



Phase 3 Information for Members, Effective September 8th, 2020

The YMCA: Clean, Healthy, and Safe

We're excited to welcome you back to the Y. We will have a phased approach to reopening, which will allow us to keep our facility clean and safe. Our plan for Fall is outlined below barring any unforeseen circumstances.

The Y has capacity restrictions to help ensure social distancing between members and participants. Beginning September 8th, a reservation system will be in place and strongly encouraged for the following areas. These areas include:

- Wellness Center (Cardio and Cybex Equipment)
- Strength Room
- Group Exercise Classes (Studio and Aquatics)
- Kid Zone
- Gym – No contact games between non-household members
- Pool

Please make a reservation for these areas before visiting the Y. Reservations can be made by visiting the YMCA's website at: www.ymcaitasca.org. Hover over the COVID-19 tab and select "Reserve Your Appointment".

YMCA Hours:

Monday-Friday, 5:00am-9:00pm
Saturday, 7:00am-3:00pm
Sunday, Closed

YMCA hours have been adjusted to help ensure the sanitization of all areas of the facility on a routine basis.

What Y Services Are Available?

- Wellness Center. Ages 14 and older, and youth 12-13 who have completed the wellness center orientation.
- Strength Room
- Studio C (strength equipment has been placed in this room; cycles have been moved.)
- Running/Walking Track
- Open gym use for individual or same household play

- Indoor Pickleball
- Racquetball courts for individual or same household play
- Pool and Whirlpool
- Locker Rooms
- Group Exercise Classes (in Studio and Pool)
- Virtual Group Exercise Classes
- Personal Training
- Kids Zone
- Swim Lessons
- Youth Sports
- Early Child Care Programming
- School Age Programming
- Outdoor Courts
- Outdoor Track

Which Services Are Unavailable?

- Saunas
- Coffee, snacks and vending

Keep Yourself and Others Safe

- Keep your distance. Stay at least six feet away from others whenever possible
- Use hand sanitizer upon entering the facility
- Wear your masks. Masks are required by the state of Minnesota, except when exercising.
- Make a reservation in advance before visiting the Y
- Utilize the YMCA's online registration system for youth sports and swimming lessons
- Wipe down equipment before and after each use
- Stay home if you are sick
- Please shower and change at home if possible

What Should I Bring

- Please bring a mask and a water bottle. Water fountains will be available for bottle refills only.
- Masks are required when inside the facility, except when exercising

Self Screening

The east entrance will be utilized for all members. Please complete the following Self-Assessment questions before you visit the YMCA:

1. *Have you been in close contact with someone under investigation for, or with a confirmed current case of coronavirus in the last week without personal protective equipment?*
2. *Have you traveled outside of the continent during the last 14 days?*
3. *Have you or a family member been instructed to self-quarantine in the last week?*
4. *Are you currently experiencing any symptoms of illness? If yes, are any of the symptoms shortness of breath, cough, fever, chills, sore throat, headache, loss of smell or taste?*

5. *Do you have a temperature of 100.4 degrees or higher? A thermometer is available here if you haven't checked your temperature at home.*

Please **do not** visit the YMCA if you answer "YES" to any of the Self-Assessment questions and contact your health care provider. Please verify for the YMCA Membership Desk that you have completed the Self-Assessment.

Please consider postponing your visit if you are of "high risk". See: www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html

Active Living Center

The Active Living Center is operated in partnership with ElderCircle. The ALC follows Minnesota Department of Health and CDC guidance for Restaurants and Events.

- Hours are 9:00am to 1:00pm and 3:00-6:00pm, Monday through Friday
- Capacity is limited to 10 tables that sit 2 - 4 people each for a total of 24 people.
- Tables and chairs are spaced to promote social distancing. Please do not move tables and chairs.
- Seating is first come first serve. See the staff to secure a table. Please limit use to 60 minutes when others are waiting.
- Please use hand sanitizer.
- No cards, games or puzzles are allowed.
- Masks are required unless you are eating or drinking.
- If you are in in an "at risk category" for COVID-19, please consider postponing your visit.

Outdoor Courts

The Outdoor Courts are operated in partnership with the Itasca County Pickleball Association and Grand Rapids Area Basketball Association. Please make a reservation before visiting the Outdoor Courts. Reservations for the Outdoor Courts can be made here: <https://ymcaitasca.org/outdoor-courts>

Disclaimer

Our YMCA facilities have extra precautions, both cleaning procedures and increased spacing, in place to protect the health of our members.

State authorities recommend social distancing as a means to prevent the spread of COVID-19, an extremely contagious virus that spreads through person-to-person contact.

Please be aware that accessing our YMCA facilities could increase risk of contracting COVID-19.