



YMCA of Owen Sound Grey Bruce

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August 5, 2020

Our Safety Commitment to you

The health and safety of our members, staff and participants is of utmost importance! We are following all regulations and guidelines from our government and public health officials to reduce the spread of COVID-19.

Safety measures in our health, fitness and aquatics centre include:

1. All staff, members and volunteers will be screened before entering the facility.
2. During the pilot phase of our re-opening, only members of our YMCA can use the facility. During the first week, only Teen, Adult and Senior members may access the facility. NOTE: Teen members under 16 MUST have a toe tag to enter the conditioning centre/weight training area. We will re-assess after the first week, with the possibility of adding some designated family swims where parents and children participate together. This is only a temporary measure and we are working towards welcoming all members back into the centre soon.
3. Numbers of members accessing the facility will be monitored to ensure we are staying within the 50 person limit in our pool and our conditioning centre/weight training pods as per public health.
4. All pool activities, gym fitness classes and pickleball require the booking of time slots. Use of the conditioning centre/weight training areas do not require booking.
5. To promote physical distancing, we have modified the layout to ensure equipment is at least 2 meters apart.
6. We have signage and floor markers to indicate appropriate physical distancing space and directional flow for walking traffic.
7. We have installed plexiglass barriers at the Welcome Desk and Conditioning Centre Desk to support physical distancing.
8. Staff will wear masks in the public areas of the facility and whenever the 2-meter distance may not be maintained.
9. Members are required to wear a mask when indoors at the Y, except when exercising. For example, when a member is walking through the facility to the exercise area or utilizing a change room they must wear a mask.

Members Get Ready!

1. **Get your Y membership card out.** Members must scan their card at the desk. If you cannot find your card, please email Customer Service at osgb.member@osgb.ymca.ca or call 519-376-0484 and press “0” to leave a message so we can print a new card for you and have it ready when you arrive. NOTE: Members must have their card or one waiting for them to access the Y. Please ensure you have received confirmation your card will be ready before attending the facility.
2. **Get out your face mask.** Everyone is required to wear a mask indoors at the Y, except when exercising.
3. **Fill your water bottle.** Water fountains will not be available.
4. **Change rooms and showers will not be available** for the first week, and their availability will be assessed for the second week. Pool users must shower at home just before attending the Y and then again at home after their swim.
5. As a reminder, **only clean indoor shoes are permitted** in the conditioning centre/weight training areas. Please ensure you change into your indoor shoes before going upstairs.
6. **Outdoor shoes are not permitted on the pool deck**, so please ensure you remove your shoes before entering the pool area or bring a pair of indoor flip-flops.
7. **You are welcome to bring and keep a small bag** with you to hold your clean indoor shoes, membership card, mask, and water bottle

ACCESSING THE FACILITY

Upon arrival, YMCA staff will greet members at the north entrance (entrance by Sisters Café). Please park in the rear parking lot.

Members are required to maintain a physical distance of 2 meters from other members while waiting to enter the facility.

Screening, 1-2-3:

1. **Only YMCA of Owen Sound Grey Bruce members will be permitted in the facility during our FREE pilot phase.** It is VERY important to remember your membership card! Staff will verify members have their membership card with them or a card waiting for them. If a member does not have a card or does not have a card waiting for them, they will not be permitted entry into the facility.
2. Staff will conduct a health screening, asking the attached questions: [HEALTH QUESTIONNAIRE](#) . If a member answers “yes” to any of the questions, they will not be permitted to enter the facility.
3. Staff will take your temperature using a “no touch” thermometer. Individuals with a temperature of 37.5°C (99.5°F) or higher, will not be permitted in the facility and are referred to public health.

Once you have successfully completed the screening process, you will be provided with a “tag” (aquatics or conditioning centre/weight training area). Please ensure you keep this tag and return it upon exit. These tags will help staff monitor numbers to ensure we do not go over public health capacity restrictions.

[CLICK HERE TO ACCESS PROGRAM SCHEDULE COMMENCING AUGUST 10](#)

Accessing the Pool

Bookings

Initially all aquatics programs will require pre-booking due to capacity restrictions.

To reserve a spot for lane swim, aquafit, leisure/adult swim, please email osgb.member@osgb.ymca.ca or call (519) 376-0484 and press "0".

Classes may be booked one week in advance with a maximum of 2 lane swims per week.

AQUAFIT PARTICIPANTS: When booking for an aquafit class, please ensure you specify if you require a space in the leisure or lane pool, shallow or deep end.

If you are unable to reach a Customer Service Representative, please leave a message in the general mailbox. *Please choose one method of contact. Multiple messages are not necessary.*

- Each member **MUST** bring their **OWN** towel to use.
- **ALL members MUST arrive freshly showered and product FREE. No deodorant, hair products, makeup, aftershave etc.**
- Please bring a filled water bottle as water fountains are not available.
- Members will enter the pool area through the girls' change room and wait in a physically distanced line until the door is opened.
- Each member will then remove shoes and take all their belongings onto the pool deck, following the direction indicated. Staff will provide guidance when needed.
- **Everyone MUST remain 2 meters away from each other and wear a mask until directed to enter the pool.** There will be place markers distanced 2 meters apart for members to place their belongings while they are in the pool.
- Members must stay at their designated spot until given permission to enter the water.
- There is to be **NO** physical contact between members (no high 5's, hugs, or sharing of any equipment).
- Lane Swimmers: Each swimmer **MUST** swim in the **middle** of their lane. It is preferred participants bring their own equipment if possible.
- Aquafit Participants: Each swimmer **MUST** always remain in their assigned space.
- Swim caps should be left on until you have left the water, do not remove them while still in the water.
- Members need to put their masks back on as soon as they leave the pool.
- There is 1 washroom available during your swim times in the Family Change Room that is for emergency use. There are cleaning cloths and sanitizer available for those who want to clean before using the facilities.
- There are sanitizer stations available on the pool deck for members' use.
- Once your swim time is over, please gather all your belongings and exit one at a time through the Family Change room.

- If you need to use YMCA equipment, please place it in a mesh bag at the end of your swim on your way to exit door.
- If there is any first aid that is required during your swim time, we will take every precaution to keep yourself and our staff safe.

These protocols may be adjusted or changed according to Health Regulations or YMCA Protocols.

Accessing the Conditioning Centre/Weight Training Area

Fitness Class Bookings

Initially all fitness classes will require pre-booking due to capacity restrictions.

To reserve a spot for fitness classes please email osgb.member@osgb.ymca.ca or call (519) 376-0484 and press "0".

When booking for a class, please ensure you specify the class, date and time you are booking. Classes may be booked one week in advance only.

If you are unable to reach a Customer Service Representative, please leave a message in the general mailbox. *Please choose one method of contact. Multiple messages are not necessary.*

Members are also encouraged to bring their own stretch mats as mats will not be available initially. Each member **MUST** bring their OWN sweat towel to use.

Conditioning Centre/Weight Training Area

Pre-booking is **not** required for the Conditioning Centre/Weight Training area. However, please leave the workout area promptly when you are finished, to give other members their time to work out.

Please note, due to physical distancing requirements our previous stretch areas now contain equipment. We have provided a small stretch area on the southeast side of the track along the east windows. Members are encouraged to conduct pre and post workout stretches at home or outside (weather permitting) due to limited spacing. Members are also encouraged to bring their own stretch mats as mats will not be available initially.

- Each member **MUST** bring their OWN sweat towel to use.
- Change rooms, showers and steam rooms will not be available the first week of re-opening so please arrive dressed to work out. We will review this for upcoming weeks.
- Initially, the track will not be available except for our designated Senior Fit times during which time walking only is permitted.
- Please bring a filled water bottle as water fountains are not available. Each member is permitted to keep a small bag with their belongings with them in the conditioning centre/weight training area.
- Members follow directional signage to help ensure physical distancing.

- The elevator will be available for those members that require it however we do ask that only one member use the elevator at a time to ensure physical distancing.
- The 2 meter distancing must be followed at all times.
- **Members MUST wear a mask** until they are ready to exercise.
- **Members MUST** clean their equipment before and after use using the cleaning cloths and sanitizing spray provided. Please discard used sanitizing cloths in the receptacles provided.
- There is to be NO physical contact with each other (no high 5's, hugs, spotting or sharing of any equipment)
- Members need to put their masks back on as soon as they are finished exercising and/or moving to another area in the conditioning centre/weight training area.
- The 2 washrooms on the second floor are available. Cleaning cloths and sanitizer are available for those wanting to clean before using the facilities.
- There are several sanitizer stations available in the conditioning centre/weight training area. Once your workout is over, please gather all your belongings and exit using the north side of the stairs or the elevator if required.
- Please use the hand sanitizer again as you are leaving.
- **Please be sure to return your Conditioning Centre/Weight Training tag to the screening station upon leaving the facility.**
- If there is any first aid required during your visit, we will take every precaution to keep yourself and our staff safe.

Senior Fit (for ages 60+)

Seniors 60+ are welcome to use the conditioning centre at any time, but a special "Seniors Only" time slot is provided on Mondays, Wednesdays and Fridays from 9:00 a.m. – 11:00 a.m. Staff will have completed a thorough clean prior to your arrival.

Equipment in the conditioning center/weight training area will be available for seniors 60+ **only** during this time.

The track will be available for walking only during this time.

These protocols may be adjusted or changed according to Health Regulations or YMCA Protocols.

Member Etiquette

By attending the YMCA, members are committing to follow public health guidelines and YMCA protocols, as we all work together to keep each other safe and reduce the spread of COVID-19. These guidelines include:

1. Staying home if you are feeling ill.
2. Participating in screening before entering the Y.
3. Wearing a mask when at the Y, except when exercising.
4. Keeping a minimum of 2 meters distance from others at all times.
5. Washing hands regularly with soap and water or using hand sanitizer.

6. Using proper sneeze and cough etiquette.
7. Cleaning equipment before and after use.
8. In keeping with our Y values, being kind, considerate and patient with other members, staff and volunteers as we support each other with these new behaviours and protocols.

As always, our Etiquette Statement below applies:

Etiquette Statement

The YMCA of Owen Sound Grey Bruce is a shared experience for everyone to enjoy. Each of us can make it better for all by being considerate to others. YMCA members, staff, participants, guests and volunteers pledge to treat one another with respect and dignity. The YMCA reserves the right, at its sole discretion, to suspend or refuse services for inappropriate behaviour.

We do our best to weave our values into all of our programming. We believe each person is valuable and can make a difference!

Any member that consistently breaks public health guidelines and YMCA protocols and policies, including etiquette expectations, will be asked to leave immediately and may be denied future access to the facility.



Thank you for being so patient and Staying With Us!

If you would like to make a donation you can do so [HERE](#).

Donations to the YMCA help us deliver programs that improve health, reduce social isolation and inspire hope. Thank you for helping build healthy, happy communities.