



For Youth Development  
For Healthy Living  
For Social Responsibility

REVISED: 10-12-20

Dear Members,

GREAT NEWS! Governor Murphy has given gyms the go-ahead to re-open, provided we follow and enforce strict guidelines. We have been working hard to ensure our preparedness for this day to come and because of this, we are opening up slowly, cautiously, and with great care. We will officially be reopening on **Tuesday, September 8<sup>th</sup>**.

Following Governor Murphy's guidelines, we have been authorized to function at a 25% capacity. Each room will have a designated capacity limit in order to ensure we monitor and enforce these rules and regulations. We ask you to PLEASE adhere to the posted capacities per room. Failure to do so may result in a violation for us and you will be asked to leave immediately.

#### **OUR OPERATING HOURS:**

We will be opening our facility cautiously during the first phase of reopening. Our hours of operation will be:

- Mondays and Wednesdays: 7am-8pm
- **Tuesdays and Thursdays: 6am-8pm (revised 10-12-20)**
- Friday: 7am-5pm
- Saturday: 8-2pm
- Sunday: 9-2pm

*At this time, no guests will be allowed and we will not honor reciprocity in order to ensure that our loyal members have priority.*

#### **WHAT THE Y IS DOING TO KEEP ME SAFE**

- **Single Entry/Exit:** To help maintain our safety protocols, we will maintain a single entry/exit point using the two double doors in the front. Please heed the directional signals.
- **Regular Temperature Checks:** Both staff and members will receive temperature checks before being allowed to start their shift or to check-in.
- **25% Capacity:** for the foreseeable future, we will be operating at a 25% capacity.
- **PPE for All Staff:** All staff will be required to wear masks and other personal protective equipment.
- **Self-Scan:** Members will be asked to self-scan to allow for limited contact entry.
- **Protective Barriers:** These have been installed at kiosk and membership desks
- **Additional Safety Stations:** More areas will be available with wipes, paper towels, hand sanitizer, and other cleaning supplies.

- **Designed for Social Distance:** All open areas inside the Y have been evaluated and redesigned where necessary to help ensure social distancing between members. Signage will be placed prominently throughout the facility to drive awareness of this requirement.
- **Cleaning:** We have deep cleaned the facility and updated our cleaning procedures. The facility will be cleaned throughout the day.

## HOW WE'RE ASKING MEMBERS TO HELP MAINTAIN SAFETY

The YMCA appreciates members' adherence to the following safety precautions during their visits:

- **Stay Home if You're Sick:** Members should stay home if they don't feel well. The CDC and state public health officials encourage seniors and members of vulnerable populations, including those with underlying health conditions, to stay at home.
- **Arrive at the Y Dressed to Work-Out:** By doing so you reduce touch points and help increase social distancing. *The men's and women's locker rooms will be open for access to toilets and sinks only.*
- **Be Ready for Temperature Checks:** All members will have their temperature taken prior to check in and will be asked five health screening questions. You will be asked to sign a one-time waiver which we will keep on file.
- **Wash & Sanitize Hands Frequently:** Before and after your work-out, and especially upon entering/exiting the YMCA.
- **Bring a Towel, a Mask, and a Water Bottle:** Members will be asked to bring their own water bottle and a workout towel. **Please note that the COVID guidelines require you to wear a mask at all times.**
- **Keep Your Distance:** Please exercise on designated equipment only and respect all signage regarding social distancing. Strive to maintain at least six feet between you and others whenever possible.
- **Expect Reduced Capacity:** To ensure proper social distancing, our rooms will have a limited capacity. At times of full capacity you will be asked to wait in a designated area until space is available. We ask that you honor the posted capacities of each room. Failure to do so may result in our closure or termination of your membership.
- **Remember to Wipe Down Equipment:** Please help us reduce the risk of exposure by wiping down all equipment, weights, mats, etc. with the provided cleaning materials.

## WHAT SHOULD I BRING?

- Please bring a mask, workout towel, and water bottle.
- Please bring your own mat if you plan on doing any floor work or stretching

## WHICH AREAS ARE CLOSED?

- Steam room, saunas, and whirlpool remain closed
- The Family locker room is closed. **SWIMMERS only can use the boys and girls locker rooms.**
- The babysitting room is closed until further notice
- Social gathering spaces have been adjusted for social distancing
- The pool is reserved for lap swim ONLY. You must reserve your lane
- Paid programs, activities, and leagues are indefinitely suspended
- Coffee station & vending machines are closed
- Drinking fountains (only water bottle fillers are available at this time)
- Equipment rental

- No basketball or pickleball in the gymnasium during Phase 1

**OUTDOOR CLASSES**

We will continue our outdoor classes for the foreseeable future, weather permitting. We have received approval from the local health department & police department to utilize the gym in case of inclement weather. Classes are capped at 24 participants in order to allow for social distancing indoors. Registration will continue to take place on our website.

**INDOOR CLASSES**

We are pleased to announce that we will be adding Spin class to the weekly schedule. These classes will be socially distanced in our gymnasium. You must register for each class. Registration will be available on our website.

**PERSONAL TRAINING**

We will be offering one on one personal training sessions to those who have outstanding credits to use. These training sessions will take place **by appointment only** and will take place in our studios upstairs or outside, weather permitting.

**POOL**

Starting Tuesday, September 8<sup>th</sup>, we will be increasing the hours allotted for lap swim and will have 2 swimmers per lane (instead of one). We will also be adding aqua jogging/solo water fitness. You must bring your own equipment. Please see schedule below:

**LAP SWIM**

Monday-Friday	7am-2pm	2 swimmers per lane/per hour	6 lanes
Monday-Friday	3pm-5pm	2 swimmers per lane/per hour	4 lanes

**AQUA JOGGING/SOLO WATER FITNESS**

Monday-Friday	3pm-5pm	2 joggers per lane/per hour	2 lanes
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You must register for lap swim and aqua jogging on-line. **All pool patrons who do not show up to their reserved slot without providing notice will be barred from signing up for one (1) week. Cancellations can be made by emailing [gmymca.aquatics@gmail.com](mailto:gmymca.aquatics@gmail.com) or calling the Greater Morristown YMCA.**

Lastly, on **Thursday, September 3<sup>rd</sup> from 9am-1:30pm**, we invite GMYMCA members to the YMCA to preview the facility and see what procedures and protocols we have put in place (but not to work out). Please bring your mask.

As you will see in the pictures below, we are taking every precaution to ensure we reopen in accordance to the guidelines and we will need your help to do so. We ask you for your patience, understanding, and support as we embark on our road to reopening. We are thrilled to finally be reopening and we hope to see you very soon!

Best regards,  
Carol Armour

