

Montgomery County Family YMCA

GENERAL GUIDELINES

The Montgomery County Family YMCA (MCYMCA) will follow safe and responsible business practices to protect employees and MCYMCA Members in the re-opening of the facility.

Social distancing practices and sanitizing protocols will be followed based on the severity of the pandemic in our community. These guidelines will be periodically updated as additional information is provided by State of Iowa, the Iowa Department of Public Health, the CDC and local county and city officials.

Current Restrictions

1. Capacity limitation: must limit the number of customers present to 50% of its maximum level occupancy capacity.
2. Social distancing: must ensure that all equipment, such as treadmills, bikes, weight machines, benches, and power racks, are spaced at least six feet apart or take other appropriate measures to ensure that more closely spaced equipment is not used.
3. Group activities: Some group activities or classes may be limited to ten or fewer people and all people participating must always maintain six feet distance.
4. Whirlpool use is allowed with no more than two people at a time and limited to ten minutes.

MCYMCA Levels of Operation

MCYMCA has developed a plan for Levels of Operation based on the severity of the Pandemic. Through the development of these Levels of Operation, we will be able to dial up or dial down the operation based on severity (or lack of severity) of the pandemic in the community.

A phase in plan for each level will be developed to bring programs and services back online in order to serve the community in a safe and responsible manner. The 5 Levels of Operation are:

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| LEVEL 5 | MCYMCA Facility is closed, and all programs are suspended. |
| LEVEL 4 | MCYMCA Facility is open on a limited basis and limited classes/programs can operate under STRICT Social Distancing Practices and Sanitizing Protocols. |
| LEVEL 3 | MCYMCA Facility is open and select classes /programs can operate under MODERATE Social Distancing Practices and Sanitizing Protocols. |
| LEVEL 2 | MCYMCA Facility is fully open, and more classes/programs are able to operate under LIMITED Social Distancing Practices and Sanitizing Protocols. |
| LEVEL 1 | MCYMCA Facility is fully open, all classes/programs operate with NO restrictions |

MCYMCA Facility

Facility hours are 5:00 am – 8:00 pm Monday – Friday. Saturdays from 8:00 am – 1:00 pm. We are closed on Sundays.

Who Can Access MCYMCA at Level 3? All ages of members and guests (from Iowa counties of Montgomery, Page, Mills, Union, Fremont, Cass, Taylor, Adams) are allowed. All Nationwide YMCA members are allowed. Those under age 8 must be under adult supervision. Daily passes are available.

What is Accessible for Use in the Facility at Level 3? Allows access to all areas of the YMCA except for the Multi-Purpose Room and Youth Enrichment Room.

Pool lap lanes and recreational side of pool are open. Family members from same household can share a lane. Reservations are recommended for the pool.

What is the entrance requirement to the Facility at Level 3?

Members will check in at front desk to confirm member active status. Guests will check in at front desk to pay or present guest pass.

Members and guests will be given a checklist of symptoms and criteria upon check in that they need to review to assess their risk status. Members or guests who have symptoms or meet criteria as stated on checklist are prohibited from using the facility. The checklist is available on the MCYMCA website.

Members and guests will be encouraged (but not required) to use a face mask and required to disinfect hands.

Members and guests will be given guidelines for use of Health/Wellness area, track, gym, and pool.

MCYMCA Facility Usage Procedures for Level 3

The facility will have a capacity limit and there will be capacity limits for the health /wellness area and pool.

In order to help comply with facility capacity limit restrictions and social distancing requirements, there will be a reservation scheduling process for members to utilize to reserve their facility usage time in the health/wellness area, tennis courts , pool and fitness classes.

It is anticipated that members who want to visit the facility during peak hours of 5am-8am and 4pm – 8pm should utilize the reservation scheduling process.

- Members (and Y Nationwide members) can reserve their facility usage time **in advance** by calling the YMCA (712-623-2161) during the hours of 5:00 am – 8:00 pm Monday – Friday and on Saturdays from 8:00 am – 1:00 pm. Reservations will not be taken via email, text. Guests cannot reserve time.
- Reservations can be made on the hour only, only on a day by day basis, and only one day in advance.
- When making reservations members will need to advise what areas of the facility they will be utilizing - Health/Wellness area, pool, tennis courts or attending fitness class.
- Facility visits will be limited to no more than 1 hour for each member/guest daily in pool and health /wellness area.
- Fitness class reservations will need to be made in advance.
- Pool time reservations are recommended to be made in advance in 30 minute or 1-hour blocks.
- All locker rooms and showers are available. Please leave locker doors open after use so staff can do follow-up sanitization.
- Tennis court reservations are recommended to be made in advance.
- MCYMCA staff will monitor times of members/guests entering and leaving facility per the reservation schedules and to ensure capacity limits and social distancing requirements are met.
- Members who do not schedule their facility usage in advance and are a “walk-up” will be denied use of the facility and/or areas of the facility until capacity limits allow for such use. Members who have pre-scheduled facility usage time will have preference in all cases over “walk-up” members and guests. Guests cannot reserve time and are same as “walk-up members”.

MCYMCA Facility Sanitization Protocols and Social Distancing Procedures

- To minimize transmission of perspiration (sweat) on equipment, members and guests are encouraged to wear appropriate workout clothing. It is recommended that short sleeve t-shirts be worn when working out. Members / guests may be asked to change shirt attire if staff finds it inappropriate.
- Members, guests & employees are encouraged to bring their own water/drink. Water fill stations and water fountain use are prohibited.
- MCYMCA staff will enforce social distancing and prohibit congregating between members and guests.
- MCYMCA staff will randomly monitor facility and area capacity levels.
- MCYMCA staff will regularly clean and sanitize equipment and facility.
- Hand sanitizer will be available throughout the facility.
- Sports equipment (basketballs, volleyballs, pickleball paddles & balls) will be provided for use.
- Members and guests will be encouraged to clean fitness equipment before and after use.