abide by numbers.
Large Pool occupancy = 25 including staff and Small Pool occupancy = 11 including staff
- Please exit the YMCA facility immediately after your workout to eliminate social gatherings. New **SELF CHECK OUT!** Bring your card!



Hygiene Protocol:

- **Members are required to place used equipment in the "Not Sanitized" laundry basket after use.**
- **Staff are required to perform equipment cleaning during the day.** Deep cleaning in accordance with CDC guidelines will take place mid-day and overnight.
- Water fountains/bubblers are for **bottle refill only**. Read signage for how to use safely.



Equipment:

- Staff sanitized equipment will be available. Place used equipment in the laundry basket after use.
- No personal swim noodles, kick boards, or swim toys are permitted.



Locker Rooms/Showers:

- **Locker storage is closed.** Please store belongings in your vehicle or carry with you to store on a chair while swimming.
- Restrooms are open. Hairdryers have been removed. No fans are permitted indoors.
- **Showers for rinsing only** prior to swimming in the pool. Showering after exercise is strictly prohibited. Changing to clothing after swimming is permitted.

YMCA Cape Cod FAQ's

COVID-19 Phase 3 Healthy Living Wellness Center Reopening Guidelines

Q: How are you ensuring staff or members do not have COVID-19?

- A: While it is not possible to detect asymptomatic cases of COVID-19, we ask members, staff, and participants to **not enter** the premises if:
- a. you have tested positive and are in quarantine, or
 - b. you are in quarantine for contact with a positive case, or
 - c. you are symptomatic, ^{SEP}e.g., a fever of 100.0 degrees Fahrenheit or above, unusual coughing, shortness of breath, headaches, chills, shaking chills, sore throat, muscle aches or pains, new loss of taste or smell, or
 - d. you have felt feverish.

Q: What do I need to bring?

A: Water/Beverage, swimwear, swim cap, towel, face covering, & your smile!

Q: If I tested positive and am no longer in quarantine, am I allowed to come back to the facility?

A: Please follow your doctor's orders.

Q: What is the procedure if a member or program participant or staff tests positive for Covid-19 during Phase 3?

A: YMCA Cape Cod management will immediately report any positive cases or contact trace reported back to the YMCA and work closely with the Barnstable Department of Public Health to implement all DPH required protocols.

Q: What about Chemical Standards and Turnover in the pool? ^{SEP}

A: Water chemistry testing is in accordance with 105 CMR 435.30. In addition to meeting the minimum standards of 105 CMR 435.00, and to maintain safe swimming conditions, we will:

1. Increase frequency of water chemistry testing to a minimum of 6 times per day for all swimming, wading, and special purpose pools (small pool).
2. Do additional testing during peak bather load periods.
3. Increase pool-shocking frequency each week during hours of pool closure.

Q: I am visiting from another YMCA. May I participate?

A: Unfortunately, only YMCA Cape Cod members will be permitted during Phase 3.

Q: I would like a friend of mine to visit too. May I bring a guest?

A: Unfortunately, we are unable to welcome guests during Phase 3. If you have a friend interested in participating, signing up for a new membership online on the YMCA website is easy!

Q: What training is the YMCA providing staff about operating during COVID-19?

A: The YMCA Cape Cod trains all staff in federal, state, and local requirements. We have signed and posted our attestation to compliance with these protocols. Please see the main entrance vestibule signage or visit our website ymcacapecod.org to view our attestation.

*For additional questions not answered here, please e-mail Mike Merrill, CFO
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