



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NORTH SUBURBAN YMCA

REOPENING PLAN

June 2020

YOUR SAFETY MATTERS

The North Suburban YMCA's priority is to provide wellness facilities, programs and services in a safe and effective manner. The NSYMCA's reopening plan prioritizes the health and well-being of our members, staff and the communities we serve, taking into account CDC guidelines and the guidelines and recommendations of state and local government authorities.



PHASE
3

Phase Three follows the guidelines of the Restore Illinois plan set forth by the State of Illinois on reopening.

Phase 3 allows us to open with

- personal training,
- outdoor fitness classes and
- limited childcare/summer programs

The NSYMCA will train staff on the new protocols for Covid-19 at the Y and will monitor and enforce all social distancing protocol and policies for those in the building for personal training and childcare. **More detailed information may be found on the table.**



PHASE
4

Phase Four reintroduces our community to utilizing the NSYMCA under new COVID-19 restrictions.

The NSYMCA will implement social or physical distancing practices in all operations during this phase by:

- controlling the number of members allowed in the facility
- facility/indoor traffic patterns
- re-arranging physical areas and fitness equipment
- placing trained staff to monitor and enforce all social distancing protocol and policies and sanitation procedures

As the Y's confidence level increases in all social and physical distancing practices, more areas of the YMCA will open for use and group activities will slowly be reintroduced within social and physical distance guidelines. If any areas pose challenges for social or physical distancing or for sanitation then the area will be closed until new procedures can be implemented. **More detailed information may be found on the table.**



PHASE
5

Phase Five represents a return to operations pre-COVID crisis.

All facilities and programs will be opened to full capacity. Some social and physical distancing practices may be required along with stringent cleaning practices to reduce the possibility of COVID transmission.

The Y will maintain our close relationship with applicable government departments and follow CDC Guidelines to ensure all practices prioritize the health and safety of our staff, members and community. For questions or concerns regarding the YMCA's phased reopening plan, contact Kathy Fielding, CEO at kfielding@nsymca.org or Shannon Mundorf, Director of Arts & Risk Management at sparry@nsymca.org.

Note: the "phases" referred to in this Plan are in alignment with the phases imposed by state or local governments. If members are not compliant with the new policies and protocols in place in each phase, they will be asked to immediately leave the facility. Additionally, if a staff or member reports that they were a COVID carrier while visiting a YMCA property, the Y will maintain the confidentiality of the individual while reporting the potential exposure to all staff and members, implement contact tracing to facilitate adequate communication to all who were exposed, our location will be professionally deep cleaned per CDC guidelines, and employees who came into close and unmasked contact with the individual will be quarantined for 14 days.

The following outlines the phased opening of the NSYMCA's fitness facilities, services and programs. Each phase outlines expectations, policies and procedures for people, facilities, programs and activities and provides a summary of each COVID transmission prevention measure that will be implemented in each phase. The Y will not move into subsequent phases of this plan until the Y deems its safety protocols to be successful and its members to be cooperative in adhering to social distancing guidelines.

PHASE
3

6/8-6/21
restrictions on
group sizes (10)

M-F: 6am-6pm
Sat: 7am-1pm
Sun: closed

General / Facility	Membership/Program	Staff
<ul style="list-style-type: none"> • Questionnaire • Training staff • Communicate with members on what to expect when we reopen • Require social distancing • Minimize human contact when possible • Increased cleaning procedures including all facility areas with EPA registered disinfectant • Signage throughout the building regarding hand washing and social distancing • Additional hand sanitizing stations throughout the building • Barriers provided at front desk • Standardized cleaning for every room • Hourly cleaning of high touch areas • Limit total facility access by person per square foot. • Must keep track of everyone in the building for contact tracing. • No vending machine • Signage on room limits & traffic flow patterns • Lobby & common areas closed off • Doors propped open to reduce touching • Paperless processes at the desk • Patrons/Participants/Members will sign a waiver indicated that they are symptom free, have not tested positive for Covid-19 within the past 14 days, to the best of their knowledge have come in contact with an individual who has tested positive for Covid-19 within the past 4 days • Patrons who appear to be sick or show symptoms of Covid-19 will be denied access to the facility. Must be symptom free for 48/72 hours before they return • Members who are unwilling to comply with the Y's COVID transmission prevention measure will be asked to leave the facility immediately 	<p>Guests</p> <ul style="list-style-type: none"> • Masks for all participants • Wellness check upon entering the facility or participating in a class • Social distancing to be maintained whenever possible. • Touch-less check-in • Bringing equipment & towels <p>Membership/Wellness</p> <ul style="list-style-type: none"> • Offer virtual group exercise programs • Outdoor Group Ex classes – 10 maximum • Classes must be reserved • Senior Programs virtual • Personal Training – 1-on-1 <p>Programs</p> <ul style="list-style-type: none"> • ½ day afternoon Schools Day Out for childcare • 1-4 pm • Groups of 10 max capacity limits based on IDPH • Masks worn when inside 	<ul style="list-style-type: none"> • Staff who are sick or experiencing any flu like or respiratory like illness should not come to work and will be asked to leave • Staff will adhere to a six foot social distance spacing. • Staff will submit to a health check upon entering the building • Staff are required to wear facial mask • Staff are encouraged to use gloves for high-touch, non-personal workspaces • All staff will receive training on proper use of gloves and facial masks • Staff will clean workspace at the beginning of their shift and at the end of their shift • Staff will wash their hands upon entering the building • Alcohol wipes will be provided at the clock in stations and staff should wipe down the time clock before and after scanning in • Staff may be assigned as room monitors and will follow the established guidelines and cleaning schedules for those areas • Telework schedules will be maintained as appropriate and necessary • Meetings will continue to be virtual • Work space should allow for 6 feet of personal space whenever possible • Staff who share office space will stagger work shifts whenever possible • Follow established policies and procedures if employee tests positive (COVID-19 employee notification policy document). • Staff who are unwilling to comply with the Y's COVID transmission prevention measure will be asked to leave the facility immediately

PHASE
4

6/22* - TBD
restrictions on
group sizes (50)

* This is an estimated
time-frame. Subject to
change

M-F: 5am-10pm
Sat: 6am-7pm
Sun: 7am-5pm

General / Facility	Membership/ Program	Staff
<ul style="list-style-type: none"> • Communicate with members on what to expect when we reopen • Require social distancing • Minimize human contact when possible • Increased cleaning procedures including all facility areas with EPA registered disinfectant • Signage throughout the building regarding handwashing and social distancing. Additional hand sanitizing stations throughout the building • Standardized cleaning for every room • Hourly cleaning of high touch areas. • Limit total facility access by person per square foot • Must keep track of everyone in the building for contact tracing • Signage on room limits & traffic flow patterns • Lobby & common areas closed & stanchioned off • Doors propped open to reduce touching • Equipment moved for social distancing • 1 visit per day • 1 hour time limit per day • No nationwide membership/ guest/class passes • Vending machines closed • Stretching areas closed • No aqua aerobics classes • No coffee provided • No towel service • Childwatch closed • Whirlpool, steam room, sauna closed • No open gym/basketball/ racquetball • Tape on floor for group exercise social distance • Disinfect lockers rooms 2 times a day with mist • Disinfect playground 2 times a day with mist • Members who are unwilling to comply with the Y's COVID transmission prevention measure will be asked to leave the facility immediately 	<p>Guests</p> <ul style="list-style-type: none"> • Masks required for entrance • Wellness check upon entering the facility or participating in a class • Social distancing to be maintained whenever possible. • Touch-less check in • Clean own equipment before & after use • Bring own towel 	<ul style="list-style-type: none"> • Staff who are sick or experiencing any flu like or respiratory like illness should not come to work and will be asked to leave • Staff will adhere to a six foot social distance spacing • Staff will submit to a health check upon entering the building • Staff are required to wear facial mask • Staff are encouraged to use gloves for high-touch, non-personal workspaces. • All staff will receive training on proper use of gloves and facial masks • Staff will clean workspace at the beginning of their shift and at the end of their shift • Staff will wash their hands upon entering the building. • Alcohol wipes will be provided at the clock in stations and staff should wipe down the time clock before and after scanning in • Staff may be assigned as room monitors and will follow the established guidelines and cleaning schedules for those areas • Telework schedules will be maintained as appropriate and necessary • Meetings will continue to be virtual • Work space should allow for 6 feet of personal space whenever possible • Staff who share office space will stagger work shifts whenever possible • Follow established policies and procedures if employee tests positive (COVID-19 employee notification policy document) • Staff who are unwilling to comply with the Y's COVID transmission prevention measure will be asked to leave the facility immediately
	<p>Membership/Wellness</p> <ul style="list-style-type: none"> • Offer virtual group exercise programs • Fitness opens with capacity limits and IDPH guidelines • Equipment moved for social distancing • Group ex classes must be reserved • Lap Swim must be reserved • No pool equipment can be used • Strength/track workouts must be reserved • Personal Training – 1-on-1 • Locker room for pool use only – capacity and time limits • Staff clean between classes & using machines 	
	<p>Camps</p> <ul style="list-style-type: none"> • Smaller groups within ration of 20-25 • More hand-washing stations • Gatherings no more than 50 • Frequent hand washing • Temp taken at drop off • No fieldtrips • Strict cleaning schedules • No swim lessons – just open swim • No preschool camp • No summer school • Masks mandatory inside when can't social distance • No buses or van usage 	
<p>Programs</p> <ul style="list-style-type: none"> • Social distancing • Masks may be required • Virtual classes offered as well 		

PHASE
5

TBD
return to
pre-Covid19
Levels

General / Facility	Membership/ Program	Staff
<ul style="list-style-type: none"> • Guests are allowed to use the facilities • All will self-scan upon entry (staff will not handle cards, phones, or any other person’s belongings) • All members and staff will be asked to wash and/or sanitize hands upon entry and exit • Staff and members will be encouraged to wear PPE (eg, masks) • Staff and who are unwilling to comply with the Y’s COVID transmission prevention measure will be asked to leave the facility immediately 	<ul style="list-style-type: none"> • All group activities will resume • All Active Older Adults programming will resume • Gym open for all group activities • All programs open • All programs including youth sports and all outreach/community programs • After-school childcare will open in all designated schools • Childwatch reopens 	<ul style="list-style-type: none"> • Full staffing model operating • All staff are thoroughly trained on COVID transmission prevention and new cleaning protocols prior to working in facilities • Guests are allowed to use the facilities • All will self-scan upon entry (staff will not handle cards, phones, or any other person’s belongings) • All members and staff will be asked to wash and/or sanitize hands upon entry and exit • Staff and members will be encouraged to wear PPE (eg, masks) • Staff and members who are unwilling to comply with the Y’s COVID transmission prevention measure will be asked to leave the facility immediately



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