



STAY HEALTHY MASKS UP HOOSIERS

CROSSROADS YMCA IS COMMITTED TO YOUR SAFETY

Crossroads YMCA is committed to safety. Our commitment to excellence begins with a focus on safety and 'kids and members first' philosophy.

MASKS REQUIRED STARTING JULY 21

The health and well-being of our members, staff and our community remains our top priority. In support of the Governor's #MaskUpHoosiers initiative, and county health department all Crossroads YMCA branches will be **requiring masks beginning Tuesday, July 21.**

As our state continues to reopen for business, the Governor is reminding us the fight against COVID-19 is not over, and wearing a face mask is one of the simplest, most effective ways to slow the spread of the virus. Thank you for joining Crossroads YMCA to help keep Indiana on track and allow our YMCAs to continue to serve our community.

Here's some additional information to help you prepare for your visit:

- Please remember to bring your mask starting July 21. Everyone 2 years of age and older must wear a mask to enter our YMCAs. (There are specific exceptions for physical, medical or health-related reasons. Please stop at our welcome desk if assistance is needed.)
- Masks will be required inside all of our YMCAs except when actively exercising and during brief periods of recovery (2 minutes or less) immediately after exercise or between machines during your circuit.
- Masks are required when preparing to exercise, when stretching, and during periods of extended rest (more than 2 minutes).
- Masks will be required when entering and exiting our outdoor pool areas and when walking the pool deck. Masks will not be required when swimming, and when seated in physically distanced pool chairs.
- Masks will be required in our youth programs for all participants ages 2 and older. Our instructors and coaches will help children know when/if it's okay to remove their masks during appropriate activities.

FAQS | WEARING A MASK AT THE Y

- **Why do we have to wear a mask?**
- Governor Holcomb has reminded us that fight against COVID-19 is far from over and wearing a face mask is one of the simplest, most effective ways to slow the spread of the virus. The Governor, Indiana State Department of Health, and local health departments are asking all of us to come together and do our part to get the entire state of Indiana back on track so we can continue to make progress on our reopening plans. Masks have been proven as an effective deterrent to the spread of COVID-19.
- **Is this a political decision?**
- Absolutely not. As our state continues to reopen for business, the Governor is reminding us the fight against COVID-19 is not over, and wearing a face mask is one of the simplest, most effective ways to slow the spread of the virus. Thank you for joining Crossroads YMCA to help keep Indiana on track and allow our YMCAs to continue to serve our community.
- **Does my condition exempt me from wearing a mask?**
- YMCA staff are not able to provide guidance to members regarding individual conditions. If the member states they have a physical, medical or health-related condition that prevents them from wearing a mask or face shield, they should stop by the welcome desk to place their name on the exemption form, and they may choose to wear the provided wristband to help avoid being questioned by staff during their visit. All members must continue to follow health screening, social distancing, hand sanitizing and equipment cleaning protocols.

- **What happens if I refuse to wear a mask?**
- If a member is not willing to accept the required and expressed protocol of the Y to prioritize the health and well-being of other members and staff, they will not be permitted to remain on the premises.
- **What should I do when I see that someone is not wearing a mask?**
- The well-being of our staff and members is our top priority and we understand your concerns for your personal health. We would appreciate your help in letting us handle these very delicate situations. Please do not approach other members about not wearing masks. Instead, if you have concerns about your health and well-being, please contact a Y staff member to express your concerns.
- **Is the Y requiring masks that meet specific standards, or will any face covering be OK?**
- The Y requires face coverings that fit securely and cover the nose & mouth and provides a barrier to stop droplets from spreading. Masks are preferred by the CDC, but face shields are an acceptable alternative for members if a mask cannot be worn.
- **Do I have to wear a mask the entire time I'm in the Y?**
- Masks are required inside all our YMCAs except when actively exercising and during brief periods of recovery (2 minutes or less) immediately after exercise or between machines during your circuit. Masks are required when preparing to exercise, when stretching, and during periods of extended rest (more than 2 minutes).
- **Do I have to wear a mask in a group exercise class?**
- Masks are required when entering and exiting classes and during any time of socialization. Masks can be removed during the group exercise class.
- **Do I have to wear a mask in the pool?**
- Masks should not be worn when in the water. We are asking members who are not in the same household to practice physical distancing when they are in the water.
- **Am I required to wear a mask outside? Why are some members not wearing masks outside?**
- Masks are required outdoors when moving to and from program areas and also when social distancing is not possible. Masks are not required during physical activity such as exercise, sports and swimming.
- **Do I have to wear a mask in the wellness center?**
- Members are required to wear a mask to and from the wellness center and to carry it with them to wear during periods of extended rest. However, members are not required to wear a mask when they are actively exercising. Exercise is defined as anytime you are working on a machine (cardio, strength or free weight) and anytime you are performing body weight exercise or working with free-standing equipment. Recovery is defined as approximately 2 minutes after exercise. Members must wear masks during extended rest/and or stretching periods.
- **Do I have to wear a mask when I play basketball (or other sports)?**
- Masks are not required during physical activities. We are requiring participants and spectators to wear masks as they move through the facility and between various activities.
- **Does my child have to wear a mask when they are in Kids Zone?**
- All children 2 and over must wear a mask.
- **Why are 2 year old children required to wear a mask?**
- We're continuing to take guidance from public health officials, and they have advised that 2 is the age to begin requiring masks. It's important to note that public health officials have determined that children under the age of 2 are too young for masks.
- **What if my child won't keep their mask on?**
- We understand that wearing a mask can be a little scary for some little ones. We will take the child's fears into consideration as we exercise patience while gently explaining the importance of the mask for themselves and others.
- **How will my child store their mask when they are not wearing it?**
- Parents may choose to send their child with a gaiter-like face covering which can remain on a child's neck when not in use. Additionally, the Y will have Ziploc bags labeled with the child's name to store masks throughout the day. Families are welcome to bring and use a different type of storage container, if they prefer.
- **Does my child have to wear a mask during youth sports?**
- All children will need to wear a mask to and from practice and have the mask with them during their program time. When children are actively exercising they will not be required to wear a mask. Coaches will help remind children when masks are and are not required.
- **Does my child have to wear a mask during swim lessons?**
- Your child will need to wear a mask to and from lessons. However, during the actual swim lesson, your child will not be required to wear a mask.
- **Is it safe for my child to be in swim lessons or sports without a mask?**
- We're taking guidance on masks from the State Department of Health and the Center for Disease Control. At this time, they are not recommending that masks be worn in water or during physical activity. We're taking additional precautions in all areas, including requiring all staff to wear face coverings, practicing social distancing and conducting programs outside whenever possible.
- **How is the Y monitoring children when they are engaged in physical activities without masks and not practicing social distancing?**
- The masks are just one layer of the guidelines we're incorporating to prioritize the well-being of our members. We are also doing health screenings and encouraging children to frequently wash their hands. We encourage children on an ongoing basis to maintain physical distance from others.