

# YMCA Cape Cod

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

**What:** Wellness Center Strength & Cardio Equipment

**Where:** YMCA Cape Cod

**When:** Starting Saturday, December 26<sup>th</sup>, 2020

### Activate My Membership:

1. On Hold or recently terminated? E-mail [billing@ymcacapecod.org](mailto: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](https://ops1.operations.daxko.com/online/3176/Security/login.mvc/find_account)
4. New Member? Join online @ <https://ymcacapecod.org/join/>

### Social Distancing:

- **UPDATD: Face coverings are required while in the Y building.**
- 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. Self-check-out on exit.
- **UPDATED: Wellness Center Total Occupancy = 26, including staff.**
- **UPDATED: Free Weight Area Occupancy = 5**
- Observe signs at all entrances to areas and abide by numbers.



### 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 piece of cardio and circuit equipment and abundantly available in the free weight area.
- **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 exercising.
- Hand-sanitizer will be available throughout the wellness area.



### Equipment:

- Some duplicated equipment has been removed to ensure deep cleaning can be performed in time.
- Time Limit on Cardio Equipment should not exceed 30 minutes.
- **CARDIO EQUIPMENT OPEN:** 4 Treadmills, 1 Upright Bike, 1 ARC Trainer, 1 Spin Bike, 2 Recumbent Bikes, & 1 UBE.
- Indoor fans are strictly prohibited.



## **YMCA Cape Cod FAQ's**

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

**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, <sup>SEP</sup>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: Do I need to wear a face covering while exercising?**

A: Per Massachusetts regulations, face coverings are required in fitness businesses, in all areas.

**Q: What do I need to bring?**

A: Water/Beverage, prefer members bring their own yoga mat for ground/floor exercise/stretching, 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: Will personal trainers be available?**

A: We are actively working on re-staffing our services. Please inquire at the member service desk for up to date information about our personal trainers.

**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](http://ymcacapecod.org) to view our attestation.

*For additional questions not answered here, please e-mail Mark Thurman, Director of Operations at [mthurman@ymcacapecod.org](mailto:mthurman@ymcacapecod.org).*