



# WE'RE GLAD YOU'RE HERE

## YMCA OF THE CHIPPEWA VALLEY

## YMCA GUIDE FOR PROGRAMS AND MEMBER SAFETY

### CHANGES EFFECTIVE – February 12, 2021

Y Members, we love having our Y Family back in our buildings. To keep our members safe and protected, the Y is following guidelines from the CDC, Wisconsin Economic Development Council (WEDC) and County Health Departments. Exercise is a proven immunity-booster and, as a part of a healthy lifestyle, is vital to overall health and well-being. Additionally, we understand the mental and emotional dangers of social isolation. The Y aims to help members meet their physical, social, and emotional needs in a safe and healthy environment. Guidelines for reopening will be as follows:

### Membership

- **PERSONAL TRAINING:** Individual, partner and small group personal training will now be offered. We will also be offering personal training virtually if you are not yet ready to come back to the YMCA. Please contact Matt Dresser at [mdresser@ymca-cv.org](mailto:mdresser@ymca-cv.org) to begin or continue your personal training journey at the YMCA.
- **POOL USAGE:**
  - **POOL ACTIVITIES:** Individual open/lap swim and family/group swim time is available. Family/group swim time is limited to 6 individuals who are either in the same household or have arrived together as a group. There is a lane time limit of 1 hour per member per visit. Many restrictions are in place for your safety so please read the following bullet points carefully.
  - **POOL RESERVATIONS:** We strongly encourage lanes be reserved in advance because space is limited. Any unreserved lanes can be reserved in person at the Member Service Desk. Lane usage time begins at the top of the hour during designated open/lap lane swim times. Reservations can be made online by clicking here. During family/group swim, lanes are designated for this purpose. If a zone is not reserved during this designated time, a member wishing to use the lane for lap/open swim may do so on a first come, first serve basis. These zones cannot be reserved in advance for lap/open swim during family/group

swim times. Members wishing to do use open lanes need to reserve them at the Member Service Desk.

- **POOL AGE REQUIREMENTS:** Members must be **12 years of age and older** to use open/lap swim time. During family/group swim time, parent/guardians must be present to supervise youth ages 11 and under. For children 7 years and younger, the parent/guardian must accompany the child in the water. Ages 8-11, the supervising adult can either sit in a chair in the pool area or can be in the water with the children.
- **OTHER POOL REQUIREMENTS:** For designated family/group swim time, the family or group (limited to up to 6 individuals) must come into the Y and into the pool together, and swim and/or play in the designated family/group swim zone. Proper social distancing is needed after leaving the pool. Showers are now available but please remember to social distance, wear shower shoes and bring your own towel. Only reserved lockers are available at Chippewa Falls and Eau Claire. Please arrive at the YMCA dressed for swimming to limit the use of locker rooms.
- **GROUP EXERCISE AND FITNESS CLASSES:** In-person classes are offered on a limited basis, but more and more classes are being added to the schedule! Please view class schedules on our [website](#), social media sites and the YMCA app. Classes will be held in a gym or large studio. Please check your branch group exercise schedule to see where class will be held. **The number of individuals who can participate in indoor classes is limited and spots will need to be reserved. If additional spots are available, they will be offered on a first come, first serve basis.** Classes outdoors will not be limited but participants must adhere to distancing requirements. If weather does not permit, outdoor classes will be cancelled. WEDC guidelines state that COVID-19 is not spread through sweat. Items touched will be regularly disinfected because respiratory droplets can settle on them. If you are not ready to take classes at the Y, you can still participate in your favorite classes via a mobile device anytime, anywhere! Our [NEW FACEBOOK GROUP \(CLICK HERE\)](#) gives you 24-hour access to fitness classes taught by our instructors!

**Eau Claire & Chippewa Falls YMCA’s Hours of Operation: Also found at [www.ymca-cv.org](http://www.ymca-cv.org)**

MONDAY-THURSDAY	5 AM-8 PM
FRIDAY	5 AM-7 PM
SATURDAY	7 AM-2 PM
SUNDAY	8 AM-2 PM (CHIPPEWA FALLS) 11 AM-6 PM (EAU CLAIRE YMCA)

**Pool Hours: Detailed pool schedule can be found at [www.ymca-cv.org/schedules](http://www.ymca-cv.org/schedules)**

- **LOCKER ROOMS & SHOWERS:** Locker rooms are open. Only personal rented lockers are available for use in Eau Claire. Lockers are available on a first come, first serve basis in Chippewa Falls. Please practice social distancing in the locker rooms. Showers are now open but remember to practice social distancing, wear shower shoes, and bring your own towel (we will no longer be offering towel service). The saunas and steam rooms will remain temporarily closed as a minimum safe distance of 6 feet cannot be maintained.
- **WATER EXERCISE CLASSES:** In-person water exercise classes will be offered on a limited basis. Please view class schedules on our [website](#), social media sites and the YMCA app. Please check

your branch pool schedule to see when class will be held. The number of individuals who can participate in these classes is limited and spots will need to be reserved. If additional spots are available, they will be offered on a first come, first serve basis.

- **Eau Claire Small Pool:** The small pool at Eau Claire YMCA reopened on June 16. Please see the pool schedule for family swim times. We strongly encourage family swim zones be reserved in advance because space is limited. Any unreserved zones can be reserved in person at the Member Service Desk.
- **Private Swimming Lessons:** Private lessons will resume for children who can swim one length of the pool without the use of a floatie. The remaining private lessons and all group lessons will continue to be suspended until we can resume teaching lessons at a closer social distance.
- **Group Exercise and Fitness Classes:** In-person classes are offered on a limited basis. Please view class schedules on our [website](#), social media sites and the YMCA app. Classes will be held in a gym or large studio. Please check your branch group exercise schedule to see where class will be held. **The number of individuals who can participate in indoor classes is limited and spots will need to be reserved. If additional spots are available, they will be offered on a first come, first serve basis.** Classes outdoors will not be limited but participants must adhere to distancing requirements. If weather does not permit, outdoor classes will be cancelled. WEDC guidelines state that COVID-19 is not spread through sweat. Items touched will be regularly disinfected because respiratory droplets can settle on them. If you are not ready to take classes at the Y, you can still participate in your favorite classes via Virtual Y, anywhere! Virtual Y gives you 24-hour access to fitness classes taught by our instructors! Learn more at [www.ymca-cv.org/virtual-y](http://www.ymca-cv.org/virtual-y)
- **Age Restriction:** Members 12 and older can enter the building unaccompanied.
- **Family/Group Time:** Members younger than 12 must be accompanied by an adult while in the building during our family/group swim times or family/group gym times, unless enrolled in our childcare programs.
- **Gym Usage:**
  - **Gym Activities:** Use of each hoop is restricted to one individual or up to 6 individuals who are either in the same household or have arrived together as a group. No pickup basketball games will be allowed at this time.
  - **Gym Reservations:** We strongly encourage hoops be reserved in advance because space is limited. Any unreserved hoops can be reserved in person at the Member Service Desk. Reservations can be made online by clicking [here](#).
  - **Gym Age Requirements:** Members must be 12 years of age and older to use the gym during open gym times. During family/group gym time, parent/guardians must be present to supervise youth ages 11 and under. The supervising adult must be in the gymnasium with the child during family/group gym time.
  - **Other Gym Requirements:** Remember, the family or group (limited to up to 4 individuals) must come into the Y together and play at the same hoop. Proper social distancing is required after exiting the gym. We ask individuals to bring their own basketballs.
- **Racquetball:** Racquetball is available. Play is limited to individual, family or play with people you are maintaining close contact with. Courts can be reserved in advance. Unreserved courts are available on a first come, first serve basis. Individuals must bring their own equipment to play.
- **Pickleball:** Pickleball is welcome at the Sports Center and Chippewa Falls YMCA. At the Chippewa Falls YMCA, please reserve your court and a net will be provided. Some racquets are available. At the Sports Center, no reservation is needed but please bring your own racquet.

- **YMCA ACCESS:** Access is limited to Members and Nationwide Members only. We will not be offering day passes or guest passes at this time. However, Strong Life Challengers who are non members will have access to the facilities during the Challenges.
- **CHILD WATCH:** Currently Child Watch is unavailable. We hope to be able to offer it again soon!
- **COFFEE:** We won't be serving coffee for a while, but you are welcome to bring your own!
- **TOWEL SERVICE:** For the health and safety of our members and staff, and by the strong recommendation from YMCA of the USA, we will no longer be offering towel service.
- **CARDIO ROOMS AND WEIGHT ROOMS:** Space and equipment is available on a first come, first serve basis. These rooms have occupancy limits based on equipment and square footage to provide social distancing.
- **DRINKING FOUNTAINS:** Bring your own water bottle as the drinking fountains are currently disabled except for the water bottle filling stations.
- **VENDING MACHINES:** Vending machines are disabled due to their common touch points.
- **EARLY LEARNING COMMUNITY - CHIPPEWA FALLS YMCA:** Childcare is still available for children up to the age of 12. However, remaining spots are limited.
- **GATHERINGS:** Birthday parties, community meetings and outside group meetings will be reintroduced later.

## Member Access Guidelines

- Members must maintain a minimum of 6 to 8 feet social distance.
- There is a controlled entrance and exit at our facilities.
- Face coverings are required at all times – unless you are maintaining at least 6 feet of social distance at all times AND are experiencing difficulty breathing while heavily exerting during exercise.
- Membership Check-in: Please use touchless scan-in using your phone or key tag scan card to limit contact between members and employees.
- Members must disinfect equipment before and after use.
- Members must wash hands before and after working out with soap and water for at least 20 seconds.
- Online payments for membership and programs are encouraged or make payments through your billing method on file. The use of cash is discouraged.
- If you have been notified by the Department of Health of your exposure to COVID-19, we thank you for not using the Y until 14 days after your exposure.
- If you or a person you've been in close contact with are showing symptoms of fever, cough, shortness of breath, difficulty breathing, or are not feeling well, please refrain from using the Y until symptom-free for 3 days.
- If you or a person you've been in close contact with are awaiting the results of a COVID-19 test, we thank you for not using the Y until a negative test is reported.

## Additional Precautions

- Handwashing stations have been installed in our lobby.
- Sneeze guard barriers are installed to aid social distancing.
- All equipment will be additionally cleaned by our employees both before and after each use (treadmills, weights, etc.).
- Hand sanitizing dispensers are available throughout the facility.

- Additional employees are scheduled to clean and sanitize equipment, locker rooms, and shared spaces.
- HVAC filters have been replaced and upgraded in all facilities.
- CDC-approved disinfectants are used throughout the facility to ensure cleanliness.
- Nightly deep-cleaning and sanitizing will continue.
- Increased signage throughout the building to encourage social distancing, handwashing and remind members to disinfect equipment.

The YMCA of the Chippewa Valley will review these guidelines regularly and communicate changes through email, our website and social media to meet federal, state and local guidelines. In addition, we will continue providing virtual resources for our members who are still sheltering at home.