



MIAMI COUNTY YMCA Reopening Plan Update

Effective October 1, 2020



**DETERMINED
TO SERVE**

Governor's Stage 5.0

(Effective through October 17, unless extended)

- **Mask up:** Governor Holcomb's Executive Order requiring face coverings for all individuals 8 years and older in public indoor spaces is **still in place.**
- Most **businesses can resume "normal operations"** if distancing and disinfection protocols are still in place.
- **Events of over 500** participants are required to submit a virus containment plan.
- **Maintained status quo** for most other parts of Stage 4.5.





- **Face coverings will be required** for **all individuals 8 years and older** in the **public spaces** of the YMCA facility, including:
 - Front and back entryways
 - Lobby and front desk
 - Hallways, stairways, and bathrooms
- One-time use **masks are available** for purchase (\$1.00 ea.) at the Front Desk
- **Fitness Centers, Group Exercise, Gymnasium:**
 - Face coverings not required if actively exercising or during brief periods of recovery between exercises.
 - Exercise is defined as at least one of the following:
 - Working on a machine (cardio, strength or free weight)
 - Performing body weight exercise or working with freestanding equipment
 - Attending group exercise classes or sports activities.
 - Recovery is defined as approximately 2 minutes after exercise.
 - Face coverings required during extended rest/and or stretching periods.



- **Child Watch for Members:** Face coverings will be required for all individuals 8 years and older.
- **Non-public areas of the Y:** Face coverings will not be required in areas not normally available to the public such as staff offices, child care program spaces, and maintenance areas.
- **Y Transit:** All individuals age 8 and older will be required to wear face coverings while using Y Transit.
- **End date:** Governor Holcomb's order is in effect **through October 17**, unless extended.

MIAMI COUNTY YMCA

What's **OPEN** & What's **NOT**

- **Facility Hours:**

- Mon.-Thu. 5am-**9pm**
- Fri. 5am-8pm
- Sat. 9am-**4pm**
- Sun. Closed

- **NOW OPEN** for:

- **ALL** Miami County YMCA members of all ages (regular restrictions apply)
- **Local** Day passes & Class passes



MIAMI COUNTY YMCA

What's **OPEN** & What's **NOT**

- **STILL OPEN:**

- All 3 **Fitness Centers** for individual workouts
- **Group Exercise** (limited by room capacity to allow for distancing)
- **Racquetball**—must bring your own equipment
- **Volleyball**
- **Y Transit** for travel & meal delivery
- Online workouts **through YMCA360**
- Preschool & School Age **Child Care & Summer Day Camp** (with additional guidelines)
- Pool for **Lap Swim**
- **Locker Rooms**—Women's, Men's, and Family

MIAMI COUNTY YMCA

What's **OPEN** & What's **NOT**

- **STARTING Monday, October 5:**
 - **Welcoming back ALL ages**
 - Regular restrictions apply
 - Local Y members, day pass users, and class pass users
 - **Opening Youth Boys and Girls locker rooms**
 - **Adding Open Swim and Open Gym times**
 - Open Swim:
 - Mon.-Fri., 3:30-5:30pm
 - Mon., Wed., Fri., 6:30-8pm
 - Sat. Noon-3pm
 - Open Gym (half of the gym)
 - Regular age restrictions apply
 - Bring your own equipment—basketballs will NOT be provided

MIAMI COUNTY YMCA

What's **OPEN** & What's **NOT**

- **STARTING Monday, October 12:**
 - **Youth Center open** Mon.–Wed., 4–8pm
 - **Expanding Child Watch hours:**
 - Mon. & Wed 9am–Noon; 5–8pm
 - Tue. & Thu. 9am–Noon; 5–7:30pm
 - Fri. 9am–Noon
 - **No appointment necessary**

MIAMI COUNTY YMCA

What's **OPEN** & What's **NOT**

- **STILL CLOSED:**

- **Hot tubs, saunas, steam room**
- Use by **outside groups** for meetings and events
- **Shower Towels**—bring your own
- **Gym equipment** (e.g. basketballs)—bring your own
- **Other YMCA member reciprocity** and non-local day passes

**not yet
available**

5 Rules for Entry

1. KEEP your DISTANCE.

- Please **maintain** at least **6 feet** between you and others who are not part of your household.
- **Personal items** like gym bags, water bottles, towels, etc. should be **kept separate** from others as much as possible.



5 Rules for Entry

2. **WASH** your **HANDS** (a LOT).

- 20 seconds of **soap and water** or applying hand sanitizer **will STOP most germs** and viruses including COVID-19 from lingering.
- Along with **NOT TOUCHING YOUR FACE**, frequent handwashing significantly **reduces** your chances of **infection**.



5 Rules for Entry

- **3. MASK UP.**

- Per Governor Holcomb's Executive Order, face coverings will be required for **all individuals 8 years** and older in public indoor spaces, unless exercising.
- PLEASE **COVER your COUGH** or sneeze regardless of distancing.



5 Rules for Entry

4. **STAY HOME** if you're **SICK**.

- If you are **exhibiting symptoms** at the Y, we will ask you to **submit to a health screen**, including a temperature check.
- We will ask **staff and members who do not pass** to go home and **not return until fever free** for at least 72 hours.



5 Rules for Entry

5. KNOW YOUR personal RISKS.

- People **age 65 or older** and/or those with weakened immune systems, heart or respiratory issues, or other **risk factors** should **STRONGLY CONSIDER WAITING** to come back to the Y until the virus has subsided.
- While we have more than DOUBLED our normal cleaning and disinfection, **we CANNOT GUARANTEE a germ-free environment.**

NOTICE

**USE AT
YOUR
OWN RISK**

Continued Cleaning & Disinfection

- **Hand sanitizer available** for Members and Staff throughout the building
- **Plexiglas barriers installed** at Front Desk and Kitchen
- Face coverings **available for employees** (as needed)
- Program & exercise **equipment disinfected** between each use



Continued Special Considerations for Summer Child Care & Camp

- Participants **will complete a Daily Health screen** BEFORE admittance, including a temperature check
- **Drop off/pick up** will be at a **separate entrance**
- Non-essential **visitors** (including parents) will **not be admitted**
- **Isolation room** has been designated for participants who become ill during the program

Continued Special Considerations for Summer Child Care & Camp

- **Hand washing/hand sanitizer** between activities
- **Individual program supplies** (e.g. crayons) for each participant
- Group program **equipment disinfected between uses**
- Emphasis on **OUTDOOR** activities **as much as possible**
- **Teach and model** good health habits (e.g. cover cough, avoid touching face, etc.)



Responding to a Positive Case

- Positive cases with Y exposure will be reported to the Y by the **local or state Health Department**
- We will **help** with Contact Tracing, **as directed by Health Officials:**
 - **Identify** exposure to people in **vulnerable** demographic groups
 - **Communicate** with affected participants and staff **as directed by health officials**
 - **Maintain confidentiality** of personal health information
- Likely areas of exposure will be **deep cleaned and disinfected**
- **Expect some** program & service **interruptions**



THANK YOU for your support and cooperation—we could not have reopened without your help.



**DETERMINED
TO SERVE**