



RE-OPENING PLAN

**Comprehensive Plan
Sidney-Shelby Co YMCA**

TABLE OF CONTENTS

HOURS OF OPERATION	3
ALLOWABLE OCCUPANCY	3
STAFF GENERAL GUIDELINES.....	3
MEMBER GENERAL GUIDELINES.....	3
ENTERING THE BUILDING.....	4
WELCOME CENTER.....	4
LOBBY.....	4
WELLNESS CENTER AND FUNCTIONAL TRAINING ROOM.....	5
GROUP X CLASSES	5
SPIN ROOM	5
PERSONAL TRAINING.....	5
INDOOR TRACK.....	5
LOCKER ROOMS.....	6
SAUNAS & STEAM ROOMS	6
AQUATICS	6
YOUTH CENTER	6
CHILD WATCH	6
FUN CENTER.....	6
CONFERENCE ROOMS.....	6
WEST GYM.....	6
SCHAUER GYM.....	6
RAQUETBALL court	7
KINETICS	7
CHILD DEVELOPMENT CENTER	7
DRINKING FOUNTAINS	7
BATHROOMS	7
YOUTH SPORTS	7

HOURS OF OPERATION

- Monday – Friday: 5:00am – 9:00pm
- Saturday: 8:00am – 5:00pm
- Sunday CLOSED

Child Development Center Hours

- Monday – Friday 5:00 AM – 6:00 PM
- Closed Saturday and Sunday

ALLOWABLE OCCUPANCY

Limited to 500 people in the building at one time

STAFF GENERAL GUIDELINES

- Sick employees are required to stay home until they are free of fever or symptoms (without the use of medication) for at least 72 hours (three full days) AND symptoms have improved for at least 72 hours AND at least seven days have passed since symptoms first began.
- All Staff must enter building wearing a face covering and must wear a face covering while in the building.
- Staff will clock in on personal device. If necessary, use clock in computer after sanitizing before and after.
- Staff will wash their hands with soap and water before their shift.
- Staff will disinfect workstation and equipment prior to shift and at end of shift

MEMBER GENERAL GUIDELINES

- Members and staff will be required to follow the Social Distancing protocol set by the Center for Disease Control, by maintaining 6 feet of separation from each other.
 - It is highly recommended that all members use proper Personal Protective Equipment in public. Examples include gloves, face coverings, etc.
 - We ask to please place disinfectant bottles back in their respective spot and not in the trash can. If the spray bottle is almost (or completely) empty, please notify a staff member immediately.
- Members ages 13 and under MUST always be accompanied by an adult.
- Avoid People Congregating in one area.
- Limited to 500 people in the building at one time.
- Temperature checks will be done for staff and members upon entering the building.
- Signs to encourage Etiquette (covering sneezing/coughing and wash/sanitize hands) will be placed throughout the building.
- Capacity Limits will be posted in each room/space.
- Sanitation stations made available throughout the facility for everyone to use after touching any surface.

ENTERING THE BUILDING

- All members will be required to enter the Y Facility through the front handicap accessible doors designated as “number 2” (they are located just right of the main front door entrance). Both parking lot side doors (East and West) will be closed during this period
- Upon entering members will be required to use hand-sanitizer and a staff member will be taking all members temperature at a special designated area in the lobby.
 - Members with a temperature of 100.4 degrees or higher will not be permitted into the facility.
- If a member has a fever of 100.4 degrees or higher, they will discreetly be given a note stating their temperature and the date they will be allowed back into the facility.
- Hand Sanitizing Dispensers will be located at Main Entrance and Lobby.
- Signage will be placed at the entrance (Virus Prevention and Action Plan)
- Members must follow the floor markings to go directly to the check in area.
- Signs on the floor will designate where all members will need to stand 6 feet apart while waiting to be scanned.
- Door at Welcome Center #2 will remain open to allow for a touchless entry.
 - Due to limited capacity, no member guests or guest passes will be allowed.

WELCOME CENTER

- In an effort to minimize hand-to-hand transactions, the following procedures will be in place:
 - Self-scanning for member access – Members MUST have their membership card to enter. If members do not have their cards, they can purchase a new one for \$3.
 - No Cash/Check Payments – Please use online, EFT on file, Credit Card.
- Exceptions can be made if necessary, using extra precautions.
 - Hard copies of flyers will be limited, members are encouraged to take pictures of those in the lobby, or visit the Y’s website
 - Forms needing to be completed are encouraged to be done on-line or with the assistance of a Welcome Center Staff Member
- Staff will wipe down and sanitize every 60 minutes or at shift change.
 - computers, phones, equipment, counters, tables, and chairs
- Sneeze Guard Barriers have been installed at Welcome Center Stations 1 and 2.
- Welcome Center computers have been moved so that we can allow our staff to work and keep a 6 ft distance. These guards also provide appropriate protection and distancing when dealing with our members.
- Equipment typically available for being checked out such as basketballs, racquetball racquets, locks etc. will not be available.
- Members will be required to bring their own towels, no towels will be available at the Welcome Center unless interested in purchasing one

LOBBY

- Coffee service will not be available until further notice.
- All seating has been removed to discourage gathering.

WELLNESS CENTER AND FUNCTIONAL TRAINING ROOM

- The Wellness Center and Functional Training Room will be open during regular facility hours with certain restrictions.
- A maximum capacity of 53 will be allowed at any given time in the Wellness Center.
- A maximum capacity of 8 will be allowed at any given time in the functional training area and Spirit Mind and Body Studio.
- Every other piece of cardio equipment will be closed and used on alternating days to provide a minimum of 6 feet of distance between users.
- Members will be required to clean off each piece of equipment, including dumbbells, plates, kettlebells, mats, and all accessories etc. before use and required to do so after each use.
- Personal towels will NOT be allowed to be used to wipe/clean equipment.
- Signs will be posted to encourage members to maintain six (6) feet between members and staff.
- Each piece of cardio and strength equipment will have a spray disinfectant bottle.
- Every sixty (60) minutes (while Wellness Center is staffed) YMCA staff will ensure that equipment has been cleaned and documented in a cleaning log.
- Equipment will not be permitted to be transferred out of the Wellness Center, functional training room, or the Spirit Mind and Body room.
- Social distancing will be required in the free weight area. This includes not allowing members spotting other members.
- The ActivTrax kiosk will be available, however members will be required to clean before and after use.
- TV remotes will be unavailable to members.

GROUP X CLASSES

*Including those held in the Schauer Gym, Spirit Mind Body Room

- No In-person group exercise classes will be offered at the Y until further notice.
- All group exercise classes will be offered via Facebook Live and/or Zoom.

SPIN ROOM

- Spin Room will remain closed until further notice.
- There will be no spin classes until further notice.
- We have placed 5 spin bikes around the track so members can utilize them.

PERSONAL TRAINING

- Trainers will clean each piece of equipment before and after each use.
- Trainers will carry around the disinfectant and fiber cloth.
- Trainers will work to maintain a 6-foot distance from member when possible (ie not spotting).
- Appointments can be made by contacting the front desk or visiting our website.

INDOOR TRACK

- Hand sanitizer will be available at top of stairs to encourage people to disinfect after using track.
- Social distancing will be required on the track.

LOCKER ROOMS

- Locker rooms will be closed to members until further notice this includes no showers available for use.
- It is recommended members coming to the Y to work out should come dressed appropriately for working out

SAUNAS & STEAM ROOMS

- Will remain closed until further notice.

AQUATICS

- The Pool will open for lap swimming June 1st.
- Reservations MUST be made by calling the Y or online.

8 YOUTH CENTER

- The Youth Center will remain closed to members.
- The Youth Center will be used for Child Development Program only.

CHILD WATCH

- Child Watch will be closed to members until further notice.
- Child Watch room will be utilized for our Child Development Program

FUN CENTER

- The Fun Center will remain closed until further notice.

CONFERENCE ROOMS

- All conference rooms will be used exclusively for Child Development Center.

WEST GYM

- The gym will be open with the following restrictions:
 - Only one on one play allowed.
 - No balls/equipment will be available, you must bring your own.
 - No sharing of balls/equipment allowed.
 - Maintain 6 ft distance from others.

SCHAUER GYM

- The gym will be open with the following restrictions:
 - Only one on one play allowed.
 - No balls/equipment will be available, you must bring your own.
 - No sharing of balls/equipment allowed.
 - Maintain 6 ft distance from others.
 - Pickleball will be allowed with the following restrictions:
 - Players are required to bring their own paddles and pickleballs
 - Players are required to social distance a minimum of 6 ft. while waiting to play.
 - Players are required to sanitize hands and equipment before and after playing

RAQUETBALL COURT

- Limited to two players at a time.
 - Reservations required using the website or by calling the Welcome Center. Reservations cannot be scheduled more than 7 days in advance.

KINETICS

- The Kinetics gym will be closed to members until further notice.
- No in person classes or camps will be held until further notice.
- Virtual activities will continue on the Kinetics Facebook page.
- Virtual training will be available for classes and teams. Registration available online.
- Virtual one on ones will be available. Contact the Program Director or Kinetics Coordinator to schedule.

CHILD DEVELOPMENT CENTER

- Lower ratios require CHILD DEVELOPMENT CENTER to use the conference rooms, child watch, and the youth center as classrooms. No members may use these areas.
- CHILD DEVELOPMENT CENTER will require use of the West Gym, Schauer Gym, Tennis Courts, and Racquetball Court from 9:00-11:00 AM and 3:00-5:00 PM M-F.
- All CHILD DEVELOPMENT CENTER families and staff will enter through the northeast door (Door 4). There will be a check-in station that includes temperature checks at the top of the stairs.
- CHILD DEVELOPMENT CENTER will utilize the back-northeast stairwell, the west stairwell, the hallway to the West Gym, and all traditional CHILD DEVELOPMENT CENTER areas to move throughout the building.
- The CHILD DEVELOPMENT CENTER will continue following all procedures outlined in the Pandemic Child Care requirements including, but not limited to: extra cleaning practices, frequent handwashing, temperature checks throughout the day, and limiting mixing of groups.

DRINKING FOUNTAINS

- Any drinking fountains that are considered touchless will be unavailable. Members are encouraged to bring their own water bottles.

BATHROOMS

- There will be two available bathrooms for members and staff to utilize:
 - Front bathrooms by the Welcome Center
 - Back bathrooms across from the Wellness Center

YOUTH SPORTS

- Limited sports and classes will be offered. Please refer to our website for those available leagues and classes. Check our Facebook Page for virtual trainings and classes that will be held.
- T-Ball will begin in June.
 - We will be following the CDC guidelines for Baseball and Softball. Please see Center for Disease Control for those guidelines

WELCOME BACK!