



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Dear YMCA Member,

The OWENSBORO FAMILY YMCA is excited to expand our services. Health and safety remain our top priorities, please see updates below; we highlighted the newest information.

Operating Hours and Changes

Operating hours will be Monday – Friday, 5am-8pm, Saturday, 7am-4pm and Sunday, 1pm-4pm. We are permitted to host 50% of capacity during this time to promote social distancing.

24/7-hour access is available for our "key fob" holders. For a \$25 fee, you can have access too. Locker rooms and upstairs access is prohibited after hours, and we ask members to use their scan tags to check in and out.

Guest passes are available for purchase at \$10/day/guest.

There is access to game areas, including ping pong, billiards, and racquetball. The basketball court is available for pickleball Mondays/Wednesdays from 9:00am-10:00am and Wednesdays from 5:30pm-6:30pm. Members must bring their own equipment and sign a self-certification waiver.

The gym is available for walking/running; no basketball per the Governor. Those 14 and older are permitted during this time in the wellness center. Per the Governor, we cannot open the sauna or steam room during this time. We are still unable to reopen our coffee and Wee Care service.

New Check in Procedures/Health Screening

Each member will be asked 3 health screening questions. Members will use our no-touch scanner to check in and check out. It is imperative to check out, because this is how we monitor our government regulated capacity. Members are expected to stay home if they have any of the following signs or symptoms of possible COVID-19 and will be asked to leave if signs are verbally confirmed or visibly seen:

- Cough, Shortness of breath or difficulty breathing
- Chills/Repeated shaking with chills
- Muscle pain, Headache
- Sore throat
- Loss of taste or smell
- Diarrhea
- Feeling feverish or a measured temperature greater than or equal to 100.4 degrees Fahrenheit
- Contact with a person who is lab confirmed to have COVID-19 or if they have symptoms

Face Masks

It is required that members wear masks that cover the nose and mouth, except when lap swimming or actively working out. The YMCA will not be able to supply masks and they are mandatory for entry.

Social Distancing/Protocols

YMCA members are expected to maintain and encourage social distancing (6 feet of separation) while working out. We are taking intentional steps during reopening to facilitate social distancing including lowered facility capacities, room/area capacities, spacing equipment and providing reminders throughout the facility. Time limits of 30-minutes per piece of equipment are recommended.



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Locker Rooms

Men's and Women's fitness locker rooms will be limited to just those who rent lockers, and staff will unlock the main doors for you to enter. We will ask members who do not rent a locker to bring their own locks if they wish to have one; we will not be checking locks out. Locks cannot be left on lockers overnight. Members who do not rent lockers will be required to use the regular locker rooms. Locker rentals are available for \$5/month.

Bringing Items Into the Y/Disinfecting

We encourage you to bring your own water bottle; water fountains will be restricted to "filling only" options. Cleaning and disinfection protocols will be stringent; each member will be asked to use a virus-killing disinfectant bottle (available on bench in wellness area) for the duration of their visit so that we are not cross contaminating. When finished, please deposit in the labeled bins so staff can sanitize the bottle. Paper towels and hand sanitizer will be available throughout the facility.

We apologize for any inconvenience, but towel service will be permanently discontinued.

For your safety, please wipe equipment down before and after use.

Hand Hygiene

Frequent hand washing is key to preventing the spread of COVID-19. Members should avoid touching their face (nose, mouth or eyes) and wash hands often with soap and water for 20 seconds.

Aquatics

Hours of operation will be 7am-10 am, 11 am-1 pm and 4-7:30pm M-F, 7am-4pm on Saturdays and 1-4pm on Sundays. 20 patrons will be permitted at a time in the natatorium. Two lap lanes will continue to stay open for lap swimmers only, while the rest of the pool will be used for recreational use and water exercise for members and guests. Children under 14 with a parent/guardian will now be permitted to swim. Swim lessons are available. Patrons will need to use proper social distancing at 6 ft apart any time individuals' heads are above the water's surface and **must** sign a self-certification when entering the pool. The hot tub is available in 15-minute intervals; limit 1 person or multiple from the same household only. Showering is MANDATORY before and after use of pool or hot tub.

Other Items

We continue to host childcare for up to 40 children. Children will be housed mainly on the second floor and will have some access to the gymnasium, game area, and pool.

Birthday parties are back! Please visit www.owensboroymca.org for details or pick up a flyer out front.

Please reach out with any questions: 270-926-9622.

Sincerely,

YMCA Board & Staff

Updated: September 8, 2020