

# YMCA Cape Cod

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

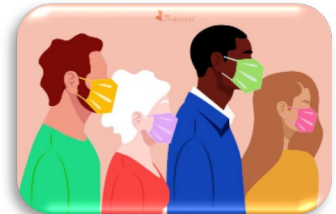
**What:** Youth Sports - Karate  
**Where:** YMCA Cape Cod Parking Lot Tent  
**When:** Starting August 15, 2020

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

1. Classes will post online according to session calendar. 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 10 participants and 1 instructor (group size max is 11). 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

- **Participants will be issued disinfected equipment by the instructor.** The instructor will disinfect equipment after class.
- 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, karate gi, 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: Will there be participant to participant contact during instruction?**

A: Participants will not be permitted to make physical contact with other participants or the instructor during COVID-19 protocols.

**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.

**Q: Can parents/spectators observe class?**

A: Spectators may observe class. Spectators must wear masks, maintain 6 ft. social distance, and a maximum of 25 people may observe. Seating will not be provided; however spectators may bring their own folding chairs. Seating must be arranged 6 ft. apart and not be placed in the walkway or drive pathway (grass area or seashell islands).

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