



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GLOW YMCA ASSOCIATION REOPENING PLAN

AUGUST 2020

TOGETHER AGAIN

for an even better us

In anticipation of opening, the GLOW YMCA has partnered with the following companies locally to help ensure our community continues to survive and thrive during this crisis: Rochester Regional Health –UMMC.

THE MISSION OF THE Y IS NEEDED NOW MORE THAN EVER

When we closed our doors on March 16, our focus quickly shifted to serving our members in a new capacity, outside the walls of the Y. To date we have:

- Provided Emergency Child Care to dozens of families in Genesee and Wyoming Counties
- Provided “Online Workouts” to active older adults and seniors
- Supported local Food Distribution Efforts in Orleans County
- Assisted seniors with food and medication deliveries
- Provided digital online learning environments to over 100 Preschool students in seven local school districts

WE PLAY A PIVOTAL ROLE IN COMMUNITY HEALTH

The GLOW YMCA, Inc. is steadfast in its mission to build healthy children, adults, families and communities throughout the GLOW Region. We continue to work alongside leading experts in the health field to meet the needs of our communities.

From using exercise to manage Spinal Injuries to combating childhood obesity and summer learning loss, we continue to expand on our evidence-based programs, focusing on the physical, mental and emotional health and well-being of all.

WE HAVE BEEN A PILLAR OF STRENGTH IN THE COMMUNITY FOR MORE THAN 130 YEARS

Since our founding, we have been committed to strengthening communities through youth development, healthy living and social responsibility. We have continued to meet the needs of the GLOW Region communities, and grow with it. Community leaders throughout history have seen the need for the Y.

Today, the GLOW YMCA is the leading provider in preschool, childcare and summer camp services in the GLOW Region and works with schools in the area to provide extended learning opportunities. We serve more than 2,500 members annually at our facilities in Genesee, Orleans and Wyoming counties.



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www.glowymca.org

GLOW YMCA PLAN OVERVIEW

The GLOW YMCA's priority is to provide wellness facilities, programs and services in a safe and effective manner. The YMCA's branch facility reopening plan prioritizes 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.

This plan is designed to be flexible, so that we can adapt and refine our response plans as needed. We will coordinate with the local County Health Departments in the GLOW Region and other officials so timely and accurate information can guide our appropriate rounds of reopening. We will also pay close attention to local and regional cases, outbreaks and changes as they occur.

The Y's branch facility reopening plan actualizes the following assumptions for operations as they relate to the global COVID-19 pandemic and its local implications on public health. **Please note:** The rounds referred to in this plan are **NOT** intended to align with the phases imposed by state or local governments. The Y's rounds refer only to its own internal reopening stages.

- Rounds are not time-based and entering into subsequent rounds will rely on guidance from the CDC, Governor's orders, and GLOW County Leadership, as well as the Y's confidence in enforcing compliance with all COVID preventative measures; rounds may be modified and revised as guidance changes
- Social or physical distancing in place to prevent unnecessary gatherings
- Meeting health and community needs will be focused on preventing the spread of COVID-19

According to the Occupational Safety and Health Administration (OSHA), most American workers will likely experience low (caution) or medium exposure risk levels at their job or place of employment. As an employer, we will pay particular attention to how best to decrease the spread of COVID-19 and lower the impact in our workplace. This may include activities in one or more of the following areas:

- Maintain healthy business operations
- Maintain a healthy work environment
- Prepare staff and prevent/reduce spread of infection

CONDITIONS FOR REOPENING YMCA BRANCH FACILITIES

EXTERNAL FACTORS

- Stay at home orders lifted
- New York State permits indoor gym facilities to begin operations
- Local health departments give clearance to open facilities
- Mitigation efforts in local communities continue to result in declining cases, hospitalizations and deaths

INTERNAL FACTORS

- Staff are trained and prepared to operate under new operating guidelines
- Equipment and spaces are ready to support physical/social distance
- Cleaning and sanitizing operating procedures are in place and adequate supplies are available
- Adequate PPE supplies are available for both staff and member use

NEW MEMBER EXPECTATIONS

WHAT A MEMBER CAN DO TO MINIMIZE THE TRANSMISSION OF COVID-19

- 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.
- Pre-plan your workout routine to avoid lingering/socializing to allow other members to workout due to reduced occupancy/ distancing.
- Limit the items you touch within the gym to only the items you will use.
- Avoid weightlifting gloves and other items that are not easily cleaned.
- Wear a mask (no bandanas, buffs, and gaiters) at all times.
- 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.
- Remember social distancing requirements in locker rooms.
- Use online gym/workout services where you can.
- Maintain appropriate social and physical distance from other members and employees when walking throughout the gym to the extent possible.

AS A COMMUNITY CONSCIOUS MEMBER

I will behave in a responsible way that respects the rights, safety and dignity of all YMCA members.

As such I agree to:

- Not visit the YMCA if I have a fever or symptoms of illness
- Create a safe and caring environment by abiding by social and physical distancing requirements
- Use a face covering or cover my face and nose as appropriate
- Follow hand sanitizing and hand washing protocol while in the YMCA
- Clean all equipment before and after use
- Use one piece of equipment at a time, clean it before and after use and then move to the next
- Acknowledge members' need for personal space
- Limit my visit to 90 minutes and abide by current program schedules to allow fellow members to enjoy our facility
- Speak in a respectful tone while discussing social distancing or other concerns

If members are not compliant with the new policies and protocols, they will be asked to immediately leave the facility. Additionally, if a staff or member who has been in the YMCA reports they are a COVID carrier, the Y will maintain the confidentiality of the individual while coordinating with proper health authorities the reporting the potential exposure. The Y would communicate to all staff and members of that particular location. The Y would also deep clean the facility per CDC guidelines, and employees who came in close and unmasked contact with the individual will be quarantined for 14 days. Other levels of exposure to the infected individual would result in employee self-monitoring. CDC guidelines for handling exposure and mitigating risk if exposure happens in a YMCA facility will be strictly followed.

YMCA'S PARTICIPATION IN ROC COVID SCREENING

ROUND 1

ROUND ONE reintroduces our community to utilizing the YMCA under new COVID-19 restrictions. Round One limits capacity to 33% for all activities. The YMCA will implement social or physical distancing practices in all operations by controlling the number of members allowed in the facility, reconfiguring traffic patterns, re-arranging physical areas and fitness equipment, and placing trained staff in each location where there is more than one member to monitor and enforce all social distancing protocol and policies.

The YMCA has eliminated member attraction strategies as a way to limit membership enrollment to ensure we are able to communicate with, and safely serve, our current members.

Statistics show that COVID-19 effects vulnerable populations (those with compromised immune systems, elderly and those with respiratory issues) more adversely. This is why we ask all members in vulnerable population to consult with their physician before using the Y.

If any areas pose challenges for social or physical distancing or for sanitation the area will be closed until new procedures can be implemented.

ROUND 2

ROUND TWO represents a return to the new normal with expanded hours for previously opened facilities, more facilities and programs open and running as demand/capacity warrant and finances allow. Social and physical distancing practices along with stringent cleaning practices continue to reduce the possibility of COVID transmission.

The YMCA will maintain our close relationship with applicable government departments and subject matter experts to ensure all practices prioritize the health and safety of our staff, members and community. For questions or concerns regarding the YMCA's reopening plan, contact Jeff Townsend, Acting Chief Executive Officer at jtownsend@glowymca.org.

The Summer Day Camp reopening plan was developed based on input from the Department of Health in Genesee, Orleans and Wyoming Counties; Y-USA; American Camp Association (ACA); Educations and Commercial Environmental Health and Engineering, Inc; and the CDC.

ROUND 1

LIMITED HOURS AND FACILITIES

We are
reducing
our overall
operating
Hours by
40%

Rigid social/
physical
distancing

Genesee:
7:00am – 12:00pm & 4:00pm – 8:00pm
Monday-Friday;
7:00am – 12:00pm Saturday

Orleans:
7:00am – 12:00pm & 4:00pm – 8:00pm
Monday-Friday;
7:00am – 12:00pm Saturday

Wyoming:
7:00am – 12:00pm & 4:00pm – 8:00pm
Monday-Friday;
7:00am – 12:00pm Saturday

COVID TRANSMISSION PREVENTION MEASURES SUMMARY

- Limit capacity to 33%
- Acrylic barriers installed at Welcome Centers and check ins
- Hand sanitizer placed throughout the building
- Facility and equipment thoroughly cleaned and disinfected with Virex II, Oxivir, Q.T. or Re-Juv-Nal disinfectant cleaner (before opening, after closing each day and throughout the day)
- Members will be asked to clean equipment before and after each use
- Spacing markers on floors to enable social and physical distancing
- Signage installed and staff monitoring all areas with more than one member to enforce social distancing practices
- Equipment spaced to maintain appropriate social distance
- Seating throughout the facility will be repositioned for physical distancing or removed
- All people entering facility, including staff and members, will wash hands with soap and water frequently
- All staff and members will be required to wear appropriate face coverings that cover both the mouth and nose (bandanas, buffs, and gaiters are not acceptable face coverings for fitness centers).
- To obtain facility access, employees and members will complete a health screening by answering a daily questionnaire. After completing the screening successfully, members will enter the second stage of the check-in process. This is when member self-scans their Y key tag to obtain Y entry (staff will not handle cards, phone or other personal belongings).
- Any individual who displays any symptom of an illness may not enter the building

ROUND 1

The GLOW YMCA priority is to provide wellness facilities, programs and services in a safe and effective manner. The YMCA's reopening plan prioritizes 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.

FACILITY RESTRICTIONS AND PROTOCOLS

Entire facility will be cleaned and disinfected prior to opening and after closing each day

All equipment will be cleaned with Virex II, Oxivir, Q.T. (EPA registration No. 6838-77) or Re-Juv-Nal (EPA registration No. 1839-169) throughout the day (minimum of every two hours) and before opening and after closing

Members will be asked to use provided cleaning supplies to clean equipment before and after each use

Public entry doors and counters, restrooms, elevator buttons, mobility assist handrails and stair rails will be cleaned a minimum of every two hours with Virex II, Oxivir, Q.T. or Re-Juv-Nal

Employee workspaces cleaned a minimum of every two hours each day with Virex II, Oxivir, Q.T. or Re-Juv-Nal

Fresh air intake will be increased in all HVAC air circulation system with installation of MERV-13 filtration where applicable.

AREAS OPEN WITH RESTRICTIONS:

- Cardio and strength areas open with significant capacity restrictions
- Only designated bathrooms will be open
- Gym open for individual workouts or group exercise classes only
- Group exercise classes available through online reservation system only. All rooms redesigned for social distancing and cleaned after every class
- Indoor pool opening based on CDC guidelines - lap swim, open swim and water aerobics class size will be limited, no observers on pool deck
- Locker rooms and showers opened with strict social distancing and cleaning policies in place (pool facilities only)
- All non-bottle water filling drinking fountains will be out of use
- Seating areas significantly reduced or removed to prevent gathering
- Furniture repositioned or removed for physical distancing

AREAS CLOSED:

- Steam rooms, communal locker rooms (Orleans County), and saunas
- Childwatch Closed, and kids gym spaces restricted to Summer Camp program participants only
- Services not provided:
 - Complimentary Coffee Service
 - Towel and laundry Service
 - National Reciprocity and the AWAY program suspended

RESTRICTIONS AND PROTOCOLS FOR STAFF AND MEMBERS

ROUND 1

Staffing limited to “essential staff” (includes social distance monitors throughout facilities)

All staff thoroughly trained on COVID-19 transmission prevention and new cleaning protocols prior to working

To obtain facility access, employees and members will complete a health screening by answering a daily questionnaire. After completing the screening successfully, members will enter the second stage of the check in process. This is when member self-scans their Y key tag to obtain Y entry (staff will not handle cards, phone or other personal belongings).

All people entering facility, including staff and members, will:

- Be asked to wash their hand with soap and water and/or sanitize hands upon entry and exit
- Any individual who displays any symptom of an illness may not enter the building

Staff will be asked to wash their hands with soap and water frequently

Numbers will be controlled throughout the building (not to exceed 33% of facility/area capacity)

All staff and members will be required to wear appropriate face coverings that cover both the mouth and nose at all times (bandanas, buffs, and gaiters are NOT acceptable face coverings for fitness centers). Individuals unable to medically tolerate acceptable face coverings must wear a face shield at all times.

Children in childcare/summer camp are socially distant from members and we continue to abide by OCFS guidelines

Guests not allowed to use facilities

Anyone unwilling to comply with the Y's COVID-19 transmission prevention measures or follow our new community conscious code will be asked to leave the facility immediately

Before and after-school childcare will open in all designated schools

RESTRICTIONS AND PROTOCOLS FOR ACTIVITIES AND PROGRAMS

All activities in facilities are limited to 33% capacity, including exercise classes, swim lessons, water aerobics, Active Older Adults programming)

Racquetball closed

No full-court or pick-up basketball. Only individual workouts.

Indoor youth sports and outreach/community programs are suspended

Food Program for Summer Camp at designated locations only



EXPANDED
HOURS FOR
FACILITIES IN
ROUND ONE

ADDITIONAL
FACILITIES
TO OPEN
AND RUN AS
DEMAND/
CAPACITY
WARRANTS
AND
FINANCES
ALLOW

Social/
physical
distancing
remain as
warranted

The GLOW YMCA's priority is to provide wellness facilities, programs and services in a safe and effective manner. The YMCA's reopening plan prioritizes 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.

COVID TRANSMISSION PREVENTION MEASURES SUMMARY

- Acrylic barriers remain at Welcome Centers and checkins
- Hand sanitizer placed throughout the building
- Facility and equipment thoroughly cleaned and disinfected daily with Virex II, Oxivir, Q.T. or Re-Juv-Nal disinfectant cleaner (before opening, after closing each day and throughout the day)
- Members will be asked to clean any equipment they use before and after each use
- Spacing markers on floors to enable social and physical distancing
- Signage installed to remind members of healthy cleaning practices
- Members' and staff personal belongings stored in designated areas only
- To obtain facility access, employees and members will complete a health screening by answering a daily questionnaire. After completing the screening successfully, members will enter the second stage of the check in process. This is when member self-scans their Y key tag to obtain Y entry (staff will not handle cards, phone or other personal belongings).
- Any individual who displays any symptom of an illness may not enter the building

FACILITY RESTRICTIONS AND PROTOCOLS

Entire facility will be cleaned and disinfected prior to opening and after closing each day

All equipment will be cleaned with Virex II, Oxivir, Q.T. or Re-Juv-Nal throughout the day (minimum of every two hours) and before opening and after closing

- Members will be asked to use provided cleaning supplies to clean equipment before and after each use

Public entry doors and counters, elevator buttons and stair handrails will be cleaned frequently throughout the day with Virex II, Oxivir, Q.T. or Re-Juv-Nal

Members and staff will be asked to maintain healthy cleaning practices

No parents allowed in childcare areas

Group Exercise classes remain available with appropriate social and physical distance. All rooms cleaned after every class

RESTRICTIONS AND PROTOCOLS FOR STAFF AND MEMBERS

ROUND 2

Ramped up staffing to allow for increased branches and additional programming

All staff thoroughly trained on COVID-19 transmission prevention and new cleaning protocols prior to working

Guests not allowed to use facilities

To obtain facility access, employees and members will complete a health screening by answering a daily questionnaire. After completing the screening successfully, members will enter the second stage of the check in process. This is when member self-scans their Y key tag to obtain Y entry (staff will not handle cards, phone or other personal belongings).

All members and staff will be asked to wash their hand with soap and water and/or sanitize hands upon entry and exit

Staff and members will be strongly encouraged to wear PPE (masks), assuming community restrictions are relaxed

Anyone unwilling to comply with the Y's COVID-19 transmission prevention measures or follow our new community conscious code will be asked to leave the facility immediately

RESTRICTIONS AND PROTOCOLS FOR ACTIVITIES AND PROGRAMS

New normal group activities will resume

New normal Active Older Adults programming will resume

Gym open for group activities, if we can meet current social and physical distance requirements

Pick up basketball and Racquetball only open, if we can meet current social and physical distance requirements

Programs, including youth sports and outreach/community programs, will resume

ALL ROUND 2 ACTIVITIES WILL BE CONDUCTED UNDER THE CURRENT GUIDELINES OF THE HEALTH DEPARTMENT & ALLOWANCES OF NEW YORK STATE AT THAT TIME.

According to the Occupational Safety and Health Administration (OSHA), most American workers will likely experience low (caution) or medium exposure risk levels at their job or place of employment. As an employer, we will pay particular attention to how best to decrease the spread of COVID-19 and lower the impact in our workplace. This may include activities in one or more of the following areas: (1) Maintain healthy business operations, (2) Maintain a healthy work environment and (3) Prepare staff and prevent/reduce spread of infection

EXPANDED PLAN COMPONENTS

1. MAINTAIN HEALTHY BUSINESS OPERATIONS (STAFFING PROTOCOLS)

- Branch Executive will be the workplace safety coordinator in each facility responsible for COVID-19 issues and their impact at the workplace.
- Implement flexible sick leave and supportive policies and practices.
- Ensure that sick leave policies are flexible and consistent with public health guidance and that employees are aware of and understand these policies.
- Maintain flexible policies that permit employees to stay home to care for a sick family member or take care of children due to school and childcare closures. Additional flexibilities might include giving advances on future sick leave and allowing employees to donate sick leave to each other.
- Review human resources policies to make sure that policies and practices are consistent with public health recommendations and are consistent with existing state and federal workplace laws (utilizing support and services of Y-USA and the Alliance of New York State YMCAs).
- We will also be prepared to change our business practices if needed to maintain critical operations (e.g., identify alternative suppliers, prioritize existing customers, or temporarily suspend some of our operations if needed).
- Identify alternate supply chains for critical goods and services. Some goods and services may be in higher demand or unavailable.
- Talk with our community partners about our response plans. Share best practices with other businesses in our communities (especially those in your supply chain), chambers of commerce, and associations to improve community response efforts. This may include other YMCAs in our network (Canandaigua, Corning, Buffalo, Rochester, Syracuse) or local partners.
- Determine how we will operate if absenteeism spikes. Absenteeism may increase in sick employees, those who stay home to care for sick family members, and those who must stay home to watch their children if dismissed from childcare programs and K-12 schools. To address this issue, we will initially scale back our staffing to only FT staff in an “as-needed” basis.
- Ensure staff social distancing protocols are in place, which means avoiding large gatherings and maintaining distance. For our staff, this may include:
 - o Implementing flexible worksites (e.g., telework)
 - o Implementing flexible work hours (e.g., staggered shifts)
 - o Increasing physical space between employees at the worksite
 - o Increasing physical space between employees and members
 - o Implementing flexible meeting options and increasing Zoom meetings
 - o Downsizing operations (ie. Hours of operation and amount of programs)
 - o Delivering services remotely (video, or web)
 - o Offering programs outdoors and/or in different spaces

EXPANDED PLAN COMPONENTS

2. MAINTAIN A HEALTHY WORK ENVIRONMENT (FOR STAFF AND MEMBERS)

- Encourage and support hand hygiene for employees, members, and visitors, including:
 - Providing soap and water in rest rooms.
 - Ensuring that adequate supplies are maintained.
 - Placing hand sanitizers in multiple locations to encourage hand hygiene.
 - Placing posters that encourage hand hygiene to help stop the spread at the entrance to your workplace and in other workplace areas where they are likely to be seen.
 - Discouraging hand-shaking, and encouraging the use of other non-contact methods of greeting.
- Installation of plexiglass “sneeze guards” at the Welcome Desk to protect staff and member.
- Direct staff and members to follow the coughing and sneezing etiquette and clean hands protocols as established by the CDC and County Health Departments.
- Increase ventilation rates.
- Increase the percentage of clean outdoor air that circulates into the system.
- Disinfect the air and surfaces constantly

PERFORM ROUTINE ENVIRONMENTAL CLEANING AND DISINFECTION:

- Our Y will routinely clean and disinfect all frequently touched surfaces throughout the facility, such as workstations, keyboards, telephones, handrails, and doorknobs. If surfaces are dirty, they will be cleaned using a detergent or soap and water prior to disinfection.
- For disinfection, we will use commercial cleaning equipment, approved hand wipes and sanitary spray with washable rags.
- Follow the manufacturer’s instructions for all cleaning and disinfection products.
- Discourage staff from using other workers’ phones, desks, offices, or other work tools and equipment. If necessary, clean and disinfect them before and after use.
- Provide cleaning and disinfected supplies in the locker rooms and bathrooms so that commonly used surfaces (doorknobs, countertops, sinks, handles, etc.) can be wiped down by members and staff before each use. All products will meet EPA’s criteria for use against SARS-Cov-2, the cause of COVID-19, and are appropriate for the surface.

PERFORM ENHANCED CLEANING AND DISINFECTION AFTER PERSONS SUSPECTED/CONFIRMED TO HAVE COVID-19 HAVE BEEN IN THE FACILITY:

- If a sick staff is suspected or confirmed to have COVID-19, we will follow the CDC cleaning and disinfection recommendations as outlined in the plan.

TAKE CARE WHEN ATTENDING MEETINGS AND GATHERINGS:

- Carefully consider whether travel is necessary.
- Use videoconferencing or teleconferencing whenever possible.
- Postpone any large-group gatherings or celebrations.

EXPANDED PLAN COMPONENTS

3. PREPARE STAFF AND PREVENT/REDUCE SPREAD OF INFECTION

- Return to work policies will be followed and communicated according to YUSA protocols and DOL requirements
- We will communicate steps taken to create a safe working environment and reduce anxiety of returning to work
- Monitor staff to reduce transmission, including:
 - o Watching for symptoms of COVID-19 infection - People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms or combinations of symptoms may have COVID-19: Cough, fever, shortness of breath or difficulty breathing
 - o Sending staff home who experience these conditions and encourage testing.
 - o Providing guidance to staff regarding when to seek medical attention: If they have any of the emergency warning signs for COVID-19, they should get medical attention immediately: Trouble breathing; Persistent pain or pressure in the chest; New confusion or inability to arouse; Bluish lips or face
 - o Actively encouraging staff to notify their supervisor and stay home if they have symptoms (i.e., fever, cough, or shortness of breath). Sick staff should follow CDC-recommended steps. Staff should not return to work until the criteria to discontinue home isolation are met, in consultation with healthcare providers and state and local health departments.
 - o Staff who are well but who have a sick family member at home with COVID-19 should notify their supervisor and follow CDC recommended precautions.
 - o If a staff member is confirmed to have COVID-19 infection, the Y will inform fellow employees of their possible exposure to COVID-19 in the workplace but maintain confidentiality. The Y will: Instruct fellow staff about how to proceed based on the CDC Public Health Recommendations for Community-Related Exposure; Note the time the staff began to feel ill and the time they were separated from the remaining staff; Instruct the staff to call and ensure their safe arrival at home; Instruct the staff to call their physician for further instructions.

WE WILL ESTABLISH STAFF TRAINING ABOUT HOW THEY CAN REDUCE THE SPREAD OF COVID19:

- o Follow the policies and procedures of our staff related to illness, cleaning and disinfecting, and work meetings.
- o Stay home if staff are sick, except to get medical care. Learn what to do if they are sick.
- o Inform supervisor if they have a sick family member at home with COVID-19. Learn what to do if someone in their house is sick.
- o Wash hands often with soap and water for at least 20 seconds. Use hand sanitizer with at least 60% alcohol if soap and water are not available.
- o Cover mouth and nose with a tissue when they cough or sneeze or use the inside of elbow. Throw used tissues in the trash and immediately wash hands with soap and water for at least 20 seconds. Learn more about coughing and sneezing etiquette on the CDC website.
- o Clean AND disinfect frequently touched objects and surfaces such as workstations, keyboards, telephones, handrails, and doorknobs. Dirty surfaces can be cleaned with soap and water prior to disinfection. To disinfect, use products that meet EPA's criteria for use against SARS-CoV-2, the cause of COVID-19, and are appropriate for the surface.
- o Avoid using other staff's phones, desks, offices, or other work tools and equipment
- o If necessary, clean and disinfect them before and after use.
- o Practice social distancing

EXPANDED PLAN COMPONENTS

4. EXERCISE/PROGRAM PROTOCOLS

- Offer planned circuit type workouts that facilitate distancing and allow for wiping/disinfection of equipment during recovery between exercises.
- Group exercise classes offered only with distancing requirements maintained and no person-to-person physical contact.
- Basketball courts and other areas where sports where physical contact occurs should be used for individual exercise only. **No pick up or full court games.**
- Saunas and steam rooms closed (consideration to open with restrictions at a later date)
- Staff will monitor physical distancing requirements in all areas and limit the number of members.
- Personal trainers and staff assisting members with exercise will do so with appropriate social and physical distance.
- Materials all be provided to members to wipe/disinfect equipment before and after exercise at each location/station/piece of equipment. It will be readily available and members will not have to search for it.
- A disinfection routine will be established for staff at regular intervals.

5. RESTROOM & LOCKER ROOM PROTOCOLS

- Doors to multi-stall restrooms will be opened and closed without touching handles if at all possible.
- For single restrooms, we will provide signage and materials (paper towels and trash cans) for individuals to use without touching the handles.
- Place signs asking member and employees to wash hands before and after using the restroom.
- Provide paper towels and hand/hair dryers as appropriate in restrooms
- Allow shower and locker room use with appropriate social and physical distance and cleaning supplies and signage.
- All the areas listed, if in use, will be cleaned every two hours and a job card will be used to make sure everything is being done correctly.

6. POOL PROTOCOLS

- Our pools present unique challenges. According to the CDC, there is no evidence that the virus that causes COVID-19 can be spread to people through the water in pool, hot tubs, spas or water play areas. Proper operation and maintenance (including disinfection with chlorine and bromine) of these facilities should inactivate the virus in water. The YMCA is taking the following steps to increase protection:
 - o Reduced enrollments for all classes (child or adult)
 - o Reinforce warm soapy shower before entering pool area
 - o Provide spray bottles on deck with 1:3 (bleach:water) ratio
 - o Not use slides or inflatables
 - o Backwash the system every two days
 - o Not allow observers on pool deck
 - o Limited usage to 45 minutes

APPENDIX

Pages 17 and 18:

Round 1 and Round 2 at a Glance

Pages 19 and 20:

Signage and Products

Page 21:

Waiver and Hold Harmless Agreement

ROUND 1

LIMITED HOURS AND FACILITIES

All Facilities:

Weekdays

7am-12pm;

4pm-8pm

Saturdays

7am-12pm

Rigid social & physical distancing

PEOPLE

Staffing limited to “essential staff” (includes social distance monitors throughout facilities)

All staff thoroughly trained on COVID-19 transmission prevention and new cleaning protocols prior to working

To obtain facility access, employees and members will complete a health screening by answering a daily questionnaire. After completing the screening successfully, members will enter the second stage of the check in process. This is when member self-scans their Y key tag to obtain Y entry (staff will not handle cards, phone or other personal belongings).

All people entering facility, including staff and members, will:

- Be asked to wash their hands with soap and water and/or sanitize hands upon entry and exit
- Any individual who displays any symptom of an illness may not enter the building

Staff will be asked to wash their hands with soap and water frequently

Numbers will be controlled throughout the building (not to exceed 33% of facility/area capacity)

All staff and members will be required to wear appropriate face coverings that cover both the mouth and nose at all times (bandanas, buffs, and gaiters are NOT acceptable face coverings for fitness centers). Individuals unable to medically tolerate acceptable face coverings must wear a face shield at all times.

Children in childcare are socially distant from members and we continue to abide by OCFS guidelines

Guests not allowed to use facilities

Anyone unwilling to comply with the Y's COVID-19 transmission prevention measures or follow our new community conscious code will be asked to leave the facility immediately

FACILITY

Entire facility will be cleaned and disinfected prior to opening and after closing each day

All equipment will be cleaned with Virex II, Oxivir, Q.T. (EPA registration No. 6838-77) or Re-Juv-Nal (EPA registration No. 1839-169) throughout the day (minimum of every two hours) and before opening and after closing

- Members will be asked to use provided cleaning supplies to clean equipment before and after each use

Public entry doors and counters, elevator buttons, mobility assist handrails and stair ails will be cleaned a minimum of every two hours with Virex II, Oxivir, Q.T. or Re-Juv-Nal

Employee workspaces cleaned a minimum of every two hours each day with Virex II, Oxivir, Q.T. or Re-Juv-Nal

Fresh air intake will be increased in all HVAC air circulation system with installation of MERV-13 filtration where applicable.

AREAS OPEN WITH RESTRICTIONS:

- Cardio and strength areas open with significant capacity restrictions (33%)
- Only designated bathrooms will be open
- Gym open for individual workouts or group exercise classes only
- Group exercise classes available through online reservation system only.
- All rooms redesigned for social distancing and cleaned after use
- Pools opening based on CDC guidelines - lap swim, open swim and water aerobics class size will be limited, no observers on pool deck
- Locker rooms and showers opened with strict social distancing and cleaning policies in place for pool participants ONLY
- Seating areas significantly reduced or removed to prevent gathering
- Furniture repositioned or removed for physical distancing
- All non-bottle water filling drinking fountains will be out of use
- Personal Training areas will be reset for social distancing and non-contact personal training will be conducted only when parties are masked

CLOSED AREAS:

- Steam rooms, locker rooms (Orleans County), and saunas
- Services not provided:
Complimentary Coffee, Towel and Laundry Service
National Reciprocity and the AWAY program suspended

ACTIVITIES & PROGRAMS

All activities in facilities are limited to 33% capacity. including all exercise classes, swim lessons, water aerobics, Active Older Adults programming)

Racquetball closed

No full-court or pick up basketball. Only individual workouts.

Youth sports and outreach/community programs are suspended

Children in Summer Camp will remain in designated locations

COVID TRANSMISSION PREVENTION MEASURES SUMMARY

RIGID SOCIAL/PHYSICAL DISTANCING PRACTICES AND POLICIES

- Limit capacity to 33%
- Acrylic barriers installed at Welcome Centers and check ins
- Hand sanitizer placed throughout the building
- Facility and equipment thoroughly cleaned and disinfected with Virex II, Oxivir, Q.T. or Re-Juv-Nal disinfectant cleaner (before opening, after closing each day and throughout the day)
- Members will be asked to clean equipment before and after each use
- Spacing markers on floors to enable social and physical distancing
- Signage installed and staff monitoring all areas with more than one member to enforce social distancing practices
- Equipment spaced to maintain appropriate social distance
- Seating throughout the facility will be repositioned for physical distancing
- All people entering facility, including staff and members, will wash hands with soap and water frequently
- All staff and members will be required to wear appropriate face coverings that cover both the mouth and nose at all times (bandanas, buffs, and gaiters are NOT acceptable face coverings for fitness centers). Individuals unable to medically tolerate acceptable face coverings must wear a face shield at all times.
- Members' and staff personal belongings stored only in kit lockers/locker rooms
- To obtain facility access, employees and members will complete a health screening by answering a daily questionnaire. After completing the screening successfully, members will enter the second stage of the check in process. This is when member self-scans their Y key tag to obtain Y entry (staff will not handle cards, phone or other personal belongings).
- Any individual who displays any symptom of an illness may not enter the building

ROUND 2

EXPANDED HOURS FOR FACILITIES OPEN IN ROUND ONE MORE FACILITIES TO OPEN AND RUN AS DEMAND/ CAPACITY WARRANTS AND FINANCES ALLOW

Social & physical distancing as required

PEOPLE

Ramped up staffing to allow for increased branches and additional programming

All staff thoroughly trained on COVID-19 transmission prevention and new cleaning protocols prior to working

Guests not allowed to use facilities

To obtain facility access, employees and members will complete a health screening by answering a daily questionnaire. After completing the screening successfully, members will enter the second stage of the check in process. This is when member self-scans their Y key tag to obtain Y entry (staff will not handle cards, phone or other personal belongings).

All members and staff will be asked to wash their hands with soap and water and/or sanitize hands upon entry and exit

Staff and members will be strongly encouraged to wear PPE (masks), assuming community regulations are relaxed.

Anyone unwilling to comply with the Y's COVID-19 transmission prevention measures or follow our new community conscious code will be asked to leave the facility immediately

FACILITY

Entire facility will be cleaned and disinfected prior to opening and after closing each day

All equipment will be cleaned with Virex II, Oxivir, Q.T. (EPA registration No. 6838-77) or Re-Juv-Nal (EPA registration No. 1839-169) throughout the day (minimum of every two hours) and before opening and after closing

- Members will be asked to use provided cleaning supplies to clean equipment before and after each use

Public entry doors and counters, elevator buttons and stair handrails will be cleaned frequently throughout the day with Virex II, Oxivir, Q.T. or Re-Juv-Nal

Members and staff will be asked to maintain healthy cleaning practices

Group Exercise classes remain available with appropriate social and physical distance. All rooms cleaned after every class

ACTIVITIES & PROGRAMS

New normal group activities will resume

New normal Active Older Adults programming will resume

Gym open for group activities if we can meet current social and physical distance requirements

Pick up basketball and Racquetball only open if we can meet current social and physical distance requirements

Programs, including youth sports and outreach/community programs, will resume

Before and after-school childcare will open in all designated schools

COVID TRANSMISSION

PREVENTION MEASURES SUMMARY

SOCIAL/PHYSICAL DISTANCING PRACTICES AND POLICIES WILL REMAIN

- Acrylic barriers remain at Welcome Centers and checkins
- Hand sanitizer placed throughout the building
- Facility and equipment thoroughly cleaned and disinfected daily with Virex II, Oxivir, Q.T. or Re-Juv-Nal disinfectant cleaner (before opening, after closing each day and throughout the day)
- Members will be asked to clean any equipment they use before and after each use
- Spacing markers on floors to enable social and physical distancing
- Signage installed to remind members of healthy cleaning practices
- Members' and staff personal belongings stored in designated areas only
- To obtain facility access, employees and members will complete a health screening by answering a daily questionnaire. After completing the screening successfully, members will enter the second stage of the check in process. This is when member self-scans their Y key tag to obtain Y entry (staff will not handle cards, phone or other personal belongings).
- Any individual who displays any symptom of an illness may not enter the building

ALL ROUND 2 ACTIVITIES WILL BE CONDUCTED UNDER THE CURRENT GUIDELINES OF THE HEALTH DEPARTMENT AT THAT TIME.

CLEANING/SAFETY PRODUCTS



CLEANING MACHINES/PRODUCTS
PURCHASED FROM HILLYARD



PLASTIC BARRIERS
PURCHASED FROM LAIRD PLASTICS



HAND SANITIZER
PURCHASED FROM
BLACK BUTTON DISTILLERY



MASKS
PURCHASED FROM HICKEY FREEMAN

PULL UP BANNERS

31.5" width

AS A COMMUNITY CONSCIOUS MEMBER

I will behave in a responsible way that respects the rights, safety and dignity of all YMCA members. As such I agree to:

- Not visit the YMCA if I have a fever or symptoms of illness
- Create a safe and caring environment by abiding by social and physical distancing requirements
- Use a face covering or cover my face and nose as appropriate
- Follow hand sanitizing and hand washing protocol while in the YMCA
- Clean all equipment before and after use
- Use one piece of equipment at a time, clean it before and after use and then move to the next
- Acknowledge members' need for personal space
- Limit my visit to 90 minutes and abide by current program schedules to allow fellow members to enjoy our facility
- Speak in a respectful tone while discussing social distancing or other concerns

REMEMBER THE 3 C's!
Stay healthy and help stop the spread of coronavirus, influenza and other illnesses by following the 3 C's:

Cover	Clean	Contain
Cough into the crook of your elbow or into a tissue. Throw it away immediately.	Frequently wash your hands with soap and water for 20 seconds, about the time it takes to sing Happy Birthday twice.	Stay home when you are sick and you have been told to stay for 24 hours.

95.85" total height

up to 83 35" visual height

the **YMCA OF GREATER ROCHESTER**

FLOOR DECALS



10 INCHES

FOR GROUP EXERCISE ROOMS



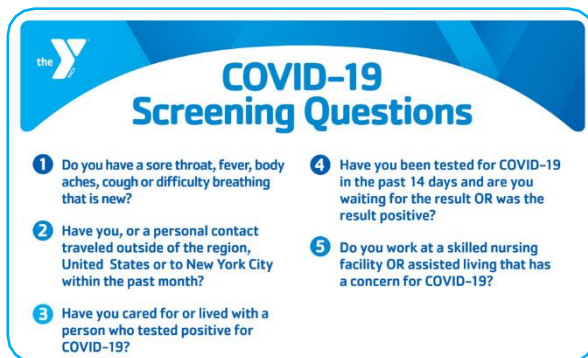
12 INCHES

FOR WALKWAYS

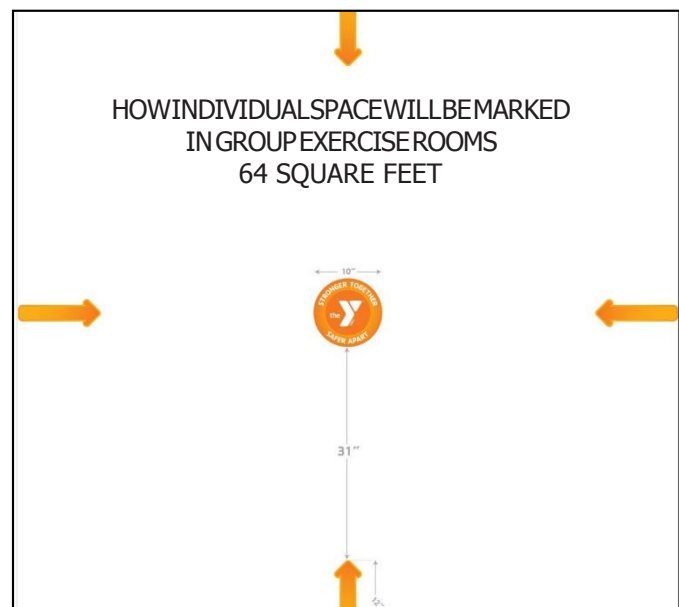


10 INCHES

FOR STRENGTH TRAINING



WINDOW CLINGS



ADDITIONAL DECALS



5 INCHES

FOR SHOWERS



3 INCHES

FOR BATHROOM MIRRORS



1.25 INCHES

FOR EQUIPMENT

GLOW YMCA WAIVER, RELEASE, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT

The GLOW YMCA's Waiver and Hold Harmless Agreement (below) was reviewed by our liability insurance carrier and determined it would protect the YMCA in the event a member alleges they contracted the virus COVID-19. The YMCA was advised a supplemental waiver specific to COVID-19 was not needed to be signed by members prior using YMCA facilities.

In consideration of membership with the GLOW YMCA, I agree to release, indemnify and hold harmless the YMCA, and its officers, employees and volunteers, with respect to any and all accidents, injuries, losses or damages to person or property that result from my/my child's participation in YMCA programs or facilities, whether arising from the negligence of the YMCA or otherwise, to the fullest extent permitted by law. I do further agree on behalf of myself, and my heirs, executors and administrators, to waive, release and forever discharge any and all rights and claims for damages which may have accrued, or which may hereafter accrue, to me/my child arising out of or connected with participation in the YMCA programs, use of the YMCA facilities and property, or use of equipment within the YMCA facilities and property.

I understand that even when every reasonable precaution is taken, accidents can sometimes occur. I further understand that the activities of the YMCA have inherent risks of injury and I hereby assume all such risks and hazards incidental to my or my family's participation in the programs, use of the facilities, or use of equipment within the facilities.