



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

July 9, 2020

Dear Members,

We are excited to announce we will be opening the Greater Holyoke YMCA on Monday, July 13th and cannot wait to welcome you back. We have missed you!

We have spent the last few months adjusting our operations in preparation for this day. The Y may not look exactly the same, but it should feel the same. The same smiling faces, though wearing masks, will be here to say hello and answer your questions along the way. Some changes you will see include increased hand sanitizing stations, increased cleaning of touch points, touchless bathroom fixtures, social distancing reminders, sneeze barriers and more to keep you safe.

Please take a moment to read through the following information before returning. It will help orient you to the safety procedures we will be following. These are subject to change as state regulations change.

Hours of Operation

Monday: Friday 6:00 AM until 7:00 PM

Saturday: 7:00 AM until NOON

Areas Initially Opening – Visit our Website for Specific Details at www.holyokeymca.org

Wellness Center

Cardio Room

Weight Room

Locker Room

Large Pool - Pool Hours will be on the website

Small Pool – Limited hours will be listed on website

Waiver of Liability: As a reminder all members will be asked to complete a written waiver before using the Y. We will have a dedicated area to sign it in house. You can also find the waiver on our website. If you want to save time print it out and bring it to us completed.

Please be aware of the following:

- You should stay home if you not feeling well
- Face Coverings/masks must always be worn including while working out
- Maintain 6 feet of space between others whenever possible
- Leave your belongings at home (we will no longer hold items)
- Locker Rooms available to change only with limited storage
- Showers are closed at this time, one shower will be available for swimmers to use prior to using pool
- Bring your own water/energy drink (vending machines have been removed)
- You will be asked to clean equipment before and after use for everyone's safety
- Limited aquatic equipment will be available for use at this time

We hope you are as excited as we are and look forward to greeting you very soon!
Information will be shared as we know more.

Remember: This is new to us too so please be patient as we work through this together.

With gratitude,

Kathy Viens, CEO

GREATER HOLYOKE YMCA

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P: 413 534 5631 W: www.HolyokeYMCA.org

Greater Holyoke YMCA Re-Opening Information

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Arriving at the Y

1. **All Members** will be required to sign a member [waiver](#) ([Adult](#) & [Minor](#)) prior to utilizing the facility.
2. **All Members** will be required to wear face coverings at all times. Members are not required to wear face coverings while in the pool water.
3. A limited number of individuals will be allowed in the building and areas per state guidelines.
4. All members will be asked to self-certify prior to entering the facility. The questions members will need to answer are as follows:
 1. Have you been in close contact with a confirmed case of COVID-19?
 2. Are you experiencing a cough, shortness of breath or sore throat?
 3. Have you had a fever in the last 48 hours?
 4. Have you had new loss of taste or smell?
 5. Have you had vomiting or diarrhea in the last 24 hours?
 6. Have you had abnormal fatigue, muscle aches or abdominal pain in the last 48 hours?

Please do not enter if you are not well for the safety of all.

Reminders

5. If members have traveled outside of the approved states, they should follow the self-quarantine guidelines per Massachusetts state regulations.
6. All Members are required to clean equipment before and after use.
7. Members are asked to leave their valuables at home. Member Services department will no longer hold any car keys and/or valuable.
8. We ask that you keep all belongings (gym bags, etc.) with you at all times.
9. Disposable disinfecting wipes, spray bottles and towels as well as hand sanitizer are available in throughout the facility for member and staff use.
10. Guests and reciprocity (nationwide) members will not be allowed in the building until further notice.
11. Areas not available to members at this time: Racquetball Courts, Cycle Studio, Gymnasium and Childwatch.

Locker Rooms

There are limited lockers available for use. Daily lockers are marked and all locks must be removed daily. Members must clean locker before and after use. Showers are **ONLY** open to rinse off before swimming. Showers are **NOT** open for bathing at this time.

Aquatics Guidelines

Large Pool - Refer to Schedule

1. The pool will be first come first serve. If the pool is full, please sit on the bleachers at one of the designated spots marked with an "X" on the first row until a lane is available.
2. The pool will have 4 smaller lanes on the left side for single swimmers only. The right side of the pool will have 3 larger lanes with 2 swimmers – splitting the lane, please avoid stopping near each other and make sure the other swimmer knows you are joining them.
3. Aquatic reservations will be utilized if we start to see capacity issues.
4. Face coverings will be required for staff and swimmers while in the pool area, excluding when the swimmers are in the water. Lifeguards are not required to wear a face covering while on the chair unless interacting with members less than 6 feet away.
5. Showering before entering the pool areas is mandatory, showering after swimming is not allowed at this time.
 - a. There is one designated shower available in the men's and women's locker room **OR**
 - b. The family changing rooms are available to shower before entry.
6. There will be limited Y equipment available at this time. All equipment used must be cleaned between uses.
7. Members can store their personal belongings in designated locker space in the women's or men's locker room. Remember – there are limited lockers available. You are responsible to clean locker after use.

Small Pool - Refer to Schedule

1. The pool will be first come first serve. If the pool is full, please sit on the bleachers at one of the designated spots marked with an "X" on the first row until a lane is available.
2. Aquatic Reservations will be utilized if we start to see capacity issues.
3. Please be sure to maintain at least 6 feet of distance while in the pool.
4. Face coverings will be required for staff and swimmers while in the pool area, excluding when the swimmers are in the pool. Lifeguards are not required to wear a face covering while on the chair unless interacting with members less than 6 feet away.
5. Showering before entering the pool area is mandatory, showers after swimming are not allowed at this time.
 - a. There is one designated shower available in the men's and women's locker room **OR**
 - b. The family changing rooms are available to shower before entry.

6. There will be limited Y equipment available at this time. All equipment used must be cleaned between uses.
7. Members can store their personal belongings in designated locker space in the women's or men's locker room. Remember – there are limited lockers available. You are responsible to clean locker after use.

Wellness Guidelines

Wellness Center and Cardio Room

1. Members are expected to wear a face covering, in this area, at all times, including while working out.
2. Members are required to disinfect equipment before and after use.
3. The following pieces of cardio equipment will be available for use in these 2 rooms:
 - (6) Treadmills
 - (5) Ellipticals
 - (1) Precor AMT
 - (1) ARC trainer
 - (3) Recumbent bikes
 - (2) Espresso bikes
 - (1) Cycle studio spin bike
4. Equipment will be available on a first come, first serve basis.
5. There is a **30-minute time limit** if someone is waiting.
6. There are room capacity limits per area, refer to signs.
7. You must always keep your belongings/gym bag with you.

Free Weight Room

1. Members are expected to wear a face covering, in this area, at all times.
2. All equipment in the free weight room should be cleaned before and after exercise by members, including plates, free weights, bars and benches. It is highly discouraged to share any equipment.
3. There is a **45-minute time limit** in this area.
4. There will be a total of 3 stations and total of 3 members will be allowed in this space, with the exception if working out with a partner and you each will be required to stay together in the station.
5. You are expected to stay in your station for the duration of your time in this area.
6. You must always keep your belongings/gym bag with you.

Weight Machines (circuit) Room

1. Members are expected to wear a face covering, in this area, at all times.
2. The machine and all adjustment knobs (yellow) should be cleaned before and after use.
3. There is a **3-minute time limit** on each machine.
4. At this time, the use of 2 machines at once ("superset"), will not be allowed.
5. You are expected to complete all sets (up to 3) and move to the next machine.
6. You will always be required to keep a machine between you and others.
7. You must always keep your belongings/gym bag with you.

Group Exercise:

1. At this time, we will continue to offer LIVE virtual classes.

2. If you are an active member of the Holyoke Y and would like access to the virtual LIVE classes, please email Davi-lee Guiel at dguiel@holyokeymca.org
3. Any updates on programming will be posted on our website and Facebook.