



# MY SAFE PLACE IS AT THE Y

## 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.'

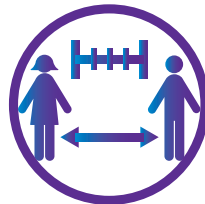
## OUR BRANCHES ARE PRACTICING THE FOLLOWING THROUGH FACILITY AND PROGRAM AREAS:

- "Take 10" each hour to identify areas that may need additional cleaning/disinfecting
- We will close our locations at 8:00pm Monday-Friday to complete deep cleaning/disinfecting
- Safety protocol reminder signage throughout the location
- Physical distancing stickers (6 feet) placed on floors throughout the facility
- Reduction of access/reduce participants by specific areas to ensure physical distancing
- Extra cleaning supplies and sanitizer available throughout the building
- Limited capacity in classes during summer programs to reduce congestion
- Guest passes & nationwide memberships will be unavailable during this time
- Age restriction: Must be at least 10 years old to be in the YMCA alone. Those under 10 must have immediate adult supervision.



### STAY HOME IF YOU ARE SICK

Stay home when you are sick, except to get medical care. We will take the temperature of those coming in to the Y at the point of entry.



### PHYSICAL DISTANCING PRACTICED

To practice physical distancing: Stay at least 6 feet from others and do not gather in groups.



### WASH YOUR HANDS REGULARLY

Wash your hands often with soap and water for at least 20 seconds.



### PPE AVAILABLE FOR STAFF

To keep our staff safe, we will have cloth masks and gloves available for our staff. Sneeze guards will be installed at our front desks.



### REDUCTION OF GROUP SIZES

Group sizes are being reduced to reduce risks and to ensure physical distancing is practiced.



### DISINFECT EQUIPMENT DURING USE

Clean & disinfect frequently touched objects and surfaces including fitness equipment before & after use. Staff will "take 10" each hour.

September 1-30

**GENERAL GUIDELINES**

Temperature checks at entry of YMCA for ALL Temperature must be below 99.7 to enter building



No contact check in



Physical distancing of 6 feet



Members/visitors are required to wear a cloth facemask



High touch areas will be disinfected regularly



Coffee available



Towel service



Guests permitted

Modified building hours  
See specific locations for details

Water fountains available



Wash hands before and after working out with soap and water



Increased signage encouraging cleaning and distancing



Touchless transactions (Credit Card/Debit card preferred to reduce handling of cash)



Children under age 10 must be accompanied by adult to remain in building



Nationwide membership reciprocity



Locker rooms

**GROUP EXERCISE**

Limited class sizes



Registration required for group exercise through Daxko app or website



Minimize equipment



Clean and disinfect equipment before &amp; after use



Virtual classes



Les Mills Virtual (Hammond &amp; Whiting)

**GYMNASIUMS**

Shoot around only



Limited use - 4 to basket



Pickleball - doubles



Pick up basketball games

**KIDS ZONE/KIDS CLUB**

Children under 3



You could see delays due to limited capacity



60 minute limit in Kids Zone/Kids Club



September 1-30

## OUTDOOR POOL – DEAN AND BARBARA WHITE SOUTHLAKE YMCA

Pool open (weekends through 9/27) Visit <a href="http://crymca.org/outdoorwaterpark">crymca.org/outdoorwaterpark</a> for full details	✓ 75% Capacity
Open Swim-Will need to RESERVE SPOTS USING DAXKO-Time slots are 2 hours in length	✓ 75% Capacity
Play features	✓

## POOLS-HAMMOND, SOUTHLAKE, WHITING

Pool open for Lap Swim only: 2 People per lane	✓
Pool open for Family Pool/Recreational Swimming Open/Family Swim. Must get pool pass from desk.	✓ 75% Capacity
Water features open	✓
Whirlpool	✓ 30% Capacity
Steam Room, Saunas	⊘
Swim lessons	✓

## WELLNESS CENTER

Cardio equipment limited to 6 foot distancing	✓
Members must disinfect equipment before and after use	✓
Limited equipment where social distancing not possible	✓
Limited number of members at one time	✓
PLEASE bring disinfectant bottle with you as you workout to clean equipment	✓
Wipe down any handles, balls, mats, etc	✓
START Smart Appointments	✓