



KEEPING OUR YMCA SAFE



FOND DU LAC FAMILY YMCA OPERATIONAL GUIDELINES

- Facility use is open to members age 13 and up (including Nationwide Members). Youth under age 13 may use the facility if accompanied by an adult (age 16 and older) & must be registered and/or participating in an age-appropriate activity with the adult in order to utilize the facility.
- Members age 8 and older will be required to scan in and out of the facility.
- Child Watch will be available for members under age 11 with limitations; registration will be required; temperature checks will be taken by a non-contact forehead thermometer by Y staff.
- Members & staff should not enter the facility if they or someone in their household is experiencing signs or symptoms of COVID-19.
- Members & staff will maintain a minimum of 6 feet of physical distance while in the YMCA.
- Members & staff are required to wear a face covering when entering and exiting the facility and when physical distancing is not possible.
- Members will have access to the number of people in the building prior to entering the facility.
- Entrance and exit to the facility will be routed to ensure physical distancing.
- The YMCA will continue to have adjusted building hours.
- Cardio and strength training equipment is spaced to allow for physical distancing.
- Additional sanitation and cleaning supplies will be provided for members to disinfect equipment before & after use.
- The Family and Lap Pool will be open with capacity limits and limited availability.
 - > Reservations will be needed for lap swim.
 - > Reservations will be needed for water walking in the Family Pool or Current Channel.
 - > Reservations will be needed for family open swim in the Family Pool (Area 1 & Area 2) and Fish Slide Area (Area 3).
 - > Reservations will be needed for whirlpool.
 - > Space for water aerobics classes will be limited based on a safe capacity of physical distancing.
 - > Pool hours will include cleaning breaks.
 - > Showering before entering the pool will be required.
- Locker rooms will be open for use. Members using the wellness areas are encouraged to use lockers located in the Wellness Center and in the hallway outside the locker rooms.
- Plan your workout ahead of time to avoid the locker room; come dressed & ready to work out, and plan to shower at home if possible.
- Group (land) exercise classes will be available to members age 11 and up with a limited schedule of live and virtual classes. Class sizes will be limited based on a safe capacity of physical distancing. Members age 11-13 taking group exercise classes must be accompanied by an adult.
- The Community Gym will be utilized to offer fitness equipment for seniors and members who are considered higher risk.
- The Community Gym and Family Gym will be open for basketball by reservation only, with a limited capacity to allow for physical distancing. Reservations will be required.
- Two Pickleball courts will be available in the Family Gym with capacity limits; members are asked to bring their own equipment and are asked not to congregate near the court area.
- Members are asked to wash hands before and after working out with soap and water or by sanitizing hands.
- Staff will be asked to wash hands before and after their work shifts as well as throughout their shift.
- Increased signage is displayed throughout the building to encourage physical distancing, hand-washing, and to remind members to disinfect equipment before and after use.
- Members and staff are highly encouraged to follow CDC guidelines outside of the facility to mitigate risk of transmission.

For the safety of our members and staff, the following is NOT available:

- Selling day passes and offering the Buddy Program will not be available.
- Steam room and slide will remain closed until further notice.
- Community Training is limited.
- Wellness programs such as LIVESTRONG at the YMCA & Parkinson's Exercise Class, will not be available until further notice.
- Towel service is suspended until further notice; please bring your own workout and shower towel.
- Equipment check out will not be available until further notice; please bring your own pickleball, racquetball and basketball equipment.
- Water fountains will only be available for touchless bottle filling until further notice. Members are encouraged to bring their own water bottles.
- Coffee station, bananas and the microwave will not be available until further notice.
- Birthday parties will not be available until further notice.

THANK YOU FOR YOUR COOPERATION.