

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

What: Indoor Group Cycling Classes
Where: YMCA Cape Cod Cycling Studio
When: Starting Saturday, December 26th, 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 3 participants and 1 instructor (group size max is 4). Max wait list is 3.*

Social Distancing:

- **Face coverings are required while in the Y building.**
- **UPDATED Facemasks are required during class participation.**
- Instructors will take attendance and manage wait lists.
- All areas have new maximum occupancy.
 - **Cycling Studio Occupancy = 4**, 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-checkout when you exit the building



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.**

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 face coverings are required. We ask that all members and staff wear a face covering while in the Y facility.

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 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 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