

YMCA of LAUREL HIGHLANDS

FACILITY POLICIES and PROCEDURES-COVID 19

Entering/Lobby:

- Every adult entering the YMCA, must sign a waiver before coming to YMCA or at Front Desk when entering for the first time.
- Members will have temperature taken. If 100.4 or higher you will be asked to leave.
- Wipe shoes on tack sheets.
- Do not gather in lobby.

Fitness Center:

- Do not bring in any equipment from home.
- Upon entering, pick up spray disinfectant bottle and clean towel.
- Use pen from NEW container and return to USED container.
- Spray towel and wipe down/disinfect all equipment used.
- DO NOT SPRAY EQUIPMENT DIRECTLY.
- Keep workouts to 90 minutes or less.
- Do not gather in Fitness Center.
- Do not attempt to use equipment if blocked for usage.
- Upon exiting, place your bottle on designated table and throw used towel in hamper.

Group Fitness Classes:

- June schedule will be posted on YMCA Face Book page Thursday afternoon (June 4th).
- Enter Fitness Loft from hallway stairwell.
- Sign in for each class using pen from NEW container and return to USED container.
- Take turns entering equipment areas before and after class.
- Wipe down your equipment before and after use.
- Exit class area immediately after you have returned equipment.
- Exit Fitness Loft down back stairwell.
- Do not gather in class areas.

Locker Rooms:

- Available for bathroom use and changing shoes only.
- Showers and lockers are not available until further notice.
- Do not gather in locker rooms.

Gymnasium, Recreation Room, Pavilion:

- Schedule of activities for these areas will be posted.
- Shooting basketball in small groups and pickle ball will be permitted.

Personal Protection Equipment (PPE)/Maintaining Personal and Facility Hygiene:

- Wearing a mask is encouraged in all common areas and is not required while exercising. The use of PPE is at your personal discretion and choice. Please respect the choices of others, regarding PPE.
- Cover coughs/sneezes
- Wash hands
- Use hand sanitizer stations
- Maintain Physical Distance
- Avoid face touching
- Stay home if feeling ill