



WORKING HARD TO WELCOME YOU BACK SAFELY

We're so excited to see you!!

As we prepare to reopen our doors, please be assured that the safety of all our members, program participants, staff and volunteers, is our number one priority.

The following guidelines will help explain new facility updates, safety protocols, and facility etiquette. To ensure your safety, the safety of other members, and the safety of our Y staff, all new and returning members must acknowledge the following information:

HOURS

In this initial reopening, the facility will be open with a limited schedule, including time for vulnerable populations and a closure for a complete cleaning. As of June 12, the facility will be open from 6:30 AM - 12:00 PM & 2:00 PM - 6:00 PM. The facility will be closed from 12:00- 2:00 PM for a cleaning. 2:00 - 4:00 PM will be reserved for vulnerable populations to access the facility. Up-to-date hours will be posted on our website, www.sloymca.org/membership

OCCUPANCY

To ensure your safety, and the safety of others, we will initially have limited facility occupancy. Reservations will be highly recommended. We ask that members limit their facility usage to 90 minutes per visit. Occupancy, reservations, and time limits will be adjusted as allowed.

TRAFFIC FLOW

Directional arrows, floor markers, and signage will guide you throughout the facility. All members must follow the flow of traffic and instructional signage, entering through one door, and exiting through another. To exit the facility, you will need to pass through the fitness floor.

WELLNESS

Our Y will be following all updated local and state guidelines as they pertain to wellness checks for all members, staff and guests. These checks may include, but not limited to, daily temperature checks and/or a set of inquiry questions.

Members, staff, and guests must practice CDC Safety Guidelines when inside the facility:

- Wash your hands often. Use soap and water for at least 20 seconds, or use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.
- Put distance between yourself and other people outside of your home. Stay at least 6 feet apart from other people.
- Cover your mouth and nose with a cloth face cover when around others. The cloth face cover is meant to protect other people in case you are infected. The face cover is not a substitute for social distancing.
- Cover coughs and sneezes Throw used tissues in the trash, and immediately wash your hands with soap and water for at least 20 seconds.
Clean and disinfect. Please wipe down equipment before and after use.
- Monitor Your Health. Please do not visit us if you have a fever, cough, or shortness of breath.

DISTANCING

We are providing physical distancing throughout the facility, through a new layout of fitness equipment and modified procedures. Seating areas have been reduced to prevent gathering. Signage throughout the facility (including floor decals) will help members navigate new safety procedures and inform members regarding the changes and health safety guidelines. Failure to comply may result in an immediate removal from our Y Fitness Facility and a revocation of the membership.

SANITIZING

Members and staff are required to sanitize their hands upon entry and exit. Members must also wipe down their equipment before and after use. We have added new hand sanitizing and gym wipe stations in the facility for easy access. Failure to comply may result in an immediate removal from our Y Fitness Facility and a revocation of the membership.

STAFF SAFETY

Our staff will be there to serve you with a smile, however, germ shields have been put in place for their protection, and they may be wearing masks or gloves while serving you. Staff will maintain a 6 foot distance around themselves throughout the day, and follow all CDC recommended guidelines for safety. Staff will be disinfecting the equipment prior to use, and regularly cleaning commonly used areas.

LIMITED USE

Our Y Fitness Facility will reopen in phases. In this initial reopening, these areas of the facility will be open for limited use:

- Selectorized machines, cardio equipment, free weights, and cable machines will all be available.
- Locker rooms are open for restrooms and changing only. Showers will not be available until it is deemed safe to provide them once again. As with equipment, when using the locker rooms and lockers, we will also ask that you wipe down lockers, benches and other hard surfaces after you use them.
- Restrooms will be available.
- Drinking fountains will not be available. Please bring your own bottle of water.
- Many parts of the facility will remain closed during our initial opening, this includes all group fitness classrooms, upstairs access, and Child Watch.
- Please bring your own yoga mat to use for stretching.

POOL

While your Y membership includes access to the pools at the SLO Swim Center, it is operated by the City of San Luis Obispo. The City of San Luis Obispo will continue to follow both County and State recommendations regarding the reopening of the SLO Swim Center. As of this publication there is currently no timeline for the SLO Swim Center being reopened.

CLEANING

Our entire Y Fitness Facility has undergone a deep cleaning and disinfecting, and additional deep cleanings/disinfecting are scheduled moving forward. Staff will also be cleaning on an increased and regular schedule. Not only will our facility be cleaned extensively prior to opening each day, we will also close for a short period of time during the day for additional cleaning. We have also installed touchless fixtures in our restrooms, and an increased number of sanitizer stations.