

Beaver County YMCA Wellness Department

SAFETY PROTOCOLS

Safety, Sanitation and Social Distancing are our top priorities. With that in mind, we have made several adjustments to our Wellness Center. We will follow recommendations of Centers for Disease Control and Prevention (CDC) in our fitness center and for all Small Group and Personal Training programs.

This page is intended to provide members with an overview of changes in policies and procedures while also providing reassurance that **safety is our top priority**.

The following policies are in place as of June 2020. As policies are updated or lessened based on CDC Guidelines, members will be notified and this document will be updated.



Hand Washing & Wellness Checks

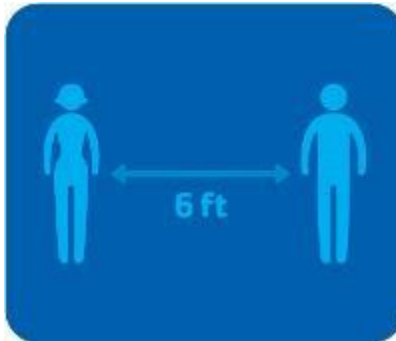
- Wellness Staff:
 - Are required to complete a daily temperature check.
 - Must wash hands frequently during the day, after cleaning equipment, washing towels and having any interaction with members.
- Personal Trainers/Small Group Trainers:
 - Are required to complete a daily temperature check.
 - Must wash hands before and after each client and/or class.



Cleaning/Sanitizing

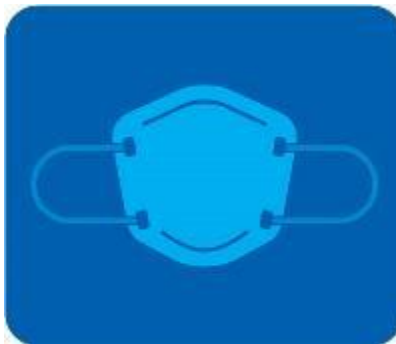
- The Y will implement sanitation procedures throughout the day, disinfecting high volume surfaces such as doorknobs, tables and bathrooms regularly.
- We are asking that members limit skin to surface contact and use a mat or towel as a barrier between your skin and the machines.
- Wellness Staff:
 - Will sanitize every machine in the wellness center each day. Highly used machines will be sanitized every shift.

- Members will have their own towel and sanitizing bottle to clean every machine before and after use. Our Wellness Center staff will be cleaning equipment throughout the day, but your help is greatly appreciated to keep everyone safe.
- Personal Trainers/Small Group Trainers:
 - When training in the Wellness Center, will clean machines before and after client utilizes.
 - When in Small Group class, will sanitize and set-up all equipment before class and will sanitize all equipment again after class and put it away for the members.



Physical Distancing

- 6' physical distancing will be maintained within our wellness center and in class settings.
- We have reduced the number of cardiovascular equipment to provide safe distancing while working out.
- We have increased the distance between all of our Cybex and Life Fitness equipment.
- Capacity in the Wellness Center will be limited.
- Arrows have been placed within the center to keep the flow of traffic from crossing paths.
- Small Group classes are limited to 10 participants and are being held in larger rooms to keep 6' between members.



Staff Requirements & Training

- All staff are required to wear masks when indoors and when not participating in physical activity with campers.
- Daily COVID-19 health screening survey to be completed by staff.
- Staff will undergo daily temperature checks.
- Staff will wash their hands upon entry.
- Staff will observe frequent and scheduled hand washing protocols.
- Staff will wear gloves when cleaning equipment and doing laundry.
- At this time, masks are required in all common areas of the YMCA however, you may remove your mask when you are actively exercising.



Response & Policies

- Staff showing a fever of 100.4°F or higher will be asked to go home.
- Staff exhibiting additional symptoms, including but not limited to persistent cough and/or shortness of breath, will also be sent home from work.