



# 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.'

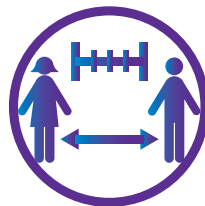
## OUR BRANCHES ARE PRACTICING THE FOLLOWING THROUGH FACILITY AND PROGRAM AREAS:

- "Take 10" each hour to identify areas that may need additional cleaning/disinfecting
- We will close our locations early 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 to reduce congestion
- 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.

Begins September 26

## 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 & after use	✓
Virtual classes	✓ Limited schedule
Les Mills Virtual (Hammond & Whiting)	✓

## GYMNASIUMS

Pickleball - doubles	✓
Pick up basketball games	✓

## KIDS ZONE/KIDS CLUB

Children under 3	✓
You could see delays due to limited capacity	✓

Begins September 26

## 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

