



REOPENING EMAIL SERIES

Email 4: Masks, Shared Equipment, Social Distancing, Pools & Waivers

To our YMCA members, friends and community,

We're just 11 days away from reopening, and we are so excited to see you!

Last Friday, Gov. Ned Lamont released the rules and regulations for fitness centers and pools to reopen in Connecticut. You can [read that here](#). We took those guidelines and made any necessary adjustments to our plans, but most of what we've worked on over the past 3 months is in line with what the state has asked of us.

Over the next week we will continue to send emails on what you need to know about each part of our buildings. We will also send out a branch-specific email next week with schedules and any unique things to know. We are currently conducting staff training, and our Y team members will be ready to help acclimate you to the Y.

[The first email in this series](#) went over group fitness classes, personal training and small group training. [The second email in this series](#) reviewed gymnasiums and sports. [The third email in this series](#) addressed pools, aquatics and locker rooms, though you'll see below that some of the information has changed. This email is dedicated to masks, pools, waivers, guests and more! We continue to take input and guidance from our partners, such as Trinity Health of New England; the state; the CDC; and YMCAs across the country who have reopened before us.

One more note: We will be calling the YMCA's reopening procedures "Steps" to differentiate from the state's "phases." The YMCA of Greater Hartford's branches will enter our Step 1 on Monday, June 22. We will communicate with you on when Steps 2 and 3 will start, and what those will look like.

If you have any questions, please reply to this email, call our branches, or stop on by after June 22.

MASKS, EQUIPMENT & SOCIAL DISTANCING

Mask Requirements & Social Distancing

During Step 1 of reopening, **while strength training, sitting on the pool deck, walking around the facility, changing in the locker rooms, using the rest room, and at all other times you must wear a mask. The exceptions are:**

- **Cardio:** While utilizing cardio equipment, members do not need to wear a mask, but you must wear before and after using the equipment. Cardio equipment will be



spaced 12 feet apart to ensure your safety while exercising. Masks must be worn before and after using the equipment, and while entering and exiting the building.

- **Pools:** While in the swimming pool, members do not need to wear a mask. Masks must be worn before and after using the pool, and while entering and exiting the building.
- **Showers/rinsing:** While rinsing off before or after using the pool, members do not need to wear a mask. Masks must be worn before and after rinsing, and while entering and exiting the building.
- **Staff - lifeguards:** Lifeguards who are in a high lifeguard chair do not need to wear a mask while in the chair. Masks must be worn before and after guarding, and while entering and exiting the building. **We ask that members keep a 6 foot distance from the guard chair.**
- **Staff - group fitness:** Group fitness instructors do not need to wear a mask while teaching a class. Masks must be worn before and after class, and while entering and exiting the building.
- Certain hours during Step 1 may be reserved for summer camp usage; schedules will be communicated before we reopen
- We will section off the pool to different parts to ensure social distancing
- We will have times and areas designated for adults and therapeutic uses; we will also try to have family times – see schedules for each branch
- We will request members to only utilize the pool for 30 minutes during times when there are people waiting
- There will be 6 foot social distancing markers on the pool deck to keep your safe as you wait or walk on the pool deck
- Parents on the deck watching their children must wear a mask at all times and remain 6 feet apart from those not from their household

While strength training, sitting on the pool deck, walking around the facility, changing in the locker rooms, using the rest room, and at all other times you must wear a mask.

Social distancing - Cardio

Our cardio equipment areas will have certain equipment roped off to ensure 12-foot spacing between in-use equipment. Therefore, masks will not be required while using cardio equipment. Masks must be worn before and after using the equipment, and while entering and exiting the building.

Social distancing - Strength



Our strength training areas will have designated spacing to ensure members stay at least 6 feet apart. However, because we do not have the space ensure 12-foot spacing while allowing members to use strength equipment, masks are required while training.

Equipment Sharing & Cleaning: Wellness Center & Pools

The sharing of equipment will be prohibited during Step 1 of reopening. This is to ensure safety and reduce cross-contamination. We will also be strictly enforcing cleaning procedures.

- **Personal items:** It has always stated in your member code of conduct that personal bags should be in a locker or left in your car. We will be enforcing this rule moving forward; you may only have personal items, such as a water bottle or cell phone, with you while utilizing the facility. All bags should be stored in a locked locker, or left at home or in your car. **If you need a lock, we will have 3 type for sale at the welcome center. We will also have running belts for sale so you can stow your mask, hand sanitizer, keys and other items.**
- **Cardio & weights:** In the Wellness Center, members must use provided cleaning supplies to disinfect cardio and strength equipment before and after each use. Staff will regularly be cleaning this equipment as well.
- **Spotting:** Per State of Connecticut guidelines, spotting in the Wellness Center will not be permitted.
- **Other Wellness equipment:** We will not have certain Wellness equipment available for sharing, including: exercise and yoga mats, yoga blocks/belts/etc, certain medicine balls, foam rollers and resistance bands. This list is not exhaustive, and there may be other items that are not in service. **If you don't have your own mat, we will have yoga mats for sale at our welcome center.**
- **Life Jackets:** All families must bring their own Coast Guard-approved life jacket for non-swimmers; the YMCA will not be allowed to provide these, per State of Connecticut Department of Public Health regulations.
- **Pool equipment:** We will not be able to provide any pool equipment, including kick boards, pool noodles, pool weights and more. You may bring your own if you would like.
- **Towel & laundry service:** We will not have towel or laundry service where previously available. We will have towels for sale at our Welcome Center.

UPDATED POOL INFORMATION

Good news! Based on feedback from all of you, our members, we have amended our pool rules for reopening. In addition, on Wednesday, June 10, the State of Connecticut



Department of Public Health released further information on pool requirements, and we have had to make some small changes.

- **Lap swimming age:** Lap pools will be open to anyone of any age who is seriously swimming laps and passed their deep water test. Horseplay will not be permitted. The 30-minute and one-person-per-lane limits will remain.
- **Family swim time:** We will be bringing back family-specific hours for the warm water pool on weekends! Branch schedules will be released next week and will detail when families are welcome in our pools. The pool will be divided into sections, with each household assigned to one section.
- **Test-Mark-Protect:** We will continue enforcing Test-Mark-Protect, and will look to have specific times set up for swim tests. Stay tuned!
- **Parents/guardians on the pool deck:** Parents or guardians on the deck watching their children must wear a mask at all times and remain 6 feet apart from those not from their household.
- **Time limit:** We will ask all people, including families, to spend only 30 minutes in the pool if others are waiting; please wait for the group before you to fully exit the pool before you enter.
- **Social distancing:** There will be 6-foot social distancing markers on the pool deck to keep your safe as you wait or walk on the pool deck.
- **Masks:** You must wear a mask while entering and exiting the facility, while in the locker room, and while on the pool deck. You do not need to wear a mask while rinsing off in the shower or while swimming in the pool, but as soon as you are dry you must put your mask back on.
- **Pool equipment:** We will not be able to provide any equipment, including kick boards, pool noodles, pool weights and more. You may bring your own if you would like.
- **Life jackets:** All families must bring their own Coast Guard-approved life jacket for non-swimmers; the YMCA will not be allowed to provide these, per State of Connecticut Department of Public Health regulations.
- **Personal items:** Please use lockers in the locker room to store your personal items; bags cannot be left on the side of the pool or anywhere on the pool deck.

WAIVERS & GUESTS

New YMCA Waiver

In coordination with our insurance company, the YMCA of Greater Hartford will be implementing a [new waiver](#) that all members, program participants, and staff must sign before they will be permitted to enter our facilities. We know most of you signed a



waiver when you first started your Y journey; this will be done in addition to that. **Each individual adult will need to sign this waiver; one parent can sign for the children on their account.**

Please [download this waiver](#), sign it, and return it to us via email. If you do not have a printer, or a digital method to sign it, you may fill it out on your first day back to the Y, we will have paper copies available.

Please note that while the printed sections may be typed in, you must actually sign the document at the top of page 2. This can be done with a finger or stylus on a tablet or phone, or may be printed and handwritten. It cannot be a typed signature though.

Guests & AWAY Members

Unfortunately, during Step 1 the YMCA of Greater Hartford will not be able to welcome any guests or members of other YMCA Associations. Members of the YMCA of Greater Hartford may still visit any of our facilities (Downtown Hartford, Farmington Valley, Hale, Indian Valley, Wheeler, Wilson-Gray). This is an additional layer of safety to prevent the spread of COVID-19, and is a policy that most YMCAs around the country have implemented for the short-term. We very much appreciate your understanding.

Thank you again for your patience as we work on reopening. We appreciate you sticking with us, and will keep communicating as new information becomes finalized.