



HOW TO VISIT THE Y:

1. **Code of Conduct and Waiver:** All members returning to use our facility will be required to review and sign our updated Code of Conduct and waiver prior to admittance. You can do so ahead of time to speed up your check-in by visiting our website www.keeneyymca.org and either signing them electronically or printing and bringing in your signed forms.
 - a. To sign electronically log-in to your account. Once logged in please choose the Program tab and click on Spring 2020-2021. Choose the COVID-19 Waiver program for your age group and "register". This registration serves as your electronic signature. Please call a Welcome Center Representative at 352-6002 for assistance.
 - b. To print and sign the forms visit this page of the website: <http://keeneyymca.org/application-forms-process>
2. **Sign-up:** 24 hours in advance of your desired workout time you can sign up for your group exercise experience using our new software MotionVibe. All fully instructed classes like Butts and Guts and the more self-guided experiences of our Fitness Centers Workout for the self-guided goal-setter will be available in MotionVibe. ***Stay tuned for more information via email and on our website to login to MotionVibe.***
3. **Please wear a mask.** Masks are required while waiting in line and when not actively engaged in exercise per the conditions of operation required by the state. Masks are always recommended but not required when actively working out.
4. **Line up:** At your reserved time gather at the designated door for your exercise, standing on one of the pre-painted Y symbols that keep us "Standing Apart, Connected in Heart."
 - a. Aquatics session attendees will enter via the Aquatics garage door at the nearest-most point of the facility as you arrive.
 - b. Wellness Center, Track and Gym session attendees will enter via the Main Lobby doors



- c. Group Ex indoor class attendees will enter via the stairwell near Childcare toward the front rear of the building
In each case, signs will help to guide you.
5. **Wear your gear:** On the day of your visit, come ready to “wear in and wear out” as our locker rooms will be closed except for pool use.
 6. **Be screened:** When invited by our Welcome Center staff to enter, they will ask you our standard pre-screening questions and use a touchless thermometer to take your temperature.
 7. **Enter:** Once cleared by Welcome Center staff, you will receive a bottle of cleaning spray and you may proceed to your area of workout. You may use any of the newly positioned lockers throughout the facility to store bags, coats, or shoes as needed. Lockers are still strongly encouraged. Lockers will be first-come, first-served and for one at a time. Those waiting will stand behind a floor-marked wait-area zone for safe distancing.
 8. **Workout:** Once all nine members have made it to the Fitness Center space, our Group Exercise instructor will start the class. In workouts for the self-guided-goal-setter, the instruction will be very brief in nature and then you will be able to proceed with achieving the workout goal you set for your visit. The instructor will remain in the room to provide additional instruction as you request.
 9. **Clean:** Please wipe down all equipment prior to and after using during your visit.
 10. **Comply:** Follow all “Standing Apart, Connected in Heart” directions provided by YMCA staff at all times. Please be gracious in following their requests as the condition of operation by the state requires our team to stringently enforce these rules and to deny access to the facility to repeat offenders. We have worked so hard to bring you back, we do not want to lose you over something so simple.
 11. **Restrictions and age requirement:** No guest passes will be issued and Nationwide Members will not be allowed entry at this time. Members must be at least 13 years old to create a MotionVibe account and register for an hour timeslot.

Cleaning Adjustments



Our new procedures for keeping you safe from the virus include an increased cleaning regiment that will allow for the cleaning of each piece of equipment three times between use.

Cardio Equipment:

1. Our Y instructor staff will spray a disinfectant on the cardio equipment and surrounding cardio bay area. They leave the disinfectant to dry on the equipment to effectively neutralize the COVID-19 virus.
2. Before using the cardio equipment, you will use your assigned disinfectant spray bottle and paper towels to clean the cardio equipment at its touch points, effectively removing any chemical from the instructor's cleaning.
3. After finishing your cardio exercise, you spray and clean the cardio equipment you used.

Strength Equipment:

1. Before using the strength equipment, you will use your assigned disinfectant spray bottle and paper towels to clean all touch points.
2. After use you will repeat step 1.
3. Between members using the equipment, the staff will also clean it.
4. Dumbbells and weight plates will not be re-racked when you are done using them but placed in designated areas for the instructor to clean and re-rack.

Common Areas:

Our YMCA will be increasing our custodial team to identify one team member who will move throughout the building cleaning floors. A second team member will move through stairwells, doors, lockers, locker rooms and bathrooms to clean all touch points. These procedures will meet or exceed the state's required 2-hour minimum for cleaning all common areas.