

YMCA Health, Fitness & Aquatics **Phase 3** Policy and Procedures



We are excited to be launching our Phase 3 of reopening on Monday September 14. **Things look different than before.** We are confident these Policies and Procedures align with Government Public Health and our Sector Guidelines. We have been practising them all summer. You will be happy to hear, that although there are rules, most members comment that "It is Easy to workout" or "It's very normal being back"... "it's one of the cleanest spots in town".

Safety and Health of all is our top priority. The YMCA is striving to stay open as a safe place for people to enjoy with families and friends. We are safe, we remain fun and we remain fiscally responsible during these challenging times. We need your support, we need your membership and we welcome you all, 7 days a week.

We know that this is a lot to take in, but the rules are there to keep us protected. Have a read through, and if you're not sure, give us a shout, or come in and our friendly staff and volunteers will walk you through it.

Phase 3 Pool Policy:

For COVID-19 Safety the number of people in the pool area needs to be controlled at 34 maximum. **Therefore spectators are not permitted in the pool area with the exception of Persons who require assistance (small children and those with a disability).** Persons requiring assistance can have maximum 1 assistant/parent/guardian join them on deck. All assistants/spectators must use physical distancing and wear a mask the entire time they are in the pool area. Men's and Women's Locker rooms are closed daily from 1:30-3:45pm for deep cleaning. Please use Universal Locker room between 1:30pm to 3:45pm. **There is no longer a pool viewing area due to Physical Distancing. Masks are to be worn at all times in the YMCA except when exercising or swimming.**

Phase 3 Pool Procedures

1. Enter the building through the back door. A friendly greeter takes everyone's temperature & completes your My Y App Check in (for Drop in Aqua Fit, Lane Swim and Family Swim).
2. Scan Membership Card at Access.
3. Swimmers and parents meet the Deck Supervisor at the emergency exit by the board room. They line up in the hallway of the Wellness Centre Lobby to wait to get signed in by deck supervisor.
4. Swimmers (and one parent/guardian for children under the age of 8, or those with special considerations) enter the pool and find their instructor. **All Adults over age 16 must have Photo ID Ready and show the deck supervisor.**
5. It is ideal that each child comes ready to swim. However, we can anticipate that some will forget. They can change in the family room if needed. Parents can go around through the YMCA Hallway and meet their child in the Locker room (no crossing through the pool deck).
6. Each instructor will be placed around the pool deck with a sign for their level.
7. If a parent/guardian stays, they must wear a mask their entire visit and sit 6 feet apart from others, on the pre-determined marked seating. All belongings will be kept on deck.
8. If there is no parent, the swimmer can keep their belongings on deck at one of the marked seating locations.
9. When the lesson is over, children with parents will change & shower in the Locker room.
10. Children without parents will change in the family room or locker room of their gender identity where comfortable. They may also shower on deck. These children are 8 years +. Parents can go around through the YMCA Hallway and meet their child in the Locker room (no crossing through the pool deck).
11. Children and parents will exit via the main YMCA Hallway and will not go back into the pool area.
12. Parents will sign the children in and out to pool by the Emergency exit in PCWC main Hallway. Parent will then go around through the YMCA and meet their child in the Locker room. Parents can also choose to permit their child to sign themselves in & out (over age 8 & dependant on child maturity).



Phase 3 Program; Youth and Adult Fitness & Recreation Policy

For COVID-19 safety, **Showers and Locker rooms are reserved for Pool users only** with the exception of lunch time and before work fitness users only who are not able to shower at home. The majority of members attending Gymnasium programs or the Fitness Centre upstairs are not permitted to use the Locker rooms or Showers due to space limitations recommended by Government Public Health Guidelines. Men's and Women's Locker rooms are closed daily from 1:30-3:45pm for deep cleaning. Please use Universal Locker room between 1:30pm to 3:45pm.

YMCA will have mats in the Gymnasium and Fitness Centre to identify where members can place their belonging and shoes. **No spectators are permitted in the Gymnasium** except those who require assistance due to a disability; max 1 assistant. **No Gathering before programs in hallways is permitted**; do not arrive earlier than 2 minutes before your program and go directly into your program. . Masks are to be worn at all times in the YMCA except when exercising or swimming.

Phase 3 Program; Youth, Fitness and Recreation Program Procedures

Open Gym and Class Logistics:

- Members will have temperature taken at station and sign in here for class/open gym; My Y App Check in.
- Members will scan card at membership desk.
- Will enter gym through doors across from family room. Please wipe feet and remove shoes here. Chairs will be placed here for those that need to sit to change shoes.
- Green mats (26) will be placed along gym end wall to place outdoor shoes and bags on. This replaces locker access.
- Members will use the universal/family washroom.
- Masks must be worn and only removed once participant in workout space.
- No Gathering before programs in hallways is permitted; do not arrive earlier than 2 minutes before your program and go directly into your program.
- **No spectators are permitted in the Gymnasium** except those who require assistance due to a disability; max 1 assistant.

Fitness Floor

- Members will have temperature taken at station and complete My Y App check in.
- Members will scan card at membership desk
- Members will proceed upstairs via the Wellness Center stairs across from the membership service
- Outdoor footwear must be changed before entering the fitness floor at the landing.
- Pick up sanitizer bottle and cloth at fitness floor desk and use to clean equipment after each use.
- Green mats will placed in studio and throughout fitness floor to place belongings on during workout. This replaces locker access.
- Participants have access to washrooms in Wellness Center hallway.
- Masks must be worn into the Fitness Centre but not required while working out.
- Place used cloths in pail at entrance and bottles on lower part of fitness floor desk
- Exit through Wellness Center.