



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Telford Community Center YMCA Guidelines

Updated 11.19.2020

Please note that this is subject to change

Telford Community Center Updated Facility Hours:

Monday-Friday: 5:00 a.m. – 8:00 p.m

Saturday: 8:00 a.m. – 4:00 p.m.

Sunday: 1:00 a.m. – 6:00 p.m.

Effective November 20th at 5pm – December 13th

Governor Beshear Executive Order:

https://governor.ky.gov/attachments/20201118_Executive-Order_2020-968_State-of-Emergency.pdf

- In-Person Group Exercise classes will not take place. Our group exercise instructors will be uploading workout videos on Facebook during this 3 week period
- Team practices are not allowed. This includes youth basketball and TYP swim team. Youth Basketball practices will start on December 14th, and swim team practice will resume December 14th
- Group swim lessons will be postponed. Please look for more information from our Aquatics Director if you have already signed up. Individual lessons will still be available.
- All individuals inside the facility must wear face coverings at all times, including while actively engaged in exercise (except for while in one of our pools)
- Our maximum occupancy cannot exceed 33% of the building capacity at any given time. If you want to check the occupancy of our building before coming in, you can call or check the following link:
<https://operations.daxko.com/Online/3009/MembershipV2/Capacity.mvc>

Original YMCA Guidelines

- Access will be limited to YMCA Members and day passes, nation-wide membership reciprocity will not be available.
- The performance room will be permitted for personal training by Y staff only.
- Kids Club and Lounge will remain closed until further notice.

- Locker Rooms will remain open but please follow proper social distancing. The showers are open.
- The downstairs gym is open and the upstairs gym is closed.
- Upstairs track will remain open with the following restrictions:
 - o Walking only and 3 members allowed at one time
- Racquetball court is open with a maximum capacity of 2 people. Reservations must be made in advance via our mobile app or website.
- Group exercise room #2 is close.
- Drinking fountains will not be utilized, but the bottle filler station will be available. Please bring your own bottle.
- Vending machines will not be available.
- Lost and Found will not be kept. Any items left in the building at the end of business will be properly disposed of.
- Coffee will not be available.
- We are accepting facility rentals for those with groups of 10 or less.
- Telford Community Center YMCA Pools: The Telford Community Center YMCA will follow the pool opening guidelines set forth by the Commonwealth of Kentucky.
 - o The YMCA we will adhere to the following guidelines:
 - The Warm Water Pool is open for member use on a reservation basis. It will also be utilized for Private Lessons and Group Lessons (6 participants or less).
 - The YMCA will limit indoor pool usage to lap swimming and individual aquatic fitness.
 - Members will be required to enter and exit the pool area through the locker rooms only.
 - Lap Lane Limits will be enforced to ensure social distancing with lane reservation requirements.
 - Lap times will be reserved on the hour and you can utilize the lane for forty-five minutes. The lifeguards will be sanitizing the pool area the last fifteen minutes of the hour.
 - Members can reserve lap lanes electronically on the website or mobile app.
 - Total pool capacity limits will be established. 6 swimmers will be permitted in the lap pool at one time. Swimmers in odd numbered lap lanes are asked to enter pool at deep end of each lane.

- The Telford Community Center YMCA will staff adequate amount of aquatic staff and lifeguards to ensure pool area cleanliness and safety protocols.
- Lifeguards will have own personal PPE and Lifeguard equipment (rescue packs, pocket masks, gloves).
- Lifeguards will have additional cleaning responsibilities.
- The lifeguard chairs and rescue tubes will be cleaned before/after use.
- Kickboards, goggles and other aquatic equipment are not available for member use. Members are asked to bring their own.
- Sauna and Steam Room remain closed. The spa is open.
- The Telford Community Center YMCA will gradually lift facility and program restrictions based on CDC, Commonwealth of Kentucky and local government guidelines.
- The Telford Community Center provides After-School and Virtual Learning. We offer a safe and fun space for students, Pre-Kindergarten – 6th grade to continue their education during Virtual Learning/Distance Learning. The following areas will be used by these programs: Upstairs Gym, Upstairs Bathrooms, Kids Lounge, Kids Club, Group Exercise Room #2, and Outside Field area. These areas will not be accessible to members unless stated otherwise.

Safety and Cleaning

- The Telford Community Center YMCA will follow the safety and cleaning guidelines established by the CDC, Commonwealth of Kentucky and local City officials.
- The YMCA will maintain adequate supplies to support healthy hygiene behaviors, including cleaning supplies, soap and hand sanitizer.
- They YMCA will ensure safe and correct application of disinfectants and keep products away from children.
- Telford Community Center YMCA will continue to wipe down and disinfect frequently used high touch surfaces, equipment and common areas throughout the day.
- Members must disinfect all equipment before and after use.
- Multi-equipment workouts will be discouraged to ensure each piece/machine is cleaned after use.
- Members and Staff must wash hands with soap and water often.
- Additional sanitation stations will be added throughout each facility.
- Members and YMCA staff will ensure at least 6 feet of separation.

- All persons will enter through the front main doors to maintain a total head count and will need to wash their hands for at least twenty-seconds and have their temperature checked. If anyone has a temperature 100.4 degrees or higher, they will not be permitted to enter the facility. These extra precautions are to ensure the safety of the children that are in our care. We appreciate your cooperation.
- The YMCA will restrict access to certain rooms and areas.
- Appropriate signage, including floor clings, will be added to enforce proper social distancing.

The Telford Community Center YMCA members will be asked to self-scan to allow for limited contact entry via their scan card or mobile app.

Members can verbally provide membership pin or contact information to membership service staff to avoid contact.

1. Staff

- The Telford Community Center YMCA will ensure that staffing of facilities is sufficient to enable enhanced supervision, member and staff screening, sanitization and cleaning measures.
- Telford Community Center staff will be trained in proper cleaning and safety protocols and shall conduct appropriate cleaning and safety protocols before first shift.

2. Facility

- The Telford Community Center facility will be prepared for the required spacing, signage and safety requirements for the safety of our staff and members.

3. Cleaning Plan and Protocol

- The Telford Community Center YMCA will develop a schedule and plan for staff on proper cleaning procedures and protocols.
- The Telford Community Center YMCA will maintain an adequate cleaning supply stockpile to safely clean the entire facility.
- The Telford Community Center YMCA will maintain an adequate PPE supply stockpile to ensure the safety of our staff team.