

Metropolitan YMCAs of Mississippi REOPENING GUIDELINES: PHASE 2

We will continue to take all steps necessary to maintain a safe environment. We are following strict guidelines from Governor Reeves Executive Order No. 1495 & Executive Order No. 1496, CDC and state authorities. These policies will be maintained at all branches of our association (Clinton, Flowood & Reservoir).

You can view signed executive orders and updates at governorreeves.ms.gov/covid-19/.

Metropolitan YMCAs of MS Phase II Changes in Our Facility:

- Any member who (1) has been in close contact with a confirmed case of COVID-19 in the past 14 days; (2) is experiencing a cough, shortness of breath, or sore throat; (3) has had a fever in the last 48 hours; (4) has had new loss of taste or smell or (5) has had vomiting or diarrhea in the last 24 hours will **not** be allowed entry into our facility.
- Any member with excessive coughing or sneezing or who does not follow sanitizing and safety guidelines will be asked to leave our facility to maintain the safety and well-being of others.
- Members must maintain a minimum of 6 feet distance.
- The number of members in each area of our facility will be limited to no more than 50% of capacity for that area. Capacity signs are posted outside of each area.
- All staff will have their temperature checked upon entering the facility and be screened using the 5 questions above.
- Staff will be wearing personal protective equipment (masks at all times and gloves when working with members - gloves must be changed hourly).
- We will have controlled access to the facilities through one entrance.
- Time in the facility will be limited to 1 hour and 45 minutes (Must sign up prior on the Mobile App)
- Time in the wellness floor will be limited to 1 hour and 45 minutes (Must sign up prior on the Mobile App)
- Group exercise classes will be modified to accommodate as many members as possible while still following the rules in place with the newly signed executive order.
- Bathrooms located in the locker rooms will be open. Lockers and showers will be available. Flowood: 2 people in showers and 3 people allowed at the same time in lockers. Reservoir: 1 person in shower and 2 people in lockers. Clinton: 2 people in showers and 3 in lockers.
- Coffee will not be available.
- No guests will be permitted. Facility use will only be for members during Phase II.
- Lap swimming will be limited to 2 people in each lane when pools open.
- No use of hot tub or steam room, as a minimum safe distance of 6 feet cannot be maintained.
- Members must disinfect equipment before and after use.
- Members must wash hands (soap and water for at least 20 seconds) or use hand sanitizer upon entry and exit from our facilities and between each use of workout equipment in wellness area.
- Increased signage throughout the building to encourage social distance, handwashing and remind members to disinfect equipment.
- ChildWatch will be open at the Clinton & Flowood locations at this time.

We will continue to review these guidelines regularly and communicate changes through email, our website and social media to meet federal, state and local guidelines.