

SWITZERLAND COUNTY YMCA PANDEMIC REOPENING STAGES

		Facility	Youth Programs	Adult Programs
Stage 5 Possibly by July 4	The new normal begins. Open 24/7	<ul style="list-style-type: none"> ● Increased cleaning frequency ● Increased signage ● Facility will operate on normally hours including 24 hour access and the pool. 	<ul style="list-style-type: none"> ● Operate programs as normal ● Focus on 3 C'S (Cover Clean and Contain) within programs ● Adjust program design to minimize human to human contact when possible ● Prohibit ill members from participation in programming 	<ul style="list-style-type: none"> ● Operate programs as normal ● Focus on 3 C's within programs ● Adjust program design to minimize human to human contact when possible ● Prohibit ill members from participation in programming
Stage 4 Possibly by June 14	Open during business hours. No 24 hour access	<ul style="list-style-type: none"> ● Outdoor playgrounds open social distancing should be maintained ● Open Gym hours may be limited, periodically monitored for social distancing, Max of 6-8 people per ½ court. ● Age for unaccompanied children in the building will be 14 and older. ● Monitor wellness centers for social distancing ● Encourage members (via signage) to implement best practices for social distancing in locker rooms. ● Facility will be to normally staffed hours in all areas. 24 hour access will remain off. ● The pool will open 7AM - 12 PM pending CDC Guidelines 	<ul style="list-style-type: none"> ● Day camp may operate under CDC guidelines ● Reduce youth program sizes for social distancing ● Some program closures in areas where social distancing cannot be achieved. ● Youth programs for children under 3 are suspended ● Child Watch drop in care with max group size of 10 and 90 min daily limit, minimum age of 3 ● Pool open for Lap swimming only 2 per lane 	<ul style="list-style-type: none"> ● Reduce program sizes for social distancing ● Lap swimming only 2 per lane ● Some program closures in areas where social distancing cannot be achieved (pick-up basketball) ● Continue 1:1 programs ● Limit group exercise classes to a number of participants that allows appropriate spacing <p>Senior Programs</p> <ul style="list-style-type: none"> ● Offer programs virtually if possible. ● Offer limited facility programming ● Implement Strategic Scheduling

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Stage 3 Possibly by May 26	Partially Open with restrictions	<ul style="list-style-type: none"> ● Outdoor playgrounds can be used while maintaining social distancing ● No Open Gym hours ● Suspend sales and redemption of guest passes for individuals under the age of 18 ● NO unaccompanied children in the building ● Children 3 and under are not permitted in the facility ● Monitor wellness centers for social distancing ● Unplug or tape off every other piece of cardio equipment ● Place limits on free weight, functional fitness, and selectorized equipment ● Place time limits on equipment and space. ● Wellness advisors and trainers will maintain appropriate social distancing and appointment times will be extended as needed. ● Locker rooms will remain closed and only the Family bathroom will be used ● Implement Strategic Scheduling ● Building hours of operation will be normal open hours for the facility without the overnight 24 hour access. ● Pool will open 7 AM – 12 PM pending CDC guidelines 	<ul style="list-style-type: none"> ● Child Watch drop in care with max group size of 5 and 90 min daily limit, minimum age of 3 ● Day camp may begin under the guidelines of the CDC and social distancing will be maintained. ● All other youth programs suspended ● Reduce program sizes for social distancing ● Pool Closed to anyone 18 and under 	<ul style="list-style-type: none"> ● Some program closures in areas where social distancing cannot be achieved (pick-up basketball), ● Lap swimming only with 1 per lane ● Adult sport leagues cancelled ● 1:1 programs must maintain social distancing ● Max of 20 participants in largest spaces (15 in others). ● Must maintain 8 feet of distance between bikes for cycle classes ● Select live group exercise classes offered, supplemented with heavy virtual <p>Senior Programs</p> <ul style="list-style-type: none"> ● Offer programs virtually when possible. ● Suspend all in person senior and evidenced base health programming ● Implement Strategic Scheduling ● Encourage 65+ and those with high risk medical conditions to limit exposure at work and in the community
Stage 2 Begins May 4	Remains closed to public. Staff may work with restrictions	<ul style="list-style-type: none"> ● FT/Adult PT staff team cleans and works on facility projects ● Pools closed ● Potential use of parking lots for blood drives, food distribution locations 	<ul style="list-style-type: none"> ● Virtual content shared on Facebook 	<ul style="list-style-type: none"> ● Group Exercise offered virtually through Y360, Facebook ● Virtual content shared on Facebook ● Communicate with members through website Facebook and emails.

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Stage 1 Ends May 3	Stay at Home Order in place	<ul style="list-style-type: none"> ● Facilities closed until authorization is given to reopen ● Building temperature lowered ● Potential use of parking lots for blood drives, food distribution locations 	<ul style="list-style-type: none"> ● Virtual content shared on Facebook 	<ul style="list-style-type: none"> ● Group Exercise offered virtually through Y360, Facebook ● Virtual content shared on Facebook
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Social Distancing – Social distancing means avoiding gathering in groups and maintaining a 6ft distance between yourself and others.

- **Programs:** When implementing programming in Stages 3 and 4, the Y will work to offer programming in a way that limits contact, reduces class sizes so that appropriate spacing (6ft) can be allowed between program participants and instructor(s).
- **Wellness:** On the wellness floor, social distancing can be implemented via signage, staff monitoring and changing access to equipment in order to achieve the goal of 6ft of space between members as well as limited interactions in close space. Examples – unplugging every other cardio machine; taking seats off of cycle bikes etc. Staff interacting with members will take extra precautions to maintain appropriate spacing (6ft) from members.
- **Locker Rooms:** Will remain closed During Stages 3 and 4 in order to maintain social distancing.
- **Outdoor Playgrounds, Open Gym:** We will encourage members to space themselves apart from others in these areas trying to limit contact. Staff will periodically monitor compliance with social distancing during a Stages 3 and 4. Gym usage may be limited to a specific number of people on a court and/or pick-up basketball may not be allowed during Stage 3. Other gym sports that can be played with social distancing measures in place may be allowed beginning in Stage 4.

Personal Protective Equipment – The Center for Disease Control (CDC) now recommends, but does not require, wearing cloth face coverings (made at home or disposable) in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

The CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

Stage 3: In alignment with Back on Track Plan guidance, Masks are *required* for all staff that cannot easily practice social distancing in their position, and/or have a family member at home who is experiencing COVID– like symptoms. Face masks are *required* for anyone who has been exposed to a confirmed case of COVID-19.

Stage 4: *No formal recommendation* for all staff wearing masks (unless CDC guidance is different) however, disposable masks and/or cloth face coverings will be made available for any staff who choose to use them. Masks will still be *required* for anyone who is conducting health screenings in childcare settings and for anyone that has been exposed to a person with a confirmed case of COVID-19.

Stage 5: *No PPE provided* unless position previously required it.