



MY SAFE PLACE IS AT THE Y

MAY 2021 UPDATE

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.'

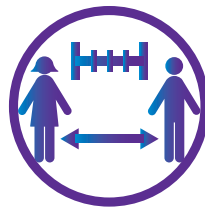
OUR BRANCHES ARE PRACTICING THE FOLLOWING THROUGH FACILITY AND PROGRAM AREAS:

- "Take 10" each hour to identify areas that may need additional cleaning/disinfecting
- 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



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.

	May 2021	June 2021
GENERAL GUIDELINES		
Temperature checks at entry of YMCA for ALL (Temperature must be below 99.7 to enter building)	✓	?
No contact check in; Touchless transactions (Credit Card/Debit card preferred)	✓	✓
Physical distancing of 6 feet	✓	✓
Members/visitors are required to wear a cloth facemasks during non high exertion times	✓	?
Youth participants are required to wear a cloth facemasks during programs (excluding pool)	✓	?
Members/visitors are recommended to wear a cloth facemasks during non high exertion times	⊘	?
High touch areas will be disinfected regularly	✓	✓
Wash hands before and after working out with soap and water	✓	✓
Increased signage encouraging cleaning and distancing	✓	✓
Nationwide membership reciprocity	✓	✓
Guests permitted	⊘	?
GROUP EXERCISE		
Limited class sizes; registration required for group exercise through Daxko app or web	✓	?
Minimized equipment; clean and disinfect equipment before & after use	✓	?
GYMNASIUMS		
Pick up basketball games; limited capacity	✓	✓
KIDS ZONE/KIDS CLUB		
Open with limited capacity (you could see delays)	✓	✓
Youth participants are required to wear a cloth facemasks for ages 3 and over	✓	?
POOLS-HAMMOND, SOUTHLAKE, WHITING		
Pool open for Family Pool/Recreational Swimming; Open/Family Swim	✓ Limited Capacity	✓
Whirlpool	✓ Limited Capacity	✓ Limited Capacity
Sauna	✓ Limited Capacity	✓ Limited Capacity
Steam Room	⊘	?
Swim lessons	✓ Limited Capacity	✓
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 use disinfectant bottle provided with you as you workout to clean equipment	✓	✓
Wipe down any handles, balls, mats, etc	✓	✓