

YMCA Cape Cod

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

What: Locker Rooms and Showers
Where: YMCA Cape Cod
When: Starting Monday, 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:

- **UPDATED: Face coverings are required while in the Y building.**
- **UPDATED: Face covering can be removed once in the shower but must be replaced before leaving the shower.**
- Members & staff stay at least 6 feet apart. Signage and floor decals will assist in many areas.
- Please exit the YMCA facility immediately after your workout to eliminate social gatherings.
- Don't forget to SELF CHECK OUT!
- **UPDATED (25%) Occupancy Men's and Women's Occupancy = 5, Boys = 4, Girls = 3, and Family occupancy = 2.** Observe signs at all entrances to areas and abide by numbers.



Hygiene Protocol:

- Staff are required to perform locker room 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.



Locker Rooms/Showers:

- **Locker storage is closed.** Please store belongings in your vehicle or carry with you to store on a chair while exercising.
- **UPDATED: Clothing/belongings left in the locker rooms by members will be gathered into a laundry basket and brought to the front desk for member retrieval. Members MUST keep their belongings in the area of the Y that they are currently in.**
- Restrooms are open. Hairdryers have been removed. No fans are permitted indoors.
- **UPDATED: Showering after exercising is permitted. Changing after exercising is permitted.** Members are required to take a rinsing shower prior to entering the pool.

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: Toiletries, towel, and clothing.

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: 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.