



# REOPENING RESPONSIBLY

## WE ARE COMMITTED TO YOUR SAFETY

As we move into our next phase of reopening, we will continue to implement every reasonable measure to keep you and our staff members safe while we serve our community. The following document outlines our plan that will be effective **September 28**. We will update this document to coincide with each stage of the "Back on Track Indiana" plan.

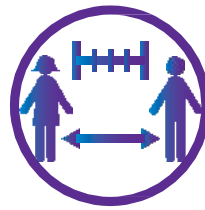
## WHAT YOU CAN EXPECT WHEN YOU VISIT THE PARKVIEW HUNTINGTON FAMILY YMCA:

- Upon entering; stop at the front desk and sign a waiver (first visit only) and acknowledge that you are not sick or have not been asked to quarantine. 6ft distance guides will be marked where appropriate.
- All 'touch-points' in the building will be cleaned/disinfected every 4-hours
- Safety protocol reminder signage and sanitizer stations will be available throughout the facility
- Reduction of access/reduced participants by specific areas to ensure physical distancing
- State health officials recommend that residents age 65 or older and those with known high-risk medical conditions should limit exposure at work and in their communities. **AOA classes will be offered both virtually and in-person with limited spaces in class at this time.**



### STAY HOME IF YOU ARE SICK

Stay home when you are sick, except to get medical care. We will ask you to verify that you or your immediate family members have not been sick or quarantined.



### PHYSICAL DISTANCING PRACTICED

To practice physical distancing: Stay at least 6 feet from others and do not gather in groups. Dance/group ex. studios are marked to maintain 6 ft. distance between participants.



### WASH YOUR HANDS REGULARLY

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



### "Mask Up"-Ages 8 and up

Please wear a face covering while not actively exercising or participating in a class or program.



### REDUCTION OF GROUP SIZES

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



### DISINFECT EQUIPMENT DURING USE

Y Staff will clean & disinfect frequently touched objects and surfaces including fitness equipment before & after use.

# SAFETY GUIDELINES - EFFECTIVE SEPTEMBER 28

## GENERAL GUIDELINES

Your first visit back since reopening: Members will be asked to stop at front desk, clean hands, and sign a waiver .

All subsequent visits: You will be asked to stop and clean hands. You will acknowledge by checking in that you are not sick and have not been exposed to Covid-19 and asked to quarantine.

Program/class offerings & schedules are available on our website ([www.huntingtony.org](http://www.huntingtony.org)).

Please wear a face covering when you are not actively exercising or participating in an activity.

Staff "sanitation crews" will clean/disinfect high-touch areas at least every 4-hours.

No coffee or tea available

Members and guests will be permitted.

Facility will be open regular hours.

Water fountains unavailable (bottle filler only).

Wash hands before and after working out with soap and water.

Increased signage encouraging cleaning and distancing will be present throughout the facility.

Ages 12-15 may use the facility ([observing age-appropriate guidelines](#)).

Children under age 12 must be enrolled in a current program or have a parent in the building - see "Families" below.

"The Hang Out" will be open to limited participants.

Nationwide membership reciprocity will be accepted.

Locker rooms will be open. Please maintain 6 ft. distance while utilizing locker rooms.

Play & Learn is opened limited hours with a max. of 10 children. Reservations are required [on schedules page](#).

## FAMILIES!!

Children under 12 are welcome to join you in the following areas:

(parent/guardian must remain with child)

Swim together in the HELP Rec. Pool- Reservations required.

Play Racquetball/Wallyball - Reservations required.

Shoot baskets and play games in the gym.

Walk the track.

Visit the playground together - **no eating**, please.

## GROUP EXERCISE / STRENGTH

Adult group fitness classes continue with limitations – Reservations/registration required.

Please bring your own mat for Yoga and Group Ex Classes if possible.

Members will clean and disinfect equipment before & after use.

Limited virtual classes will continue.

Silver Sneakers and Active Older Adult Classes will be held in-person with limits – Reservations required.

## GYMNASIUMS

Noon-Ball and pickup/organized games allowed (bring your own ball).

Pickleball - open - bring own racquet if possible.

Check gym schedules at [www.huntingtony.org/schedules](http://www.huntingtony.org/schedules).

## RACQUETBALL/WALLYBALL

Courts Open - bring own racquet if possible.

\*Please clean/sanitize hands and all equipment and door knobs before and after use.

## POOLS

Weekly/daily schedule will be posted on [www.huntingtony.org/schedules](http://www.huntingtony.org/schedules).

Forester Pool open for Lap Swim only: 1 Person per lane – Reservations required.

HELP Rec. Pool - Limited to 12 members in pool at a time – Reservations required.

Water Fitness Classes will continue- See website for schedule - Reservations required.

Steam room and sauna open - max. of 1 person and 15mins/person

Swim lessons - see current schedule for lessons being offered.

## WELLNESS CENTER

Members will pick up a disinfectant bottle and towel and use to disinfect equipment before and after each use. Upon exiting wellness center, bottle and towel will be placed in receptacle for YMCA staff to clean. (i.e., 1 towel and bottle for each member).

Cardio and fitness equipment limited to 6 foot distancing where possible.

Try to visit at non-peak times when possible.

Members will wipe down all handles, balls, mats, etc.

All equipment 'touch-points' will be disinfected at least every 4-hours by staff.

Personal Training will be allowed. Staff will wear face covering, maintain physical distancing, and sanitize equipment during training.