

YMCA Cape Cod

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

What: Large Pool Lap Swimming
Where: YMCA Cape Cod
When: Starting Saturday, December 26th, 2020

Activate My Membership:

1. On Hold or recently terminated? E-mail billing@ymcacapecod.org
2. Sign our updated waiver upon entering.
3. Avoid the line manage account on-line:
https://ops1.operations.daxko.com/online/3176/Security/login.mvc/find_account
4. New Member? Join online @ <https://ymcacapecod.org/join/>

Social Distancing:

- **Face coverings are required while in the Y building.**
Exception: While Swimming
- Members & staff stay at least 6 feet apart. Signage and floor decals will assist in many areas.
- Place all personal items on a chair at the shallow end lane you will be swimming in.
- Lanes will be limited to 2 swimmers per lane or 4 swimmers per lane when circle swimming.
- **UPDATED: Time limit in the water should not exceed 30 minutes during peak hours** and 60 minutes during normal hours.
****Not all lanes may be available due to aquatic fitness classes, swim lessons or swim team practice.*
- Socially distanced benches are available to wait for lane availability.
- Please exit the YMCA facility immediately after your workout to eliminate social gatherings. Self-check-out!
- **UPDATED: Large Pool occupancy = 27 including staff.** Observe signs at all entrances to areas and abide by numbers.



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

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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, coast guard approved personal flotation device, goggles, & 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? ISEPP

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 Mark Thurman, Director of Operations at mthurman@ymcacapecod.org.