

# YMCA Cape Cod

## COVID-19 Phase 3 - Step 1 Healthy Living Facilities Reopening Guidelines

**What:** Swimming Lessons (Group & Private, Adult & Youth)

**Where:** YMCA Cape Cod Large/Small Pool

**When:** Starting Saturday, December 26th, 2020

### On-line Registration Preferred:

1. Schedules and classes for the session will be posted two weeks prior to the session start date. 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 Swim Lessons. Face Coverings 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 minimal contact during class participation. Signage and floor decals will assist in many areas.
- Place all personal items on a chair/bench **in the pool area**. No spectators will be permitted in the large pool.
- **UPDATED: One parent of pre-school swim lesson participants will be allowed to view the lesson in the small pool from the wet corridor outside of the men's and women's locker rooms. Please sit on socially distanced bench markings.**
- 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.
- **UPDATED: Large Pool occupancy = 27 including staff and Small Pool occupancy = 7 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. Self-check-out.



### 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.



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

### **COVID-19 Phase 3 - Step 1- 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, 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](http://ymcacapecod.org) to view our attestation.

*For additional questions not answered here, please e-mail Mark Thurman, Director of Operations at [mthurman@ymcacapecod.org](mailto:mthurman@ymcacapecod.org).*