



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Governor Cooper Announces Phase 2.5 Statement 9/1/20

It's time to get excited! Governor Cooper announced today that our indoor wellness centers can soon reopen. We can't wait to welcome you back inside, and we're working hard to prepare our facilities while putting your safety first.

On Friday, September 4, our YMCA will reopen indoor wellness centers with limited capacity and following all local, state and national guidelines.

While we are excited to welcome members back, we recognize that the fight to stop the spread of COVID-19 isn't over. Our YMCA spent weeks preparing to reopen facilities responsibly to ensure the safety of our employees and participants. We are continuing to provide access to virtual and outdoor fitness opportunities, keeping our pools open for as long as possible and delivering programs that improve spirit, mind and body.

The pandemic has hurt many, including our Y. Because of our donors and members who stayed with us, our Y has remained on the front lines, serving the most vulnerable members of our communities. This sentiment was showcased as the pandemic started to unfold in our community and we provided emergency childcare for children of essential employees, arranged wellness calls to seniors feeling isolated, helped people stay healthy at home through our virtual YMCA website, fed our community, organized numerous blood drives all full to capacity, and much more. We are eager to work with you to fulfill our mission!

We are thrilled to welcome you back inside our Y, but not because you're reconnecting to a gym. You are reconnecting with a cause. Welcome back to where you belong!

### FAQs

#### WHAT SHOULD I BRING?

- Everyone 5 and older must wear a face mask when visiting the Y. Exceptions include: during vigorous activity or in a swimming pool
- Bring your own mat and workout towel each visit.
- Bring a filled water bottle; drinking fountains will not be available.

#### WHAT SHOULD I EXPECT?

- [Click Here](#) to watch a video that highlights how things could be different:
- We practice the 3Ws (WAIT. WASH. WEAR). We **wait** 6 ft apart, we **wash** our hands (and provide hand sanitizer throughout the facility), and we **wear** face coverings over our nose and mouth (except for when vigorously exercising or in the pool).
- Members and employees are asked to not come to the Y if they are displaying symptoms of being ill or have a fever of above 100 degrees.
- Members are asked to wipe down equipment before and after each use.
- Just to name a few of our enhanced cleaning procedures - We have implemented the latest cleaning protocols from the CDC using our EPA-registered solutions. Areas of our facilities will have brief closures throughout the day for cleaning. We have adjusted our air handling units to ensure an even higher turnover of fresh air into our branches.