



Clark Memorial YMCA

Member Covid-19 Handbook

Welcome Back

To help prevent the spread of COVID-19 and reduce the potential risk of exposure to our members and visitors:

- Temperature and health screenings will be in place
- All members /visitors pre-screen themselves daily prior to coming on-site
- All members /visitors are required to wear masks into and when moving about the facility. Masks may be removed during your workout as long as 14ft of social distance is maintained.
- All members/visitors maintain social distancing protocol of 6 feet at all times when moving through the facility
- Hours of Operation:
 - Monday-Thursday 5:00am-8:00pm
 - Friday 5:00am-7:00pm
 - Saturday & Sunday 8:00am-2:00pm
 - Closed daily M-F from 10:00am-10:30am for cleaning
 - Senior hours from 10:30am-12:30pm Monday-Friday



Check IN & Check OUT Process

- Y Screening Team assesses member/visitors for overt signs and symptoms of illness
- Y Screening Team takes each person's temperature using a non-touch thermometer before they enter the building
- Touchless check in & check out – Everyone entering and exiting the YMCA will be required to check in and check out each visit
- All people follow the one-way directional signs to enter/exit the building
- If a member/visitor reports symptoms or direct exposure to COVID-19, they will be asked to leave and get tested



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAINTAIN A HEALTHY ENVIRONMENT

Let's work together to keep the YMCA a healthy place for everyone.

PLEASE LET US KNOW:

1 Have you been contacted by the **Department of Health** to notify you of exposure to COVID-19?
If so, we thank you for not using the Y for the next 14 days after your exposure.

2 Are you or is anyone in your household showing symptoms of:

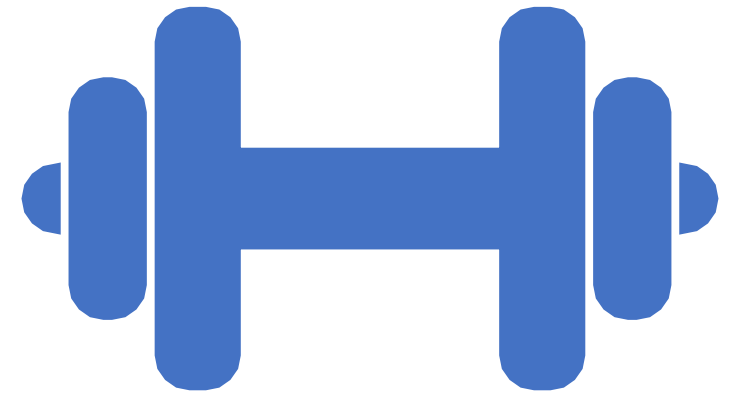
- Fever?
- Cough?
- Shortness of Breath?

If you have a fever or are not feeling well, please refrain from using the Y until fever-free for 24 hours.



Reservations

- The YMCA will have a reservation system in place upon reopening.
- Please call ahead to reserve equipment throughout the facility along with spaces in group exercise classes.
- Equipment can be reserved in 1 hour increments. Pool lanes can be reserved in 30 minute increments (2 consecutive increments can be reserved in pool).
- Reservations can be made up to 48 hours in advance.
- Our front desk staff will have information on all available time slots.



DISINFECTION PROTOCOL

- Disinfection measures have been put in place, and will be practiced routinely, to disinfect workplace surfaces, chairs, tables, etc. and protect employees/members/vendors.
- The Clark YMCA was completely cleaned and disinfected before re-opening.
- This baseline of clean will be upheld with our Disinfection Protocol.
- Surfaces and high touch points cleaned and disinfected regularly.
- Doors, windows & other commonly touched objects are cleaned and disinfected multiple times a day.
- Designated bathrooms for use will be assigned.
- Lockers & showers will be off limits.
- Disinfection materials (sprays and wipes) will be readily available to members and staff.
- As we start to reopen for member use, the YMCA is following OSHA, CDC guidelines for facility readiness and for safety.

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include



*Symptoms may appear 2-14 days after exposure.



If you have been in China or in close contact with someone with confirmed COVID-19 in the past 2 weeks and develop symptoms, call your doctor.



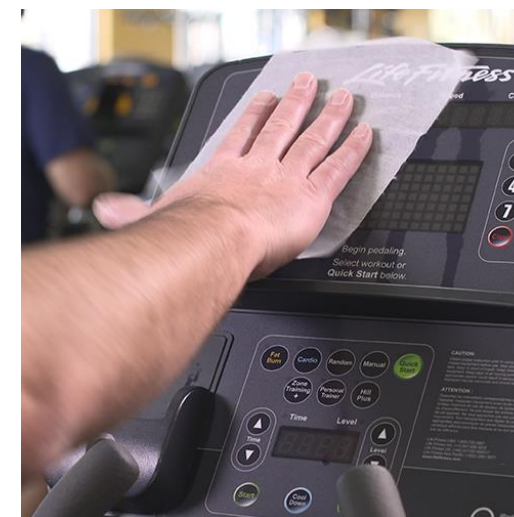
For more information: www.cdc.gov/COVID19

Daily Self Screening for COVID-19 Symptoms

- **TIREDNESS**
 - The body feels completely tired, without energy
- **HIGH FEVER**
 - The body temperature can exceed 100.4 degrees
- **DRY COUGH**
 - Constant coughing without expelling any mucus
- **DIFFICULTY BREATHING**
 - Breathing feels more difficult. New loss of sense of smell

PROTECTING YOURSELF AND PREVENTING THE SPREAD OF THE DISEASE

- Members are being engaged to be part of the solution.
- The Y requires members to clean equipment before and after use, stresses the importance of hand washing and the practice of social distancing
- Members must wash hands with soap and water (preferred) or if unavailable with hand sanitizer
- Everyone in the Y must keep a distance of at least 6 feet between all persons
- Members must avoid touching eyes, nose and mouth
- Everyone must wear a mask in the facility



Who's at Risk?

Aged 65+

Serious heart conditions

Immunocompromised

Severe obesity (BMI of 40+)

Diabetic

Chronic kidney disease or dialysis patient

Liver disease

Pregnancy

Asthma or lung issues

Social Distancing

- Stay at least 6 feet from others as a normal practice
- Equipment use will be staggered to maintain 14ft of distance between those working out
- Eliminate contact with others, such as handshakes or embracing visitors, or friends
- Avoid touching surfaces touched by others to the extent feasible
- Avoid anyone that appears to be sick, or is coughing or sneezing
- Staying Socially Distant while at the YMCA is non-negotiable and can only be broken when rendering aid (CPR/First Aid) with appropriate PPE



HAND WASHING

WASH YOUR HANDS



WATER AND SOAP



PALM TO PALM



BETWEEN FINGERS



FOCUS ON THUMBS



BACK OF HANDS



FOCUS ON WHISTS

- Assume all common surfaces are contaminated and you can contaminate anything you touch thereafter.
- Entering and exiting work and home
- Before and after food prep and eating & drinking or taking medication.
- Before and after treating a cut or wound
- After touching your face, blowing your nose, coughing or sneezing
- Before and after using the restroom or caring for children's personal hygiene (diapers etc.)
- After taking out trash
- After exposure to people who are not feeling well
- Entering and exiting the YMCA

How to wear a face mask



PPE and Masks

- All members/visitors are required to wear masks when moving through the facility.
- Masks will not be required while working out as long as 14ft of distance is maintained.
- Before wearing a mask, wash your hands with an alcohol-based disinfectant or with soap and water.
- Cover your mouth and nose with the mask and make sure the mask is firmly pressed against your face.
- Do not touch the mask while you are wearing it; if you do, wash your hands with an alcohol-based disinfectant or with soap and water afterward.
- Remove the mask from behind (do not touch its front side); throw it away in a closed container and then wash your hands with an alcohol-based disinfectant or with soap and water



To stay up to date please check our website at www.clarkymca.org or visit us on social media.

Thank You For Staying With Us!