

# YMCA Cape Cod

## COVID-19 Phase 3 Healthy Living Programs Reopening Guidelines

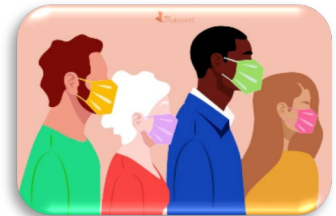
**What:** Outdoor Group Exercise Classes  
**Where:** YMCA Cape Cod Parking Lot Tent  
**When:** Starting the week of July 6th

### 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
4. Read and complete the class waiver
5. Click Register  
*\*Max registration 9 participants and 1 instructor (group size max is 10). Max wait list is 3.*

### Social Distancing:

- **Facemasks are required while entering and exiting the area and entering the Y building.** Facemasks are **not** required during class participation if 6 ft. social distancing is maintained.
- Instructors will take attendance and manage wait lists.
- The parking lot is marked out in 8-foot sections. Members stay at least 6 feet apart by staying within their designated 8-foot section.
- Please exit the exercise area immediately after class ends to eliminate social gatherings.



### Hygiene Protocol:

- Hand-sanitizer will be available near the exercise area.
- **Restrooms will be available for use.**
- **Participants will bring their own water/beverage.**
- We strongly encourage handwashing with soap and water as soon as possible after class.



### Inclement Weather:

- If it is raining, classes will be held unless extreme conditions do not permit.
- If it starts raining or active thunder and/or lightening during a class, the class will be canceled immediately, and members are asked to shelter in their vehicles.



### Equipment

- **Yoga/stretching mats must be provided by the participant.**
- Staff will disinfect equipment between classes.



## **YMCA Cape Cod FAQ's**

### **COVID-19 Phase 3 Healthy Living Programs Reopening Guidelines**

**Q: Do I need to wear a facemask while exercising?**

A: Per Massachusetts regulations masks are required while individuals are unable to keep a social distance of at least 6 feet apart. We ask that all members and staff wear a face covering while entering and exiting the exercise area. Masks may be removed during exercising, if members are able to keep at least 6 feet apart.

**Q: What do I need to bring to class?**

A: Water/Beverage, yoga mat for ground/floor exercise/stretching, facemask & your smile!

**Q: How do I restart my membership?**

A: Manage your account online here:

<https://ops1.operations.daxko.com/Online/login.aspx?returnUrl=%2fOnline%2f3176%2fProgramsV2%2fHome.mvc&id=6405a6d2-c7af-4b96-86a0-37503d00910d>.

Email us at [billing@ymcacapecod.org](mailto:billing@ymcacapecod.org) for assistance.

**Q: I am visiting from another YMCA. May I participate in the class?**

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

**Q: I would like a friend of mine to attend the class. May I bring a guest?**

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

**Q: Does this mean that you will no longer have virtual group exercise classes?**

A: We will continue to offer virtual group exercise classes as a part of our member benefits during Phase 1, 2 and 3.

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

A: The YMCA Cape Cod will train all staff in federal, state, and local requirements sign and post our attestation to compliance with these protocols. Please visit our website [ymcacapecod.org](http://ymcacapecod.org) to view our attestation.

*For additional questions not answered here, please e-mail Mike Merrill, CFO @ [mmerrill@ymcacapecod.org](mailto:mmerrill@ymcacapecod.org)*