

WELCOME BACK!

We missed you, and we know you missed us! We are very excited that following an extended closure during the COVID-19 pandemic, our Y is permitted to reopen on Tuesday, September 1 following strict health and safety guidelines and protocols from the CDC and the New Jersey Department of Health. Prior to opening, the entire facility has been sanitized and electrostatically disinfected and we will continue this process for the foreseeable future. In addition to our daily sanitizing protocols, all areas of the Y will be disinfected every evening after closing. We apologize in advance for any inconveniences caused by the new guidelines.

Although we want to return as quickly as possible to pre-pandemic operations and Y programming, it is incumbent upon us to move gradually to insure the health and safety for all. As a result, certain restrictions and basic protocols will be in place during the initial reopening phase of the Y.

New Hours: Monday-Friday 6:00AM – 8:00PM and Saturday-Sunday 7:00AM – 4:00PM.

Important Notice: You need to **reactivate your membership by contacting Nancy Dunham at nancyd@lhymca.com and sign the waiver** previously sent to you via email (available for download on the website under COVID-19 banner). Also, you **cannot utilize** the fitness center, any group fitness class, spin class, pool, or open gym **without reserving a place** through the website by accessing the “**SCHEDULER**” at the top of the home page. **Your reservation will be verified in the lobby when you arrive.**

Check In: For efficient access to the building, members **must** bring their membership card or have it available on their phones either by photo or by downloading the Y’s membership app: **M-DOCK**. If you need assistance setting up your membership app, email nancyn@lhymca.com

As you enter, your temperature will be checked. **If it is 100.4 or greater you will be denied entry.** You will then proceed to the desk to the right to have your reservation confirmed. Lastly, after confirmation you then move to the desk on the left to swipe your card.

Entry into the facility: All entry via front doors only. All members and staff will be required to **wear face coverings** the entire time they are located anywhere in the facility, including during group fitness or individual workouts, but not in the pool. As a result, it is critically important for members to **carefully gauge their time during a strenuous workout while wearing a face covering. If you become dizzy or short of breath, you should stop immediately, rest and seek assistance.**

Guest policy: No guests are allowed, and the National Membership Program is suspended for the time being.

Lobby: In an effort to reinforce social distancing, **gathering in the lobby is not permitted.** Coffee and vending machine use will not be available during the initial reopening.

Locker Rooms and Long-Term Fitness Lockers: As per best practices, there will be no locker room, sauna, steam room or shower availability at this time.

Water: Members need to bring their own water since the safety guidelines discourage the availability of water fountains; however, the dispensers that fill water bottles will be operable.

Health and Fitness Center: A limited number of members will be allowed into the Center during 1½ hour blocks of time with 30 minutes afterwards devoted to sanitizing throughout the day. For example, members will be allowed into the Center between 6:00-7:30AM and then the Center will be emptied for sanitizing from 7:30 until 8:00AM.

The next open block of time will be 8:00-9:30AM with a new group of members. and that pattern will continue through closing at 8:00PM on Monday through Friday and 4:00PM on Saturday and Sunday. You do not have to utilize the entire 1½ hour time session you have reserved, but you must leave when your session is scheduled to end. To maximize social distancing, **everyone utilizing the Health and Fitness Center is to exit the Y through the back door.**

Personal Training: Will be available in the near future.

Equipment availability: Only **every other** cardio machine will be available for member use to allow for social distancing. In addition, the Cybex equipment will be available for use. However, the Synrgy360 machine and the TRX will not be available in the turf area. Additionally, the **free weight area will be closed** during the initial reopening.

Wiping down equipment: Members are expected to wipe down their machines **prior** to and **after** use and the floor staff will also be wiping down equipment after its use, in addition to the ½ hour of sanitizing.

Towel Service: This service is suspended during the reopening and members will need to bring their own towels.

Open Gym (Available only on the weekends): Availability will also require a reservation which will be limited to one individual or one family per basket. **Members must bring their own basketball.**

Pickle Ball, Adult Basketball, Volleyball: **Suspended** until further notice.

Babysitting & Kids Zone will not be available.

Fitness Classes: Group classes continue as scheduled, with additional classes being added when available. Again, all classes, whether in person or virtual, now **require a reservation. Additionally, the free outdoor classes which have been running all summer with no membership requirement will change to members only on Tuesday, September 8.** Therefore, be sure your membership has been activated and a reservation scheduled for each class.

Pool: Participant numbers will be dramatically reduced and will require reserving pool time. No locker room use will be available. However, one shower for **rinsing only** and four changing areas are available on the perimeter of the pool deck.

Point of Emphasis: As previously indicated, **reservations are required** for all group fitness classes, spinning, health and fitness center, open gym, and the pool. In an effort to establish appropriate social

distancing, we cannot emphasize enough the importance of **members not appearing at the Y too early for their reserved time**. There simply is not enough space in the lobby for people to wait for the start of their reserved time. If you arrive too early, you may be directed to wait outside of the facility for your start time.

Please adhere to the CDC and the New Jersey Department of Health Guidelines:

1. **No** close contact with a confirmed case of COVID-19
2. **No** cough, shortness of breath or sore throat
3. **No** fever in the last 24 hours
4. **Wash** your hands often with soap and water for at least 20 seconds
5. **Use** a hand sanitizer if soap and water are not readily available
6. **Avoid** touching your eyes, nose and mouth
7. **Avoid** close contact with people who are sick, even inside your home
8. **Stay** 6 feet from other people
9. **Cover** your mouth and nose with a face covering
10. **Clean** and disinfect frequently touched surfaces daily

With patience, understanding and everyone adhering to these initial guidelines, we expect that a more comprehensive opening of programs and the facility will occur in the near future.

We want you to know that we are ECSTATIC to reopen and welcome you back. We are doing everything possible to provide a great workout experience in safe, clean environment.