



John W. Lindsay YMCA - COVID Operational Plan UPDATE

The YMCA is committed to ensuring a safe and welcoming environment at all times. The safety of our members, participants, staff and volunteers is paramount and we will take all measures necessary to ensure that we are abiding by Public Health regulations.

November 16, 2020

As we near the one month mark of opening, we would like to take this opportunity to thank our members, participants, staff and volunteers for their commitment to health and safety for themselves and for one another. We are enjoying the privilege of participating in health and wellness activities that many other Canadians have not had the opportunity to fully experience this fall. We are very lucky here in Atlantic Canada.

On Friday November 13, however, we were reminded that we cannot take this privilege for granted and that the COVID-19 virus can spread, and spread quickly, if we do not remain vigilant in our behaviours.

On Monday November 16, Public Health advised the YMCA that, due to protection of personal privacy, they are unable to confirm whether the potential exposure was a confirmed COVID-19 case or a potential case. Public Health indicated that, due to the COVID operational policies and practices in place at the John W. Lindsay YMCA with respect to space, sanitization, mask wearing adherence and social distancing measures, the John W. Lindsay YMCA is a low risk environment for spread. As a result, no further action is required at this time.

We continuously assess and strive to improve our operations. Here are some updates that describe the further *enhancements* to our COVID Operational Plan, in addition to our regular practices, that you will be experiencing during your time at the John W. Lindsay YMCA:

- When visiting the John W. Lindsay YMCA, you are **required** to wear a facemask upon entry, while moving between equipment and for the duration of your time in the facility. **This is a YMCA policy.** You may remove your face mask only while:
 - Exercising (exerting energy)
 - Showering
 - Swimming
 - Eating/Drinking

This policy will be strictly enforced and non-compliance may result in your membership being suspended.

- You will be expected to make every effort to maintain 6 feet of social distancing at all times.
- Room capacity limits will be **strictly** adhered to. Staff will be monitoring the number of participants in our spaces using the *My Y app*. If you are not signed up for the specific program for the space, and we are over capacity, you will be asked to leave the space.
- The number of people permitted to use the Strength and Conditioning floor will **decrease from 50 to 40**. Some free weights and benches will be relocated to Studio 3.
- It will take a bit longer for you to screen through our Welcome Desk. We will be asking our members to maintain a one foot distance from the Welcome Desk (no leaning on the counter please), follow the traffic arrows and stand on the designated waiting spots as indicated on the floor. This may result in your access taking a little bit longer, but it is important.

We will continue to:

- Screen all non-member visitors and guests using a COVID screening questionnaire/sign in sheet. All non-members are required to produce photo ID.
- Screen all YMCA Members by ensuring they swipe their membership card upon access. By swiping your membership card, members & staff/volunteers declare that they are answering “No” to the mandatory COVID screening questions. This serves to ensure we have an accurate database should contact tracing be required;
- Adhere to thorough and regularly scheduled cleaning practices in order to sanitize spaces;
- Encourage members to bring their own water bottles (only the bottle fillers will be available for use. The water fountain spout will be covered and unavailable);
- Encourage members to bring their own small equipment, mats etc. to limit the use of small equipment by different individuals;
- Ensure enough supply of disposable masks, hand sanitizer and disinfectants are available, to ensure the safety of members, volunteers and staff at all times.

Thank you for your cooperation. If we all work together, we can continue to enjoy using the YMCA and YMCA programs this fall and into the winter.

If you have any questions or would like to discuss our health and safety operational practices, please contact us.

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For more information about the YMCA of Greater Halifax/Dartmouth, please visit www.ymcahfx.ca



John W. Lindsay YMCA Opening

It's official! We are opening our doors at 9:00am on October 19! And we are so excited to see you!! We wanted to take this time to describe what you can expect upon visiting your YMCA this fall.

COVID Operational Practices

The YMCA is committed to ensuring a safe and welcoming environment at all times. The safety of our members, participants, staff and volunteers is paramount and we will take all measures necessary to ensure that we are abiding by Public Health regulations.

The YMCA will:

- Screen all non-member visitors and guests using a COVID screening questionnaire. YMCA Members will screen by swiping their membership card upon access. By swiping their card, members & staff/volunteers declare that they are answering “No” to the mandatory COVID screening questions.
- Ensure staff are wearing face coverings at all times and will ask our members and visitors to do the same, when not working out;
- Encourage social distancing when and wherever possible;
- Be using an on-line booking/reservation system for the Gymnasium, Group Fitness Classes & Lane Pool (*My Y App*) to ensure social distancing. The app will be available closer to opening;
- Institute thorough and regularly scheduled cleaning practices to sanitize spaces;
- Encourage members to bring their own water bottles (only the bottle fillers will be available for use. The water fountain spout will be covered and unavailable);
- Encourage members to bring their own small equipment, mats etc., where possible, to limit the use of small equipment by different individuals;
- Ensure enough supply of disposable masks, hand sanitizer and disinfectants are available, to ensure the safety of members, volunteers and staff at all times.

PHASE ONE OPENING

Locker Rooms will be OPEN

Available	Unavailable
Lockers – reduced total count by approximately 50% to ensure social distancing is maintained.	Hair and hand dryers
Showers and Private Change Rooms	Magazines/newspapers (Plus locker room)
Sauna (limit to 1 person or household bubble at a time)	Open Showers in Universal Locker room
Steam (limit to 1 person or household bubble at a time)	Bathing Suit spinners
Towel Service (Plus member locker room)	

Cardio & Strength Training (11,000 square feet)

- No pre-booking will be required to use strength & cardio equipment.
- Equipment is spaced for social distancing.
- We will be offering equipment orientations to help get you started.
- Members will be asked to wipe down equipment before and after use and YMCA staff & volunteers will also be sanitizing high touch surfaces.

Group Fitness Classes

- Group Fitness Class Schedule will be released no later than October 12.
- Class sizes will be limited. You will be required to book/reserve your space in your class no more than 48 hours in advance using the My Y App.
- You can expect an initial offering of classes which will be expanded as we grow – early morning, mid-morning, lunch time, and the popular after work time classes will be offered as well as weekends.
- The schedule will be re-evaluated on a monthly basis and adjustments made based on attendance statistics and member feedback.
- Classes will take place throughout the YMCA in our larger studios and the gymnasium.

Recreational Drop-In Gymnasium Activities

- The Gymnasium will be scheduled for use throughout the day and evening for Open Gym time as well as recreational activities including: Pickle Ball, Basketball, Volleyball, Badminton and Spikeball.
- We will have limited spaces available and you will need to book/reserve your spot using the My Y App.
- One hour maximum bookings (this could vary based on participation numbers).

Pool

- We expect the pool to be open and operational by mid-November, at the latest.
- Initial pool offering will be Lane Swimming, Aquafitness and access to the Hydrotherapy Pool.
- Lane Swimming & Aquafitness will require booking/reservation a maximum of 48 hours in advance, using the My Y App.
- The teaching pool with the moveable floor, may not be available until early in the new year. The floor is an international product and timing of installation is being affected by COVID travel restrictions.
- Swim lessons will be offered in January with registration starting in mid-November.

Youth Programs

- There will be some youth programming offered when we open and the programming will evolve.

PHASE TWO OPENING (Programs and Services to be launched late November - January)

Personal Training

- If you are interested in accessing Personal Training services, please let our membership services team know.

Birthday Parties

- Birthday parties will be available to be booked on pre-determined days/times of the week.
- Parties will have access to the Community Room/Gymnasium/Pool or any combination of the three.

Child Minding

- Childminding is a service that is available for members and will be available at an hourly fee.
- Parents/Guardians must be in the building while their child is in care.
- Ages: 3 months – 8 years.
- Your space can be reserved using the My Y App.