

June 29, 2020

Monday, June 29, 2020

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: Any group activities or classes must be limited to ten or fewer people and all people participating must always maintain a distance of six feet apart.
4. Whirlpool usage is allowed with no more than two people at a time and limited to 10 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:

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 are able to operate under STRICT Social Distancing Practices and Sanitizing Protocols.

LEVEL 3 MCYMCA Facility is open and select classes /programs are able to 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

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MCYMCA Facility

Facility hours are 5:00 am – 8:00 pm Monday – Friday. Saturdays from 8:00 am – 12:00 pm. We will be closed on Sundays.

It is our intention to gradually increase the operational levels of the facility over time as conditions allow and hopefully as restrictions are reduced. We are hopeful that our pool will soon be available and are only waiting for that restriction to be lifted.

Who Can Access MCYMCA at Level 3? Current active members under age 8 allowed in the facility but must be under adult supervision. No non-members (no daily passes allowed). YMCA nationwide members are allowed. New membership by appointment only.

What is Accessible for Use in the Facility at Level 3? Allows access to Health and Wellness area, track areas, gym, tennis courts, pool, and dedicated fitness room for classes only. It does not allow access to hot tub, main locker rooms, racquetball court, multi-purpose room, and viewing areas.

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

Members will check in at front desk to confirm member active status.

Members will be given a checklist of symptoms and criteria upon check in that they need to review to assess their risk status. Members 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 will be encouraged (but not required) to use a face mask and required to disinfect hands.

Members 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, track, gym, 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.

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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 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 – 12:00 pm. **Reservations will not be taken via email, text.**
- 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, track, gym, pool, tennis courts or attending fitness class.
- Facility visits will be limited to no more than 1 hour for each member daily.
- Fitness class reservations will need to be made in advance. Class time will not count towards 1-hour daily limit.
- Pool time reservations are recommended to be made in advance in 30 minute or 1-hour blocks.
- Lap lanes are open in pool as is the shallow side. Family members from same household can share a lane.
- **All locker rooms are now available for changing and showering. We ask that anyone using a locker leave it open, so that during the periodic daily cleanings, the YMCA staff will know to clean that locker.**
- Tennis court reservations will need to be made in advance. Court time will not count towards 1-hour daily limit. Singles play only encouraged by USTA. Players must provide own equipment (racquets and balls). A minimum of 4 tennis balls is suggested.
- MCYMCA staff will monitor times of members 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.

MCYMCA Facility Sanitization Protocols and Social Distancing Procedures

- To minimize transmission of perspiration (sweat) on equipment, members are encouraged to wear workout gear that covers the skin of upper body. It is recommended that short sleeve t-shirts be worn when working out. Members may be asked to change shirt attire if staff finds it inappropriate.
- Members & employees are encouraged to bring their own water/drink. Water fill stations are accessible but drinking from water fountains is prohibited.
- MCYMCA staff will enforce social distancing and prohibit congregating between members.
- MCYMCA staff will randomly monitor facility and area capacity levels.
- Members and 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 will be encouraged to clean fitness equipment before and after use.