



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

MEMBER EXPECTATIONS

HOW YOU CAN HELP MINIMIZE THE SPREAD OF COVID-19

1. If you are sick or have a temperature, or if someone in your house is sick, please stay home. If you have allergies and can't control sneezing, please stay home.
2. Pre-plan your workout routine to avoid lingering/socializing; with our reduced capacity, this enables other members to be able to work out as well.
3. Limit the items you touch within the gym to only the items you will use.
4. Avoid weightlifting gloves and other items that are not easily cleaned.
5. Wear a face covering at all times, including during exercise.
6. Wipe down each piece of equipment before and after use, and dispose of the materials appropriately.
7. Wash your hands with soap and water before and after you leave the building. If not possible, use hand sanitizer when you enter and before you leave the building.
8. Maintain appropriate social and physical distance from other members and staff when walking throughout the gym, to the extent possible.

As a Community-Conscious Member...

I will behave in a responsible way that respects the rights, safety and dignity of all YMCA members and staff. As such, I agree to:

- Not visit the YMCA if I have a fever or symptoms of illness.
- Create a safe and caring environment by abiding by social and physical distancing requirements, and use a face covering to cover my mouth and nose. Masks are required at all times.
- Follow hand sanitizing and hand washing protocol while in the YMCA.
- Use one piece of equipment at a time and clean it before and after use.
- Acknowledge other members' need for personal space.
- Limit my visit to allow fellow members to enjoy our facility.
- Speak in a respectful tone while discussing social distancing and other concerns.

If members are not compliant with the new policies and protocols, they may be asked to leave the facility. Additionally, if an employee or member who has been in the YMCA reports that they are a COVID carrier, the Y will maintain confidentiality of the individual while coordinating with proper health authorities to report the potential exposure. The Y would communicate to all staff and members of that particular location. The Y would also deep clean the facility per CDC guidelines, and employees who came in close and unmasked contact with the individual would be quarantined for 14 days. Other levels of exposure to the infected individual would result in employee self-monitoring. CDC guidelines for exposure will be strictly followed.