

June 12<sup>th</sup>, 2020

Dear members, visitors, and staff,

We are so excited to be welcoming you back to the Fundy YMCA, as of June 15<sup>th</sup>, 2020!

As you can imagine, your Y experience will be a little bit different than it has been in the past. Safety for everyone is our priority. The Y will be taking all necessary steps to ensure the safety of its members, families, staff, and community. These new procedures will allow members to enjoy the Y's facilities while helping prevent the spread of the COVID-19 virus. To guide members through some of the changes, we will be releasing some helpful walkthrough videos of what to expect. These will be posted on Facebook and our website.

## What will it look like when we reopen?

Our **hours of operation** will be:

- **6:00am to 8:00pm** Monday to Friday
- **9:00am to 5:00pm** Saturday and Sunday
- We may adjust our hours as we better understand the needs of our members

All **memberships** which were active when we closed the YMCA on March 16<sup>th</sup> will be reactivated as of June 15<sup>th</sup>, 2020. If you pay by credit card or direct debit, **your next payment will be charged on July 1<sup>st</sup>**, 2020. If you would like to make any changes to your membership, please let us know by June 25<sup>th</sup>. If you have asked us to put a hold on your membership since March 16<sup>th</sup>, your membership will remain on hold until you are ready to reactivate it, within one year.

Our staff are committed to **extra cleaning** of high traffic areas and touch points. These areas will be cleaned many times throughout the day, in addition to our regular deep cleans of the entire facility.

During Phase 1 of opening we will allow **35 participants in the Fitness Centre** and **6 participants per Fitness Class**. If you would like to attend a class, please be sure to preregister before arriving at the Y to confirm your spot. You can reach us at 902-638-9622.

**There will be no access to showers or saunas at this time.**

We recommend that you come dressed to workout so that you do not have to change before or after for easier transitions in and out of the facility. **Lockers will be available**. If you choose to use a locker, please bring your own lock. It will be important to remember to physically distance in the locker rooms. The boot area will remain closed at this time. If you need to sit down to remove your outdoor footwear on wet days, please use the seating in the reception area and store your wet shoes in a locker. On dry days, please wear sneakers that are as clean as possible, so you do not have to change them upon entering.

**There will be no access to the pools, spa or walking track at this time.**

Upon arrival to the facility, you will be asked to go through a **health screening**. We will take your temperature and ask you the following questions:

- Do you have any symptoms of COVID-19?

- Fever (i.e. chills, sweats)
- Cough or worsening of a previous cough
- Sore throat
- Headache
- Shortness of breath
- Muscle aches
- Sneezing
- Nasal Congestion/runny nose
- Hoarse voice
- Diarrhea
- Unusual fatigue
- Loss of sense of smell or taste
- Red, purple or blueish lesions, on the feet, toes or fingers without clear cause
- Have you been in contact with anyone who has tested positive for COVID-19?
- Have you traveled outside of Nova Scotia in the last 14 days?

**If you answer yes to any of these questions, or have a temperature of 38 degrees or higher, we will ask you not to use the YMCA facilities at this time and recommend that you call 811.**

Once you have cleared the screening stage, we will ask you to take a **cleaning cloth and spray bottle**, sanitize your hands, and enter the Y through the stairwell. Accommodations will be made as needed if you are unable to use the stairs. We will mark your name on a tag at the screening station to help us keep track of members to capacity. If we reach capacity, we will ask you to form a line up that allows for physical distancing while you wait to enter.

Once inside the Y, please **scan your membership card** or stop by the front desk to pay for your access to the facility.

Please be mindful of the **arrows and distance markers that are placed on the floor** throughout the facility. These markers allow you to **maintain physical distance** to others as well as limits the flow of traffic throughout. Please maintain **2 metres or 6 feet of physical distance between yourself and others** unless they live in your household or are part of your bubble.

While you are working out in the Fitness Centre, please be mindful that in order to maintain physical distancing, **the equipment has been spaced out to maintain 6 feet between each, or has been maneuvered so that there is a barricade between machines.** Please do not move the equipment while you are in the facility, it has been marked on the floor where each piece belongs to maintain correct social distancing. Two treadmills are marked out of service to allow spacing between members. Please respect the signs that are on the machines and throughout the facility. **We ask that you please wipe down the equipment BEFORE and AFTER you use it to ensure your own safety, as well as the safety of others.**

In the fitness studios, there are circles on the floor to distinguish where class participants and the instructor will be in order to maintain physical distancing. Use these as guides to stay apart for classes that require more movement, such as in dance and Zumba classes. **We ask that you please wipe down the equipment BEFORE and AFTER you use it to ensure your own safety as well as the safety of others.**

When a fitness studio is not in use by a class, you are welcome to work out in it. fitness class. Please ensure you clean and return equipment to its proper location when you finish.

We have moved some of the spin bikes to a dedicated spin room behind the Fitness Centre. You are welcome to use this area when it is not in use.

When you are finished your workout and have collected your belongings from your locker, **please exit via the elevator**. Accommodations will be made if you are unable to take the elevator. Once upstairs, **please drop your cleaning cloth in the laundry hamper and deposit your spray bottle in the blue bucket**. This will help us with the sanitization of the cleaning kits before we recirculate them.

**Most of all be patient and kind. We are all navigating these new waters together and will be learning as we go!**

## **Welcome back!**

We have missed you and are excited to see you again.