THE YMCA of Auburn–Lewiston

REOPENING PLAN

June 16, 2020

To Our Dear Y Family,

Thank you so much for staying with us these last few months and supporting our Y while we provided Emergency Childcare to essential workers in our community. As we navigate through reopening our Y facility, our team continues to put the needs, health, and safety of our members and staff at the forefront of our decision making process. As we prepare, we want to make you aware of our required changes so that you will know what to expect when you come home to our Y.

We are being respectful of the Maine Department of Economic & Community Development’s Recommendations of Gyms and Exercise Facilities in these guidelines and plan to open on Wednesday, June 17th, with reduced hours and a reservation system for participation in group exercise classes. Please note that adjustments will be made as the DECD makes any changes and revisions. We will share these changes with you as soon as we can. To receive these notifications, check with our Welcome Center to make sure we have your email address on file, download our mobile app or like our Y’s Facebook Page.

Before you return to our Y, it is important for you to carefully read our reopening plan to help us keep you, your fellow members, and our staff safe. The health and safety of everyone in our Y Family is our number one priority, and we can’t do it without you!

If you have any questions or concerns, feel free to call our Y at 207-795-4095 or email me at swallace@alymca.org.

Please know how much we have missed all of you being here with us. We are getting everything ready for your return and are so thrilled to have our Y Family together again. We can’t wait to see you!

Steve Wallace, CEO
**REDUCED BUILDING HOURS**

Starting Wednesday, June 17th, the Fitness Center will be open with reduced hours during the weekdays and will not be open on Saturdays and Sundays until further notice.

**HOURS OF OPERATION:** Monday - Friday, 5:00am - 8:00pm

**EXCEPTIONS:** Members in a high risk population will have exclusive access to the fitness center every M-W-F between 9:00 am - 10:30 am

On Monday Wednesday & Friday, our members will be asked to vacate the YMCA for cleaning and sanitizing from 8:30am - 9:00am.

We will then reopen at 11:00am.

**KEEPING STAFF & MEMBERS SAFE**

**FROM THE MAINE CDC:** COVID-19 transmission risk is elevated during cardiovascular exercise and increased respiration; forceful respiration when coughing, sneezing, and yelling; close physical contact; and sustained physical contact.

We know everyone is ready to get some exercise for your overall well-being and we are eager to open our Y in a limited capacity as safely as possible. We are thoroughly cleaning on a daily basis and will follow a strict disinfecting schedule to provide a safe environment.

**We need your help!** We have added additional hand sanitizing stations and are requiring all members to clean ALL equipment BEFORE and AFTER use.

We are being required to ask members entering the facility to complete a Screening Questionnaire with our Welcome Center. To align with social distancing guidelines, we will have a **capacity limit of 50** and clearly marked areas that will be accessible to members.

**WHAT AREAS ARE OPENING JUNE 17th?**
The first spaces available will be our Fitness Center, Weight Room, Locker Rooms, and Rest Rooms.

**Group Exercise Classes at the Y will resume in the Gymnasium on Monday, June 22.**

- **Registration for Group Ex. Classes is REQUIRED.**
  - Members can register 48 hours in advance by contacting the Welcome Center or through Daxko and use of the Mobile App.
- Currently, at the Y’s Outdoor Learning and Education Center [N. River Road end] we will continue to offer Boot Camp, on Saturday’s, at 8:00am.
- Visit our website for a modified and updated group ex schedule

**Fitness Center & Weight Room:** To ensure as much safe distancing as possible, some equipment has been relocated. **PLEASE REMEMBER to clean ALL equipment BEFORE and AFTER use.**

**CHILD WATCH WILL BE UNAVAILABLE UNTIL FURTHER NOTICE**

**NO OPEN GYM - BASKETBALL - PICKLEBALL**

Having to move group exercise into the gymnasium, these activities are on hold for the time being.
FACILITY GUIDELINES

The following guidelines are in effect:

Beginning Wednesday, June 17th, The YMCA of Auburn-Lewiston will operate on a reduced schedule. Please CAREFULLY review these guidelines to understand the process.

• Only YMCA of Auburn-Lewiston Members and those holding punch cards are allowed to use our facility and participate in our Outdoor Fitness Classes. Day passes, guests and nationwide Y access will not be permitted during this time.

• Beginning June 22nd: On Mondays, Wednesdays, and Fridays from 9:00am - 10:30am, activity in the Fitness Center will be limited to our members ages 62 years & older and those considered to be members of a high risk population.
  - On Monday Wednesday & Friday, all members will be asked to vacate the YMCA for cleaning and sanitizing from 8:30am - 9:00am. We will then reopen at 11:00am.

• Members must leave the Y no later than the designated time, giving staff enough time to clean and sanitize before the next group enters. No exceptions will be made due to our strict cleaning schedule.

• We recommend members who are potentially at high risk for COVID-19 to work with their primary care provider to determine if coming to our Y is reasonably safe for them.

• The maximum capacity for members during any 60-minute time block in each area are as follows:
  - Fitness Center and Weight Room (Main Floor): 45 people
  - Group Exercise Classes (in Gymnasium): 16 people
    - Members participating in Group Ex classes must enter and exit the gymnasium through the side door, NOT the main entrance.

• Please remember to make other arrangements for your children, as we cannot provide Child Watch at this time.

• Members must bring their own face covering, water bottle, towel, and yoga mat.

• Our towel service, coffee service, and water fountains will be unavailable until further notice. Members may use the water bottle spout of the water fountain to fill up their bottle.

• Again, we encourage vulnerable populations of our Y family to be cautious and follow appropriate guidelines or their doctor’s recommendations. Special times have been designated for our more vulnerable populations.
WHAT TO EXPECT WHEN VISITING

Member Check-In

• For the safety of our staff and members, members are asked to wear a face covering when entering our building.

• **COVID-19 Screening:** When entering the building, you will be asked health-related questions.

• When entering the building for health screening and check-in, please follow the 6-feet social distancing guidelines. This will be clearly marked on our floor.

• All members must wash or sanitize their hands upon entry and before and after workouts. Hand sanitizers will be available near the main doors, at Welcome Center station, and throughout the building.

During Your Visit

• Members will be required to clean equipment before and after use.

• **Shower facilities are limited.** Therefore, a sign in sheet will be provided at the front desk. *Please reserve a shower time when you check in.*

  - Please note: The women’s locker room on the 2nd floor will be unavailable. The locker room, off the pool area, will be accessible for showering and changing.

• All internal doors will be left open to prevent unnecessary touching and increase ventilation.

• Members will be required to adhere to all posted signage regarding distancing and sanitation. Those who do not follow these guidelines will be asked to leave the Y.