

YMCA Cape Cod

COVID-19 Phase 3, Step 1 Healthy Living Programs Reopening Guidelines

- What:** Group Exercise Classes
- Where:** YMCA Cape Cod – Parking Lot or Cape Cod Room
- When:** Starting Saturday, December 26th, 2020

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

1. Schedules and classes are posted online. Schedules run monthly. Registration opens the last week of the month. 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 11 participants and 1 instructor (group size max is 12). Max wait list is 3.*

Social Distancing:

- **UPDATED: Face coverings are required during indoor and outdoor classes.**
- Instructors will take attendance and manage wait lists.
- **UPDATED: Indoor classes will be marked out in 14-foot sections. Outdoor classes will be marked out in 10-foot sections. Members stay distanced by staying in their designated 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 or snowing classes will be held inside.
- **UPDATED: If the current temperature is below 32 degrees including wind chill, classes will be held inside in the Cape Cod Room.**
- If it starts to rain, snow, freezing rain or active thunder and/or lightning during a class, the class will be moved inside immediately.
- Classes are subject to change based on ever-changing weather conditions.

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, Step 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. **Face coverings are required during indoor and outdoor classes.**



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 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 to view our attestation.

For additional questions not answered here, please e-mail Mark Thurman, Director of Operations at mthurman@ymcacapecod.org