

YFC Phase 1 Protocols

- All Staff, employees and volunteers will be supplied with Personal Protective Equipment (PPE) including Mask and First Aid Gloves.
- Monitoring staff and employees and not allowing those individuals to serve that show indicative symptoms.
- All individuals 65+ and other vulnerable populations will be encouraged not to work, serve or participate during this time period.
- The First Phase of opening will be based on a shorter day of operations from 6:00am-6:00pm M-F and Closed on Saturday.
- Access into the YFC will ONLY be allowed for individual YFC Member workout sessions, limited size Group Fitness Classes and Personal Training while following CDC guidelines on Social Distancing and not allowing socializing in groups.
- YFC Members **must** schedule their appointment to enter the YFC during their appointed time and must not enter before scheduled time and depart at the end of their time period. Appointments may be made through a provided Mobil Link.
- All participants must sanitize or wash their hands upon entry to the YFC.
- All participants will be required to wear a facial mask covering both nose and mouth while entering and exiting the facility to protect others. Mask may be removed during times of exercise at the direction of staff, instructors, trainers or coaches.
- Everyone must check in through a contactless system at the Welcome Desk and receive a health screening including, temperature check and verification of health questions.
Symptomatic individuals will not be allowed to participate.
 - Having a current body temperature of 100.4 degrees or more
 - Have you had a fever in the last 72 hours (3 days)
 - Have you had a dry cough
 - Have you had shortness of breath
 - Have you had a sore throat
 - Have you had muscle pain
 - Have you been exposed to someone with the Coronavirus in the last 14 days
- A minimum of 6' distance will be in place at the Welcome Desk. Signage will be placed on the carpet at the 6' spacing as individuals check-in or check-out.
- Signage will be placed at the entry doors and throughout the facility instructing individuals to keep a safe distance from staff, volunteers and participants.
- Fitness Room, Cycle Room and Group Fitness Room will be limited to no more than 6 individuals at one time for individual workout.
- Group Fitness Classes will be limited to 9 members or less in order to keep protocol.
- Track will be limited to 10 individuals at one time with protocol in place.
- The Gym Court area will be limited to 15 individuals at one time with protocol in place.
- Members will be required to wipe down equipment before and after each usage.
- All business must take place at the Welcome Desk. The YFC Upstairs Offices will remain for "Staff Only" and will be closed to the public.
- We encourage members to bring their own personal equipment such as exercise mats, towels, water bottles, etc.

- All Common/Gathering Areas will be locked or blocked off such as Game Room and Food Court. Chairs in the Food Court will be kept upside down on table tops and the area will be taped off. Furniture in the lounge area will be spread apart to allow for distancing protocol and magazines and literature removed.
- The gym area will be restricted to individual fitness or group fitness class setting only. Any type of sports or gathering for play will not be allowed until Phase 2, targeted for July 6. This included Basketball, Volleyball, Pickleball, Skating, Group Play, etc.
- All water fountains will be shut off and members encouraged to use their own water bottles.
- Barricades will be placed to preventing access to other areas of the building.
- Communication will be given to all YFC Members including dates and times of reopening and what to expect on protocols for social distancing and sanitation.
- A cleaning maintenance regiment will be put into place to assure that all high-touch points are sanitized on a regular schedule depending on the area.
 - Staff and volunteers will be trained on the “How To” on sanitation protocols. This training will initially be led by a certified employee with Final Touch Cleaning.
 - All door handles from entering the building to leading into each fitness area will be disinfected every 30 minutes.
 - Exercise Equipment will be disinfected every hour during high usage and 10am, 2pm and 6pm each day.
 - Members will be required to wipe down equipment before and after each usage, using sanitized wipes or spray bottles and towels provided in each area.
 - High touch items such as bathroom faucets, bathroom door handles, locker room door handles, water fountains and stair railings will be disinfected every two hours.
 - Hand Sanitizer, Cleaning Wipes, Spray Bottles and Towels will be readily available in all traffic areas.
 - Final Touch will be instructed to disinfect all traffic areas during their nightly cleaning routine.