



## Gymnastics/TKD

### Arrival

- Enter through the Field House Door. Please practice social distancing if there is a line
- Stop at the desk and turn in all necessary paper work. Sign in.
- Get your temperature checked.
- Immediately go to a bathroom to wash your hands before entering your activity area.
- Wait for your class to start in the designated waiting area

### Spectator Areas / Locker + Cubby Use

- Competitive Team Gymnasts will carry around a personal backpack and will not use the cubbies.
- Gymnastics Rec + Lesson Participants will receive a color. There will be a cubby/ area clearly marked with their color for their belongings.
- TKD participants will travel around the track and enter their area from the track. Follow the signs.
- Athletes will only be allowed one spectator during their activity at the YMCA.
- Seating areas will be limited and preferred usage to only those who MUST sit down. Seats will be clearly marked to practice physical + social distancing.

### Class/ Practice Set Up

- Athletes will be asked to wear their socks for all events except balance beam.
- All athletes will have the same coach for the entire length of the class.
- Participants that need to use the bathroom in the middle of class will be escorted by a designated staff. Or, if a parent/ guardian is present the athlete will be asked to go with them.
- All stations will be set up to allow social distancing from the others.
- All skill work will be station based. Movement from station to station will be directed by the coach.
- Coaches will wear face masks. Spotting will only occur in emergency scenarios.
- All athletes will want to bring their own water bottles. Water fountains have been removed and replaced with bottle fillers only.

### Gymnastics

- The chalk bins have been removed from the gym.
- The foam pit will not be used at this time. A majority of it will be covered in matting.

### Departure

- At the end of your activity please use hand sanitizer provided by staff.
- Gather your belongings and exit through the far Field House Door.
- Access to the main building is not available from the Field House

### Cleaning



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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

- The used equipment will be disinfected between every class.
- The entire gym is being disinfected every morning and evening with continuous cleaning happening throughout the day.
- Touchable surfaces are being cleaned on an hourly schedule.

## Pool

### Lap Lanes

- Prior to your arrival you must reserve a lane. Please call the Welcome Center to reserve a time.

### Arrival

- Enter through the Field House Door. Please practice social distancing if there is a line
- Stop at the desk and turn in all necessary paper work. Sign in.
- Get your temperature checked.
- Immediately go to a bathroom to wash your hands before entering your activity area.
- Wait for your class to start in the designated waiting area

### Spectator Areas / Locker + Cubby Use

- Athletes will only be allowed one spectator during their activity at the YMCA.
- Seating areas will be limited and preferred usage to only those who MUST sit down. Seats will be clearly marked to practice physical + social distancing.

### Class/ Practice Set Up

- Locker rooms will be used for bathrooms only. Limit 1 swimmer at one time.
- Swimmers will be set up to allow social distancing from the others.
- All swimmers will change clothes and shower at home. Time will be allotted after practice/class to dry off on deck
- Participants must bring their own goggles, caps, towels etc.
- Social distancing requirements may be broken in the case of an injury.

### Departure

- At the end of your activity go to the bathroom to wash your hands/ use hand sanitizer
- Gather your belongings and exit through the Field House Door
- Access to the main building is not available through the main hall.

### Cleaning

- Used equipment will be disinfected between every class.
- Pool deck, Bathrooms, Patio, Hallway and touchable surfaces will be cleaned on an hourly and daily schedule

## Gym

### Arrival



- Prior to your arrival you must reserve space in the gym. Please call the Welcome Center to reserve a time.
- Enter through the Main Doors. Please practice social distancing if there is a line
- Stop at the desk and turn in all necessary paper work. Sign in.
- Get your temperature checked.
- Immediately go to a bathroom to wash your hands before entering your activity area.

#### Spectator Areas / Locker + Cubby Use

- Athletes will only be allowed one spectator during their activity at the YMCA.
- Seating areas will be limited and preferred usage to only those who MUST sit down. Seats will be clearly marked to practice physical + social distancing.

#### During Your Visit

- It is preferred that you bring your own basketball.
- Group play in PROHIBITED at this time
- Please do not stay longer than your scheduled time.

#### Departure

- Return signed out equipment.
- At the end of your activity go to the bathroom to wash your hands/ use hand sanitizer
- Gather your belongings and exit through the Main Doors.
- Access to the Pool + Field House from the Main Hallway is restricted at this time.

#### Cleaning

- The used equipment will be disinfected between every class.
- The entire gym is being disinfected every morning and evening with continuous cleaning happening throughout the day.

### Outside Activities

#### Arrival

- PRIOR TO ARRIVAL; please use the bathroom and wash your hands.
- Athletes will meet at the outside designated area.
- Get Temperature checked by their coach.
- Use hand sanitizer before the start of your activity.
- Athletes will only be allowed one spectator during their activity at the YMCA.
- Seating areas will be limited and preferred usage to only those who MUST sit down. Seats will be clearly marked to practice physical + social distancing.

#### Practice Set Up

- All athletes will have the same coach for the entire length of the class
- All stations will be set up to allow social distancing from the others.



- All skill work will be station based. Movement from station to station will be directed by the coach.
- Social distancing requirements may be broken in the case of an injury.

#### Bathroom Use

- PLEASE use the bathroom before arriving.
- Access to the main building will be difficult.
- If your child must use the bathroom you will be required to take them to the main entrance of the YMCA. You may be asked to wait due to restrictions on the number of people allowed in the building.
- You will be temperature checked before being allowed to access the bathroom.

#### Departure

- Use hand sanitizer at the conclusion of your activity.
- Leave directly from designated area.
- Access to the main building for any reason may be limited.

#### Cleaning

- The used equipment will be disinfected between every class.
- Seating areas will be disinfected before and after every class.

### Turf

#### Arrival

- Enter through the Main Doors. Please practice social distancing if there is a line
- Stop at the desk and turn in all necessary paper work. Sign in.
- Get your temperature checked.
- Immediately go to a bathroom to wash your hands before entering your activity area.
- Wait for your class to start in the designated waiting area

#### Spectator Areas / Locker + Cubby Use

- Athletes will only be allowed one spectator during their activity at the YMCA.
- Seating areas will be limited and preferred usage to only those who MUST sit down. Seats will be clearly marked to practice physical + social distancing.

#### Class/ Practice Set Up

- All athletes will have the same coach for the entire length of the class.
- Participants that need to use the bathroom in the middle of class will be escorted by a designated staff. Or, if a parent/ guardian is present the athlete will be asked to go with them.
- All stations will be set up to allow social distancing from the others.
- All skill work will be station based. Movement from station to station will be directed by the coach.
- Athletes will have their own equipment for the entire length of the practice.



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- Coaches will wear face masks. Social distancing requirements may be broken in the case of an injury.

#### Batting Cages- Closed during Phase 1

#### Departure

- At the end of your activity go to the bathroom to wash your hands/ use hand sanitizer
- Gather your belongings and exit through the Main Doors.
- Access to the Pool + Field House from the Main Hallway is restricted at this time.

#### Cleaning

- The used equipment will be disinfected between every class.
- The entire Turf Facility is being disinfected every morning and evening with continuous cleaning happening throughout the day.
- Touchable surfaces are being cleaned on an hourly schedule.

### Workout Center/ Studio

#### Reservations

- Prior to your arrival you must reserve a spot in all group ex classes. Please call the Welcome Center to reserve a time.
- Prior to your arrival you must reserve a time in the workout center. Please call the Welcome Center to reserve a time.

#### Arrival

- Enter through the Main Doors. Please practice social distancing if there is a line
- Stop at the desk and turn in all necessary paper work. Sign in.
- Get your temperature checked.
- Check in to your reserved time.
- Immediately go to a bathroom to wash your hands before entering your activity area.

#### Spectator Areas / Locker + Cubby Use

- Seating areas will be limited and preferred usage to only those who MUST sit down. Seats will be clearly marked to practice physical + social distancing.
- If using a cubby please maintain 6 feet from others around you.

#### During Your Visit to the Workout Center

- Check out a spray bottle of cleaning solution.
- Please follow the social distancing marks.
- Participants must bring their own sweat towel and water bottles.
- Please wipe down all equipment before and after use. With cleaning solution and paper towels available on the wall.
- Please do not stay longer than your scheduled time.



#### Group Ex Classes

- Sign up for your class through the front desk or with your instructor.
- Participants must bring their own sweat towels and water bottles
- Members will be separated with a space of at least 10 ft wide and 6 ft front to back.
- Markers on the floor will designate the center of each member's space.
- Rows will be staggered so there is 12 ft between one marker and the marker in front or behind.
- Staff will clean and setup equipment in the room prior to the workout.
- Cleaning supplies will be provided if members would like to re-clean their equipment.
- Members will leave their equipment in place after the workout.
- Staff will clean the equipment, following all protocol and CDC guidelines.
- Time is built in between classes to allow for cleaning and sanitation.

#### Departure

- If participating in a group ex class; please leave all the equipment out. Do not attempt to put it away at the end of class.
- At the end of your activity go to the bathroom to wash your hands/ use hand sanitizer
- Gather your belongings and exit through the Main Doors.
- Access to the Pool + Field House from the Main Hallway is restricted at this time.

#### Cleaning

- The used equipment will be disinfected between every class.
- The entire Workout Center is being disinfected every morning and evening with continuous cleaning happening throughout the day.
- Touchable surfaces are being cleaned on an hourly schedule.

**Rock Wall**- Closed until further notice