

GLOW YMCA UPDATED GUIDELINES

EFFECTIVE MONDAY JUNE 21, 2021

OUR FOCUS REMAINS ON SAFETY OF MEMBERS AND STAFF

It has been a long journey but we are proud to be serving our GLOW communities once again! Everything we have done is with the safety of our members and staff as our No. 1 priority. Please note that this information will be continuously evaluated and we will share updates if additional changes occur.

LOCATIONS AND HOURS

Branch	Hours
<u>Genesee Co. Branch</u>	6:00 am - 8:00 pm Monday-Friday 7:00 am - 12:00 pm Saturday Closed Sunday
<u>Orleans Co. Branch</u>	6:00 am - 8:00 pm Monday-Friday 7:00 am - 12:00 pm Saturday Closed Sunday
<u>Wyoming Co. Branch</u>	6:00 am - 8:00 pm Monday-Friday 7:00 am - 12:00 pm Saturday Closed Sunday

WHAT YOU NEED TO KNOW BEFORE COMING TO THE Y

We prioritize the health and well-being of our members, staff and the communities we serve, taking into account CDC guidelines and the guidelines and recommendations of state and local government authorities. Below are major highlights:

- Health screen questions are no longer required for facility access. Members will be required to scan in using their key tag and insurance cards (if applicable).

- **Mask Policy:** Effective June 21:
 - Masks are optional if you are fully vaccinated.
 - Unvaccinated members, regardless of age, are strongly encouraged to wear a mask.
 - We ask you to demonstrate the YMCA Core Values of Caring, Honesty, Respect and Responsibility toward each other and our staff.
- Group exercise classes will increase capacity where able.
- All equipment will be reopened for use in our Wellness Centers.
- Non-bottle water filling drinking fountains will reopen.
- HVAC systems have been upgraded to have air filtration systems with a minimum efficiency reporting value (MERV) of MERV-13, or highest rating available compatible with their system.
- All equipment, locker rooms and restrooms will continue to be cleaned with COVID-19 approved cleaners.
- Members will be asked to use provided cleaning supplies to clean equipment before and after each use.
- Guests **are not** permitted.
 - Our participation in the National Reciprocity Program has been reinstated.

YOUR FAVORITE PROGRAMS AND AREAS

WELLNESS CENTERS, GROUP EXERCISE CLASSES AND GYMNASIUMS

- Cardio and Strength Training Areas are open at 100% capacity.
- Reservations will remain in place at this time for Group Exercise Classes.
 - Some locations will be adding more classes to their schedule and, where available, more spots in classes.
- Pick-up basketball is permitted.
- Pickleball is available on a limited schedule. Please see branch for specific schedules.

CHILD CARE AREAS AND PROGRAMMING

- Child Watch will be drop in, (reservations are no longer required) See specific branch hours and details on the website.

POOLS AND OTHER AQUATIC SPACES

- Reservations will remain at this time for aquatic exercise and lap swim.

CLEANING PROCEDURES AND COVID-19 TRANSMISSION PREVENTION

The GLOW YMCA is committed to maintaining a clean and safe environment utilizing products that meet EPA's criteria. We have increased our already rigorous cleaning practices to include:

- Each facility is disinfected twice daily.
- All staff has been trained in regards to how they can reduce the spread of COVID-19.
- All equipment is cleaned throughout the day.
 - This is in addition to members cleaning equipment before and after use.
- Enhanced cleaning protocol focus on high-traffic, high-touch common areas.
- We have increased ventilation rates and increased the percentage of clean outdoor air that circulates.
- Acrylic barriers will remain at Welcome Centers and check in areas to provide extra protection for staff and unvaccinated members.

Specifications of cleaning product names and details are available upon request.

HOW YOU CAN HELP

- If you are sick, stay home. If you have a temperature, stay home. If someone in your house is sick, stay home. If you have allergies and can't control sneezing, stay home.
- Wipe down each piece of equipment you use before and after use and dispose of the wipe appropriately.
- Wash your hands with soap and water before and after you leave the building. If not possible, use hand sanitizer when you enter and before you leave the building.

WE LOOK FORWARD TO SEEING YOU

Together we have learned so much over the past 15 months. We thank you for making the Y a safe, inviting place for all. We can't wait to see you soon.