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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA OF CALHOUN COUNTY Welcome Back Guidelines

Following a temporary closure due to the Coronavirus (COVID-19) pandemic, YMCA of Calhoun County anticipates reopening in phases beginning May 18, 2020. In order to keep our members and staff safe and protected while in our facilities, we are following strict guidelines from the CDC and state authorities.

### Phase I:

- Downtown Anniston YMCA Facilities will reopen. (Oxford YMCA Program Center will remain temporarily closed until Phase II.) YMCA facility access will be limited to the following:
  - Fitness Room
  - Weight Room
  - Walking Track
  - Pool (for lap swimming only)
- Facility access will be limited to YMCA of Calhoun County members only. Nationwide Membership and guest passes will not be accepted in Phase I.
- All staff and members will have their temperature checked upon entering facility. Members will be asked to complete a wellness questionnaire.
- Staff will be wearing personal protective equipment (masks and gloves) and increasing sanitization practices.
- Signage will be increased throughout the building to encourage social distancing, hand-washing, and disinfection.
- Members must maintain minimum of six feet distance from others. (Capacity will be limited to 8 people per 1000 square feet.)
- Members must wash hands with soap and water for at least 20 seconds before and after working out.
- Members must disinfect equipment and machines before and after use.
- Only every other cardio machine will be in operation.
- Member visits to the Y will be limited to one hour.
- Group fitness classes will continue in virtual format through private Facebook group for Y members.
- Locker rooms will remain closed. Members will be required to shower at home before visiting pool for lap swim. Restrooms remain open for changing.
- Child Watch will remain closed.
- Water fountain will not be accessible. Members are encouraged to bring their own water bottle.
- Facility hours will be limited to the following:
  - **Fitness Room, Weight Room, and Walking Track:**
    - Monday-Friday, 5:30am-1:30pm and 3:30pm-7:00pm
    - Saturday, 8:00am-2:00pm
    - Sunday, Closed
  - **Pool (for Lap Swim only):**
    - Monday/Wednesday/Friday, 6:30am-Noon and 4:00pm-6:30pm
    - Tuesday/Thursday, 5:30am-Noon and 4:00pm-6:30pm
    - Saturday, 8:00am-1:30pm
    - Sunday, Closed

YMCA of Calhoun County will review these guidelines regularly and communicate any additions or modifications on [facebook.com/ymcaofcalhounco](https://www.facebook.com/ymcaofcalhounco) and [ymcocalhoun.org](http://ymcocalhoun.org).