



EXCITED TO SEE YOU SOON

#ForABetterUs



At the Stamford Family YMCA, everything we do is guided by our commitment to strengthening the community, no matter the challenges we face. In mid-March, the COVID-19 crisis forced us to make one of the toughest decisions in our Y's history, temporarily closing our facility. It was the right thing to do for our community. We'd also like to thank you from the bottom of our hearts for staying with us. Your commitment to continue paying your membership dues as a donation has helped ensure that we can continue to contribute to our communities throughout this crisis and beyond.

We have been revitalizing our buildings with repairs and proactive enhancements; planning class lessons and programming to improve our member experience; and, most importantly, we have been devising safety procedures, programming adjustments, employee training and signage to ensure a safe and enjoyable experience for our members, staff, and communities when we reopen.

Now, the time to welcome you all back is upon us! Governor Ned Lamont has announced that fitness facilities are included in the second phase of reopening Connecticut, and **we are thrilled to announce that we will be open for you starting on Monday, June 22, 2020!**

Some of these guidelines change frequently as new information is gathered. Below we have outlined the anticipated requirements that we will need to follow to reopen:

Health Checks: Members, staff, and program participants will have their temperature checked and answer health screening questions before being allowed to check-in. Those who have a temperature of 100.4 or more; or experienced any of the following, will not be allowed to check-in and enter the Y:

- Fever in the last 48 hours;
- Cough, shortness of breath, chills, muscle pain, headache, sore throat, or new loss of taste or smell;
- Been in close contact with anyone exposed to or diagnosed with COVID-19 in the last 14 days

Masks: Masks will be required to be worn at all times.

SOCIAL DISTANCING

Phased Reopening with Reduced Capacity: We have prepared a safe environment to welcome our members back that includes initially phasing in specific areas, services, and amenities of low risk as we grow back to full capacity. A full list of open services/amenities during Phase 1 is coming, pending final directives from our State and City officials.

Rearranged Fitness Machines, Strength Training, and Weightlifting Equipment: We have moved and spaced out all machines and equipment to allow for at least 6 feet of social distancing.

Gymnasium:

Use of the gymnasium for basketball, racquetball, or other activities is prohibited.

Locker Rooms:

It will be available for toilet and hand washing only. There will be no use of lockers, saunas, and showers.

Social Distancing Signage: Signs have been placed throughout our Y to guide members and staff to keep at least 6 feet apart.

SANITATION

Hand Washing:

Multiple hand sanitizers have been throughout the Y and proper hand washing technique signage is in all restrooms.

Approved CDC Spray Cleaner and Paper Towels: Will be available by machines and equipment. While our staff will be cleaning all high touch areas frequently; all members will be asked to clean the equipment before and after use.

Increased Sanitation: We will be deep cleaning our facility twice a day, as well as increased sanitation and disinfectant efforts throughout each day.

MEMBERSHIP:

Hours of operations:

Monday – Friday 7 am – 7 pm
Saturday 8 am – 12 pm

Y usage is limited to Stamford Family YMCA members ONLY. Nationwide membership is canceled until further notice and guest passes will not be available to be purchased.

The lobby seating area will be closed.

Things will look very different at our Ys in the days and weeks to come. We are aware we will be met with challenges from those who find our new protocols inconvenient and unnecessary. We all will play a critical role in helping everyone who walks through our doors understand that safety is our number one priority and is at the core of all decisions.

Our plan will evolve as this crisis evolves. What will not change is our promise to respond responsibly as we continue our commitment to strengthen the community.

Thank you for your commitment and loyalty to the Y; we are stronger with you. Together we will build a stronger, safer community for all.

All my best,
Shawn Patch
Stamford Family YMCA