



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **WELCOME BACK TO YOUR NEW YMCA**

We miss you! It's been hard to be away from the people we care about but thank you for persevering and doing your part to stay safe and stop the spread of the coronavirus. We are truly thankful for all of your support during this crisis and know that we are stronger because of your dedication to the Y.

### **The YMCA health and wellness facility is scheduled to open Monday July 13th.**

When we reopen the Y will look a little different than when we closed on March 16<sup>th</sup>. We have been working hard on policy, procedures and facilities. We have taken input from the CDC, industry experts, the state, as well as YMCAs from across the country that have reopened before us and have great information on what works and what doesn't work.

All changes that we have implemented meet or exceed the **Fitness Centers and Health Clubs MA Safety Standards**. These requirements and standards are to be strictly adhered to by members and staff. Safety of our members, staff and the community is our number one priority.

While we can't predict how long the COVID-19 crisis will last, or whether it will be necessary to close facilities and programs again in the future, we are committed to doing whatever is necessary to ensure your safety. The way we'll interact with each other will be different, but at the Y you will always be able to connect with people, improve your health and wellness, nurture your children's potential and help strengthen community.

Please review the changes that we have implemented. Reopening guidance by areas such as the entering the facility, pool usage, weight rooms, cardio, group exercise, etc. can be found on our website: [www.westfieldymca.org](http://www.westfieldymca.org).

### **SAFETY COMES FIRST**

In order to ensure the safety of our members, staff and community we are implementing new personal safety measures:

- Stay home if you/your child(ren) are sick.
- We will ask each member to self-screen prior to entering the Y. If there is a "yes" answer to any of our screening questions we ask that you do not enter the facility.
- Face coverings must be worn at all times in hallways and common areas. Please bring your own face covering, or admittance to the Y will be prohibited.
- Hand sanitizer and disinfectants are available throughout the facility for your use.
- Respect and review all signs each time you visit the Y. As we move through the phases of reopening things may change often.

**YMCA of Greater Westfield  
67 Court Street  
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westfieldymca.org**

## **FOCUS ON CLEANLINESS**

We are adhering to rigorous cleaning and sanitation standards in our facilities, in addition to the nightly deep clean, the Y will have dedicated cleaning staff throughout the day.

You play a role in helping us stop the spread of germs by wiping down all equipment before and after use, washing/sanitizing your hands often, and by teaching and modeling proper washing/sanitizing of your hands to your child(ren).

## **EXPECT AND RESPECT PHYSICAL DISTANCING**

All members will be required to maintain 6 feet of physical distancing while inside the Y. This will affect building and room capacities and availability of equipment. No contact of any kind is permitted, including spotting in the weight room. In order to accommodate members and space we may require registration for targeted areas throughout the facility.

## **MASK POLICY**

Masks are required in the YMCA.

Masks **must be worn** while working out in weight rooms, nautilus/matrix, and the TRX/Functional training room.

Masks **can be removed** while using cardio equipment such as treadmills, elliptical and bikes. The cardio equipment is arranged to maintain 14 feet of physical distance.

Masks **can be removed** during group exercise classes. Fourteen (14) feet of physical distance must be maintained for masks to be removed for any type of exercise.

Masked **can be removed** while using the pool.

## **ACCESS MAY BE RESTRICTED**

In order to comply with the physical distancing guidelines, we will be limiting the number of people inside the facility or in certain areas. No guests or nationwide members will be allowed at this time. Certain areas of the building and equipment may be closed or restricted or have limited timed usage and/or require preregistration. Examples for areas that may require registration include lap lanes, group exercise classes, weight room usage and personal training appointments. We have developed a reservation system should the need arise.

## **WHAT ELSE IS NEW AND/DIFFERENT?**

- **WAIVERS:** All members will be asked to complete a written waiver before returning to the Y. We will have a dedicated area to sign it in house. You can also find it on our website as a PDF to download; or there is a link on our website to sign it electronically. Just be sure to have the confirmation email sent to your smart phone for proof of signing. They are mandatory for all individuals on a membership. Without a signed waiver on file access to the Y will be denied.

- All members must scan in upon entering the facility. If you lost your card we are happy to replace it. It is important that we have a record of who was in the building and when.
- Please bring your own water bottle. We highly recommend that you fill your water bottle at home. Water fountains will only be used to fill water bottles. The vending machines have been removed from the Y.
- Please bring your own towel. The Y will no longer have towels available for member use.
- Please bring your own yoga mat.
- Locker Rooms are open for changing and storing of belongings. Masks must be worn and 6 feet of physical distance must be maintained. Members will need to wipe down lockers before and after use. Showers are only available to those utilizing the pool. Showers will be for rinsing off before and after swimming.
- The steam room is closed until further notice.
- Fans are not be used per CDC guidelines.
- Please register for all classes in person at the Y or via phone. This does not guarantee your spot in class; it guarantees that the Y has a roster of potential class participants. All group exercise, yoga and cycling classes will take place in the gym. Each member will have 14 feet of physical distance. Masks are not required as long as 14 feet of distance can be maintained. We will institute a reservation system should we deem it necessary. The current capacity of the gym is 18 members.  
**Please be sure to check out the new class schedule as there are many changes.**
- Personal and Small Group Training are allowable. There must be 6 feet of physical distance and masks must be worn.
- For your safety we have reconfigured our YMCA. We have moved cardio equipment to accommodate physical distancing. We have set room capacity limits to accommodate physical distancing. The Gym will be available as a workout area when classes are not in session.
- **Please be sure to check out the new pool schedule as there are many changes.**
- Lap swimming will be available - one swimmer will be allowed per lane. There will be a dedicated time for our master swimmers' where we can accommodate up to 12 people in the pool.
- The small pool will be open for aquatic classes and adult open swim. At this time we are not offering family swim or swim lessons. As we progress through a phased re-opening our goal is to add these activities back to the schedule. Aquatic classes require a 24 advance registration as class size is limited.
- Both Basketball and Pickleball are currently suspended until further notice.
- Child watch is currently suspended until further notice.

- Plexiglas shields have been installed at the front desk.
- Common seating areas will be temporarily closed.
- **OUTDOOR ACTIVITIES/ YOUTH AND FAMILY PROGRAMMING:** The staff is developing outdoor activities and programs for adults, children and families. This schedule will be released after we reopen. We need to place our focus on opening the facility and then we can launch additional programming.

This pandemic has taught us that we all need to work together. It has taught us how to be flexible and change on the fly. Please be patient - as plans are developed, guidance changes, and so do our plans.

We wish you and those you love health and safety during this worrisome time. Thank you for your continued support. We will continue to communicate with you, as there will be more updates in the upcoming days. You may email me if you have further questions at [aallard@westfieldymca.org](mailto:aallard@westfieldymca.org) or call at 413.568.8631 ext. 301.

Please e-mail our Membership Director, Alex Khatchadourian: [akhatchadourian@westfieldymca.org](mailto:akhatchadourian@westfieldymca.org) or call 413.568.8631 ext. 315 to communicate your billing or fees questions/concerns.

Please know that we deeply appreciate your patience as we respond as soon as possible.

Stay strong and healthy -



Andrea Allard  
CEO



Deborah McCarthy  
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