



# EDWARDSVILLE YMCA'S COVID-19 TIER 3 MITIGATION

**Due to the governor's Tier 3 Mitigation mandate, as of Friday, November 20<sup>TH</sup> these are the following changes:**

- **All Youth & Adult Classes, Programs & Leagues Are Paused**
  - Session participants will be contacted by the end of the week by program director
  - Preschool at the Niebur Center will NOT be held due to District 7 Remote Plan
- **Masks Are Required In The Fitness Center & Walking Track**
- **Locker Rooms Will Be Open ONLY For Lap Swimmers At The Niebur Center**
- **Child Watch Will Not Be Available**
- **Gymnasiums Open For Individual Play**
- **Lap Swim Still Available By Reservation**
  - Participants with Open Swim reservations will be contacted by the end of the week

## **WHAT CAN WE STILL DO?:**

- **Use the Fitness Center & Walking Track**
  - Masks Required
  - 25% Capacity
- **Private Lessons or Personal Training**
  - Aquatics, Climbing, Dance, Fitness, Gymnastics, Tennis, Volleyball
- **Basketball Gymnasium**
  - Individual Play (Same Household, Per Hoop)
  - Masks Required
- **ZOOM Classes**
  - Previously registered classes including Yoga will still be held
  - New Fitness classes are available to register for online on a weekly basis
- **Outdoor Group Fitness**
  - Classes are available to register for online on a weekly basis
  - Masks Required
- **Lap Swimming**
  - Reservations required by calling 656-0436
  - Lap Swim spots reserved by 11/17 for the week of 11/23 will be upheld
- **Tennis**
  - Singles (Masks required)
  - Individual play with ball machine (Masks required)
- **Racquetball**
  - Individual play (Masks required)

## **THINGS TO REMEMBER:**

- **Hours: Monday - Friday: 5:00am - 9:00pm, Saturday: 7:00am - 6:00pm & Sunday: 10:00am - 5:00pm**
- **Check in at the front desk for temperature check (under 100.4).**
- **Please wipe off your machines/equipment before and after use.**
- **Maintain 6 feet of social distance while using the facilities.**
- **Masks are required through duration of your stay with the exception of being in the pool to swim.**
- **Facilities will be Members Only, with Nationwide Membership suspended.**



# EDWARDSVILLE YMCA'S COVID-19 CLEANING & SANITATION PROCEDURES

- Continue to cover, clean, and contain. Instruct staff to continue to follow these protocols and to encourage members and program participants to do the same:
  - Cover mouth and nose when coughing or sneezing; cough or sneeze into the crook of your elbow or into a tissue and immediately throw the tissue away; have boxes of tissue and trash cans readily available in the facility.
  - Clean: Wash your hands using soap and water for a minimum of 20 seconds and use hand sanitizer with at least 60 percent alcohol content; keep disinfectant bottles full and visible; clean all high-touch hard surfaces routinely.
  - Contain: Stay home if sick or if exposed to someone who is sick.
- Ensure more frequent and stringent cleaning and disinfecting of facilities and equipment in accordance with state and local guidelines.
- Upgraded cleaning solutions in all program areas to ensure effectiveness.
- Personal protective equipment is available for staff who are cleaning and disinfecting.
- Enhanced sanitation and janitorial processes.
- Established a standardized cleaning checklist for all rooms with cleaning logs displayed.
  - Every Two Hours (Or Less) - Areas That Are Being Frequently Touched
    - Doorknobs & Handles
    - Arms Of Chairs
    - Table Tops - Including Member Services & Fitness Desks
    - Buttons or Light Switches
    - Stair Handrails
    - Bathroom Touch Points
    - Locker Handles/Latches
    - Bottle Filling Stations
    - Fitness Equipment - Staff Cleaning As Well As Asking Members/Guests To Use The Provided Cleaning Supplies To Clean Before & After Each Use.
    - Aquatics - Regularly Cleaning Rails, Handles, Kickboards, Etc., Chemical Checks Every Two Hours & Power Wash Pool Deck Daily
- Shortened the hours of operation to allow for more deep cleaning at night.
- Updated sanitation signage throughout the facility for staff, members, and community.
- Promote the use of hand sanitizers. Stations located throughout facility, especially at all ingress/egress points of the facilities and program spaces.
- Clean and disinfect equipment between use. Do not share unsanitized equipment.
- Disinfecting all high-touch hard surfaces thoroughly. These surfaces include counters, tabletops, doorknobs, light switches, bathroom fixtures, toilets, phones, machines, toys, hands-on learning items, games, food prep surfaces, pens, etc.
- Ensure that extensive use of disinfectant products occurs when members and children are not present and that the facility has been thoroughly aired out before members and children return.
- Temporarily removed toys/equipment that are not easily cleanable (e.g., stuffed animals, pillows).
- Rotate toys that are out at any one time so that they can be adequately cleaned and sanitized.
- Instructed employees who work with children to wash/scrub their hands and children's hands each hour (at a minimum).
- Instructed staff to disinfect their personal work surfaces and equipment when they arrive and before they leave from work.
- Open outside doors and windows, when possible, to increase fresh air circulation.