

WELCOME HOME to the Y

NOW MORE THAN EVER,
WE'RE HERE FOR YOU!



A Message from our C.O.O., Michael Kelly

I hope this message finds you and your families healthy and safe.

After three (very long) months of closure, we are excited to FINALLY be permitted to reopen our doors to our Membership. Our reopening strategy is to start slowly so that we can assure that our facility is as safe as possible and we can comply with the myriad of rules and guidelines as well as incorporate your feedback from our Membership survey. We have had the benefit of following the path of half the US of the YMCAs that have opened since the beginning of May, implementing their best practices as well as avoiding their challenges.

We will be reopening Saturday, June 20

- **Temporary Operating Hours**
 - Monday – Friday: 6 AM – 6 PM
 - Saturday & Sunday: 7 AM – 3 PM
- **Air Quality Improvements** - New State-of-the-art HVAC System!
- **Your Safety is Our First Priority**
 - Enhanced Cleaning Protocols
 - Temperature and Health Check
 - Reservation System

Outlined below my signature is what we are calling our “Wave A” operating model. We have already dimensioned Waves B and C that we will implement as restrictions are lifted and we gain comfort in implementing the compliance procedures. It is our hope that we can move promptly to Wave B. Some will believe we are being too conservative in our approach while others will think we are opening prematurely. We are anxious to return to a full-service model as soon as practical but are not willing to compromise your safety for speed; we appreciate your support and understanding.

To our Aquatics Teams – we have been working with the coaches to schedule their practices for the next Wave within the prescribed rules. We will provide a status update next week.

Important point – subsequent to your visit to the Y, if you learn that you have tested positive for COVID-19, please contact us promptly at FrontDesk@gwymca.org. We will follow CDC and state protocols for closure, cleaning and notification.

Last – While I am doing my best to describe our procedures, seeing is believing. We recognize that many of you may not feel comfortable rejoining or unfreezing your Membership until you see the operation in action. As such, you can have one free visit to determine your comfort level before making your Membership status change decision. If you canceled, we will be waiving the joiner fee – we want to see you return.

We have missed you and look forward to seeing you at the Y!

Stay Healthy and Safe!

Wave A – YMCA of Greenwich Reopening

1) Facility

- a) Reopen Date – Saturday, June 20
- b) Operating Hours:
 - i) Monday – Friday – 6 AM – 6 PM
 - ii) Saturday and Sunday – 7 AM – 3PM
- c) General rules (unless otherwise noted below)
 - i) Remain 6 feet apart from entry to exit, including queuing to enter the building
 - ii) Wear a face covering
- d) Locker Rooms will be open for changing, day locker usage and rest room only
 - i) No Shower, Steam or Sauna
 - ii) Bag must be kept in locker or in Wellness cubby
- e) Bring your own
 - i) Water Bottle
 - (1) Water fountains can be used in Water Bottle filling mode only.
 - (i) Vending Machines for water and other fluids will be available
 - ii) Towel
 - (1) Member needs to bring and remove their own towel daily.
 - iii) Yoga Mat
- f) You will find hand sanitizers, wipes, and spray bottles throughout the facility
- g) Cleaning Staff
 - i) We have increased both the number and frequency of their rounds to address high contact surfaces throughout the building during the day and a deep cleaning each night.
 - ii) Each Wellness Area will have its own cleaning protocols (described further below).
- h) Air Quality
 - i) In recent weeks, we have installed a start-of-the-art HVAC/climate control system that will move and filter the air in the safest and most efficient manner.

2) Prior to Arrival

- a) Complete a Member Waiver
 - i) Parents/Guardians need to complete for children under 18 years old
 - ii) Completed one time/prior to initial entry
 - iii) As we want to do contactless waivers, we are asking Members to log into their Active Account.
 - (1) Instructions can be found at <http://www.greenwichymca.org/reopening/>
 - (2) Each person under a family will have two waivers

- (a) Adult
 - (b) Parent/Guardian
- (3) Computer Challenge – Both waivers need to be completed electronically.
- b) Make a Reservation
 - i) In order to come to the Y, you will need to have made an online reservation for equipment, swim lane, class or area (e.g., Wellness Center)
 - ii) Reservation system opens 48 hours prior to reservation period
 - (1) Example – If you want to swim on June 20 at 7 AM, reservations will be accepted beginning on June 18 at 7 AM.
 - iii) Reservation System – **link to be provided by June 18.**

3) Arrival

- a) Sanitize your hands upon entry.
- b) Proceed to Front Desk for
 - i) Check in (touchless scan)
 - ii) Temperature taking
 - (1) We have a new thermal camera that will take your temperature with 87% accuracy
 - (2) Front Desk will need to recheck
 - iii) Verbal Questionnaire
 - (1) Are you feeling ill today?
 - (2) Are you or anyone in your household currently under a doctor’s care or under quarantine for COVID-19?
 - (a) You will not be admitted to the YMCA if you have a temperature of 100.4 or greater or answer “Yes” to either of the questions.
 - (b) Same rules apply to Staff
- c) After completing the Check-in, you should follow the signs to your reservation
 - i) We will have Greeters beyond the Front Desk who can answer your questions, assist with reservations, etc. to keep the check-in process moving.

4) Aquatics

- a) Only Olympic Pool
- b) Entrance
 - i) Via separate doors that face Washington Avenue
 - ii) Same Check-in procedures as 3) Entry above
 - iii) Come to the pool
 - (1) Wearing mask and bathing suit
 - (2) Pre-showered
 - (3) Toting own equipment and water bottle
 - (a) No sharing
- c) Lane reservations
 - i) 55 minute swim time limit/one swimmer per lane
 - ii) To minimize interaction/number of people on deck:
 - (1) Only swimmers will be permitted on deck
 - (i) With no parental/guardian supervision, have to at least 16 years old to swim
 - (2) Rolling schedule to minimize interaction
 - (a) No more than 2 lanes changing every 5 minutes
 - (i) Example – Lane 1 and 12 will be available at 6:05, Lane 2 and 13 at 6:10
- d) Move to marked far side of pool to locate reserved swim lane

- i) Follow cones/floor markings for 3-foot wide walking lanes
- ii) There will be designated storage for your cover clothing and mask
- iii) Remove mask and clothing
- iv) Proceed to assigned lane
- e) Completion
 - i) Return for your gear
 - ii) You can briefly use deck showers to rinse
 - iii) Exit facility
- f) Staff can provide assistance and will also be responsible for cleaning gear storage and showers after each use, using the prescribed chlorine/bleach/water mix so as to not contaminate the pool.

5) Wellness Center/Hallway Outside Wellness/Base Fitness Room

- a) Reservations for these locations will be for a total of 20 people for a 75-minute time period.
 - i) Rooms will be vacated for a 15-minute clean before next group
- b) Masks required during workouts at 6 foot spacing
 - i) Need to be 12 feet apart to exercise without mask
- c) Cardio Equipment
 - i) Spaced 6 feet apart
 - ii) 30 minute time limit
 - (1) Wellness Associate can allocate more time to Member, if availability permits.
 - iii) Wipe down equipment upon completion
- d) Weight Training and Machines
 - i) Completion of sets by Member
 - (1) No alternating/"working in" between sets.
 - ii) Benches to be moved by Wellness Associate
 - iii) Machines have tape on floor to mark workout space.
- e) New turf installed in Hallway

6) Classes

- a) Schedule
 - i) Reservation System – **link to be provided by June 18.**
 - ii) Schedule to be provided next week
 - iii) Upon completion of class, gym is closed for 30 minutes to clean and move equipment.
- b) Locations (will be marked with 12 foot parameters to permit exercise without mask)
 - i) Gym
 - (1) No pick-up basketball permitted.
 - ii) Outside – basketball court/parking lot
 - (1) subject to weather
 - iii) Virtual options available.
- c) Spin Studio
 - i) Bicycles moved to Gym where classes will be held
 - ii) Available for Personal Training and Small Groups