



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CORONAVIRUS PREVENTION & ACTION PLAN

GOOD HEALTH HABITS THAT HELP STOP GERMS:

- Stay home when you are sick. This will help prevent others from catching your illness.
 - Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
 - Washing your hands often will help protect you from germs. If soap and water are not available, use alcohol-based hand sanitizers.
 - Avoid touching your eyes, nose and mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.
- Practice other good health habits: Get plenty of sleep, be physically active, drink plenty of fluids and eat nutritious food.

HOW THE Y PREVENTS THE SPREAD OF VIRUSES:

- Members must maintain minimum of 6 feet distance.
- All staff and members will have their temperature checked upon entering the facility.
- Staff will be wearing personal protective equipment (masks and gloves).
- We will have controlled access to the facilities through one entrance.
- Time will be limited on all cardio equipment.
- Cardio and strength equipment will be spaced out to ensure social distancing.
- Group exercise classes will remain suspended through YMCA Phase I. Virtual classes are available on our website ymcachattanooga.org/y360-virtual-classes.
- Showers and locker rooms will not be available.
- No towel service.
- Coffee and food services will not be available.
- No guests will be permitted. Facility use will only be for members during YMCA Phase I.
- No use of saunas or steam rooms, as a minimum safe distance of 6 feet cannot be maintained.
- Members must disinfect equipment **before and after use**.
- Members must wash hands before and after working out with soap and water for at least 20 seconds.
- Increased signage throughout the building to encourage social distance, hand-washing and remind members to disinfect equipment.
- Pools and Childwatch will remain closed during Phase 1.
- Capacity limited per branch based on state guidelines.
- Time limits on equipment will be enforced.