

**YMCA Cape Cod  
COVID-19 Phase 3 Healthy Living Programs Reopening Guidelines**

**What:** Indoor Group Cycling Classes  
**Where:** YMCA Cape Cod Cycling Studio  
**When:** Starting Monday, July 13, 2020

**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 5 participants and 1 instructor (group size max is 6). Max wait list is 3.*

**Social Distancing:**

- **Face coverings are required while in the Y building.** Facemasks are **not** required during class participation (14ft. social distance between bikes).
- Instructors will take attendance and manage wait lists.
- Face coverings are worn until mounted on the bike and class begins. All cyclists must stay on their bike until all masks are able to be worn again by all participants in the class.
- All areas have new maximum occupancy. Cycling Studio Occupancy = 6, including staff. Observe signs at all entrances to areas and abide by numbers.
- 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 clean equipment after use.** Please indicate the "Sanitized" sign after use/cleaning and the "Not Sanitized" sign while using equipment. Sanitizing wipes will be available on each bike.
- **Staff are required to monitor member cleaning and perform deep 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.
- We strongly encourage handwashing with soap and water as soon as possible after class.
- Hand-sanitizer will be available in the exercise area.



**Equipment**

- Staff will also disinfect equipment between classes.
- **Indoor fans are strictly prohibited.**

**Locker Rooms/Showers:**

- **Locker storage is closed.** Please store belongings in your vehicle or carry with you.
- **Restrooms are open & Showers are for rinsing only** prior to swimming in the pool. Showering after exercise is strictly prohibited.

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

### **COVID-19 Phase 1 Healthy Living Programs Reopening Guidelines**

**Q: Do I need to wear a face covering 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 in the Y facility. Masks may be removed during exercising as the bikes are placed 14 ft. apart.

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

A: Water/Beverage, 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 1.

**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 1. 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 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)*