



MIAMI COUNTY YMCA Reopening Plan

Rules & Guidelines for Reopening
(For Members & Staff, released May 20, 2020)



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TO SERVE**

PLEASE NOTE:

- The following **guidelines** have been developed **based on the best and most current** information from the following sources:
 - Miami County Department of Health
 - Indiana’s “Back on Track” Plan for Office, Retail, Fitness Center, and Playground settings
 - Indiana State Department of Health
 - Indiana Family & Social Services Administration
 - Indiana Department of Mental Health and Addiction
 - Mental Health of America
 - U.S. Centers for Disease Control
 - YMCA of the USA
 - Indiana Alliance of YMCAs
 - American Camping Association



PLEASE NOTE:

- **Direct input, review, and approval** for the Miami County YMCA's Reopening Plan has been **provided by:**
 - The Miami County **Health Officer**
 - Miami County YMCA **Executive Committee**
 - Miami County YMCA **Staff Leadership Team**
- **Changes** to the plan **may occur without notice** due to new information from local, state, or national sources

Guiding Principles

- **The Y is UNIQUE**—it doesn't fit into a single category
 - We applied corresponding **guidelines by AREA** (Office, Retail, Fitness Center, & Playground) and/or activity
- **Staff and members** can (and will) be **held to a higher standard** for monitoring personal health
- A **balance between infection control** and meeting increasing **community needs** for child care, mental wellness, and physical health must be sought
 - Mental Health America **hotline calls** have nearly **doubled for high risk**; nearly **tripled for referrals**
 - National **Sexual Assault hotline** (RAINN) reports that **50% or more** of callers are **under age 18**—the first time in its history

Guiding Principles

- There are **limits to our capacity** to achieve standards
 - We are limiting activities and services so that elevated cleaning and disinfection standards can be met and sustained
- **Effective practices are better** than “best practices”
- **Other** YMCA health & **safety concerns** must also be maintained
 - **Emergency response** (e.g. water rescue) and other safety standards **CANNOT be compromised** due to any COVID-19 specific modifications

Y Phase 1 (5/26-6/13)

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

- **Facility Hours:**

- Mon.-Fri. 5am-8pm
- Sat. 9am-3pm
- Sun. Closed

- **OPEN** only for **Miami County YMCA members ages 16 or older**

- **Day passes, class passes, and Y reciprocity access will not be available**



Y Phase 1 (5/26-6/13)

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

- **OPEN:**

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

Y Phase 1 (5/26-6/13)

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

- **CLOSED:**

- **Boys and Girls** Locker Rooms
- **Hot tubs, saunas, steam room**
- **Team sports**—indoor and outdoor
- Senior oriented programs (e.g. **Silver Sneakers, Water exercise** classes)
- “**Open**” **gym and pool** activities for youth and adults (e.g. open basketball)
- Use by **outside groups** for meetings and events
- Drop in **Child Watch/nursery**
- **Shower Towels**—bring your own

**not yet
available**

5 Rules for Reopening

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 Reopening

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 Reopening

3. DON'T COUGH on OTHERS.

- **Face coverings** will **not** be **required** for members or staff if **6' distancing is maintained.**
- **PLEASE COVER your COUGH** or sneeze regardless of distancing.



5 Rules for Reopening

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 Reopening

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**

Additional Cleaning & Disinfection

Y Phase 1 (5/26-6/13)

- **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



Additional Cleaning & Disinfection

Y Phase 1 (5/26-6/13)

- Fitness Centers **disinfected twice/day**
- Locker rooms & bathrooms **disinfected twice/day**
- Staff areas **disinfected between shifts** or as usage requires
- Frequently touched surfaces **disinfected once/hour**
 - Handles, stair rails, vending machines, water fountains, counters, tables, chairs, etc.

Special Considerations for Child Care

- Participants and staff **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
- Due to daily health screens, **face coverings** will **not be required** for participants or staff

Special Considerations for Child Care

- Implementing “Cohort distancing” to **minimize interaction** between groups
- **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.)
- Out of town **field trips suspended** through July 4



Additional Guidelines for Staff

- Complete **daily health screen** (including temperature check)
 - Staff who are ill or become ill will be sent home
- **Hand washing/hand sanitizer** used between activities, shift changes, and other interactions
- **6' distancing required** in all member areas
- Face covering or sneeze barrier required in member areas when **unable to achieve distancing**
 - Exceptions:
 - Interacting with a health-screened individual (e.g. another employee, day camper, etc.)
 - Safety concerns (water rescue, major injury, heat exhaustion, ability to warn of danger, aggravated chronic health condition, 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**

Questions to be consider when deciding what happens next

- What are the **current physical and mental health trends** in Miami County?
- What **changes in guidelines** (more or less restrictive) have been **made by** state or local **health officials**?
- How well **did we maintain** Phase 1 cleaning and disinfection **protocols**?
- How well **did our members and staff follow** the **5 Rules for Reopening**?
- What are the **current community needs** for additional programming and services?
- How much **capacity** do we have **for additional activities**?

What Happens Next?

- **Decisions** regarding any changes to these requirements and the addition of other programs and services **will be announced:**
 - By **June 10** for Y Phase 2 (June 14–July 3)
 - By **July 1** for Y Phase 3 (July 4 and after)
- **Questions, comments, or concerns:**
 - **Jenny Rhodes**, Operations Director:
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 - **Mark Demchak**, Executive Director:
mdemchak@mcymca.org





THANK YOU for your support, and
we look forward to saying
“WELCOME BACK!” to you in the
coming weeks.



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TO SERVE**