

YMCA OF GREATER WESTFIELD UPDATED POLICIES

HEALTH AND
WELLNESS



YMCA of Greater Westfield
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413.568.8631
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CARDIO ROOM POLICIES & PROCEDURES

1. Masks are required to be worn until you are on the piece of equipment you will be using
2. Wash your hands or use hand sanitizer prior to working out
3. Use any piece of cardio equipment that is unoccupied
4. Use disinfectant wipes or provided cleaning supplies to disinfect equipment before & after use
5. Water fountains can only be used to refill bottle
6. We ask that you limit your time at the Y to an hour and a half
7. Physical distancing is to be followed at all times within the facility – a minimum of 6 feet
8. Exit spaces safely by wearing your mask

Should we run into capacity concerns, the YMCA will implement a reservation system

FREE WEIGHT ROOM POLICIES & PROCEDURES

1. Masks are required to be worn at all times while working out
2. Wash your hands or use hand sanitizer prior to working out
3. Max capacity for small weight room is 3
4. Max capacity for large weight room is 5
5. No "working in" on member sets
6. No "Super Sets". Only use one piece of equipment at a time
7. Use disinfectant wipes or provided cleaning supplies to disinfect equipment before & after use
8. We ask that you limit your time at the Y to an hour and a half
9. Physical distancing is to be followed at all times within the facility – a minimum of 6 feet

Should we run into capacity concerns, the YMCA will implement a reservation system

TRX/FUNCTIONAL TRAINING ROOM POLICIES & PROCEDURES

1. Masks are required to be worn at all times while working out
2. Wash your hands or use hand sanitizer prior to working out
3. Max capacity for TRX room is 4
4. No "working in" on member sets
5. Use disinfectant wipes or provided cleaning supplies to disinfect equipment before & after use

6. We ask that you limit your time at the Y to an hour and a half
 7. Physical distancing is to be followed at all times within the facility – a minimum of 6 feet
- *Should we run into capacity concerns, the YMCA will implement a reservation system*

NAUTILUS / MATRIX ROOM POLICIES & PROCEDURES

1. Masks are required to be worn at all times while working out
 2. Wash your hands or use hand sanitizer prior to working out
 3. Max capacity for Nautilus / Matrix room is 7
 4. Obtain Chart (wipe down filing cabinet after handling) and keep. Do not refile, bring it home with you
 5. Obtain clean clipboard from wall and keep pencil provided
 6. Move through your workout efficiently. No hanging out on equipment
 7. Physical distancing is to be followed at all times within the facility – a minimum of 6 feet or at least 2 machines between each individual
 8. Use disinfectant wipes or provided cleaning supplies to disinfect equipment before & after use
 9. Water fountains can only to be used to refill bottle
 10. We ask that you limit your time at the Y to an hour and a half
- *Should we run into capacity concerns, the YMCA will implement a reservation system*

GROUP EXERCISE & CYCLING POLICIES & PROCEDURES

1. Masks are required to be worn until you reach your spot in the class. Masks must be put back on at the completion of the workout.
 2. Wash your hands or use hand sanitizer prior to working out
 3. Registration is required for all fitness classes. This does not reserve your spot in class. It is for contact tracing.
 4. Bring in your own water bottle. Water fountain only to be used to refill bottle.
 5. Bring your own equipment if possible and disinfect before use in the facility
 6. Keep your personal belongings by your workout station
 7. Set up equipment on the designated floor decal
 8. Designated foot decals are 14 feet apart allowing you to work out without a mask
 9. Use disinfectant wipes or provided cleaning supplies to disinfect equipment before & after use
 10. Return used equipment to the "Return Station" to be disinfected by staff
 11. Exit safely through the gym's backdoor. Lobby exit can be used if needed.
 12. Physical distancing is to be followed at all times within the facility – a minimum of 6 feet
 13. Exit spaces safely by wearing your mask
- *Should we run into capacity concerns, the YMCA will implement a reservation system on a class by class basis*