



Dear Valued Members, Participants and Guests of the YMCA,

The YMCA would like to take this opportunity to thank our members, participants, staff, and volunteers for their commitment to the health and safety of our community over the past several months. On October 4th, we go into Phase 5 of the Province of Nova Scotia Reopening plan and will be making the following changes to YMCA Operations:

- **Proof of fully Vaccinated or approved exemption** required for anyone coming into the Y as per the definition provided by the Province of Nova Scotia;
<https://novascotia.ca/coronavirus/docs/COVID-19-Protocol-for-proof-full-vaccination-events-activities-en.pdf>
- Y members and non-members **no longer need to use the My Y App to book into** the Fitness Centre/Weight-room, Open Gymnasium or pool Open exercise
- Y members will **continue to book in the My Y App for everything else** (all classes, lane swim, family swim, Tri Club, Pickleball, etc.) we will continue to monitor and start to increase numbers; **watch in the App for changes.**
- **Opening on Monday October 4th**; Steam Room, water fountains, hair dryers, plus all equipment that has been closed for distancing; cardio equipment and all sinks/showers/toilets.
- We are asking members to continue to voluntarily use physical distancing in the hallways & stairwells where possible. We will continue to monitor and adjust based on the Health and Safety of all members, participants, volunteers and staff.
- **Masks** will continue to be mandatory inside the YMCA except when exercising or swimming in a pool.

If you have any questions or concerns, do not hesitate to email us at pic-front.desk@pcymca.ca

We appreciate your cooperation as we continue to navigate this together. Please stay healthy and safe, and we look forward to seeing you soon.

Lori Morison
Centre Manager

Tammy Goodwin
Executive Director