WELCOME BACK
MEMBER POLICIES IN RESPONSE TO COVID-19
WELCOME BACK TO THE Y!

We’re excited to welcome you back to your YMCA. Although our doors have been closed, your team at the Y has been busy during this COVID-19 crisis maintaining a safe residence for the men who call McGaw YMCA home and creating virtual group fitness classes as well as planning and preparing for our reopening.

We’ve also been busy painting, cleaning and adjusting equipment to allow for social distancing ensuring our Y is providing you with the safest and most hygienic facility. Along with facility updates, we have implemented many new policies to so that our members can participate in helping keeping the McGaw Y clean and safe.

While we can’t predict how long the COVID-19 crisis will last, or whether it will be necessary to close facilities and programs again in the future, we are committed to doing whatever is necessary to ensure your safety.

As we welcome you back to the Y, we want to assure everyone that health and safety remains our top priority. We have taken all necessary steps to ensure the safety of our members, program participants, and staff. This means things will look and feel a little different. But the changes are necessary to follow CDC and Illinois Department of Public Health regulations.

Please be sure to read through these new policies and sign the attached letter. We know that some of these policies will be inconvenient, but we all follow the same health and safety standards we will make the Y as safe as possible.

We’re so happy to welcome you back. Together, we’re a better us.
PHASE 4 FACILITY HOUR CHANGES
JUNE 29 – JULY 5, 2020 (closed July 4th) Mon–Fri, 8am–7pm and Sun, 9am–5pm

FACILITY AREAS THAT ARE OPEN
- One-on-One Personal Training
  - M/W/F: 8am-noon
  - T/TH: 4-7pm
- Indoor, Outdoor and Virtual Group Exercise classes
- Fitness Center (Reservation only; 45 min. limit)
- HIIT/Cycle Studio (Reservation only; 45 min. limit)

FACILITY AREAS THAT ARE CLOSED
- Pools, whirlpool, saunas, steam rooms
- All courts: gym, racquetball, squash unless used for group exercise class
- McGaw locker rooms
- Beidler childcare

PHASE 4 FACILITY HOUR CHANGES
JULY 6 – JULY 12, 2020 Mon–Fri, 6am–7pm; Sat, 8am–6pm and Sun, 9am–5pm

FACILITY AREAS THAT ARE OPENED
- One-on-One Personal Training
  - M/W/F: 8am-noon
  - T/TH: 4-7pm
- Indoor, Outdoor and Virtual Group Exercise classes
- Fitness Center (Reservation only; 45 min. limit)
- HIIT/Cycle Studio (Reservation only; 45 min. limit)
- 6-Lane Pool

FACILITY AREAS THAT ARE CLOSED
- Whirlpool, saunas, steam rooms
- All courts: gym, racquetball, squash unless used for group exercise class
- McGaw locker rooms
- Beidler childcare

MEMBER INFORMATION
- Visits are by registration only. Members will be asked to reserve their time and day to visit the facility through our new reservation system. This link can be found on our website. This will allow us to observe guidelines with regard to the number of people allowed in the facility at any one time. Reservation link is available on multiple places on our website.
- Members are directed to apply hand sanitizer or wash their hands upon arrival and exit of the facility. There are several hand sanitizing stations located throughout the facility.
- Members with symptoms of illness or known exposure to a person with COVID-19 infection within the previous 14 days, are asked to stay at home and rest.
- Members who have traveled will comply with CDC travel recommendations.
- Members may be asked to complete a COVID-19 Health Assessment Questionnaire.
• If someone is being scanned in or served at the front desk, members are asked to wait 6 feet apart until it is their turn.

• The facility is available for McGaw YMCA members only (no guests). We will not honor any guest passes, day passes or Nationwide memberships until further notice.

• Staff will be unable to accept cash until further notice. Members can pay with credit card or check. Members must use the disinfectant wipe provided to clean their credit cards prior to handing to staff. Staff will disinfect credit cards prior to returning to member.

• Members and volunteers will be asked to sign a new release of liability stating that they understand COVID-19 warnings.

• Members will be asked to review the COVID-19 rules for the McGaw YMCA and initial that they have read, understand and will be abide by the policies.

• In an effort to stay healthy and help stop the spread of COVID-19, Influenza, and other illnesses, we encourage everyone to follow the 3 C’s. Please visit http://cdc.gov for additional information.
  - COVER—cough (or sneeze) into the crook of your elbow or into a tissue that is immediately thrown away.
  - CLEAN—Frequently wash your hands with warm water and soap for 20- seconds-about the time it takes for you to sing Happy Birthday twice.
  - CONTAIN—Stay home when you are sick or until you have been free of fever.

• If you see something that causes you concern, please inform any YMCA staff.

**HEALTH AND WELLNESS GUIDELINES AND RULES**

We each have an important role in helping to ensure the health and safety of our Y community! To facilitate social distancing between people in our exercise spaces and program rooms and ensure the highest standards for cleanliness, we have made the following changes:

• Members should wash hands their hands for at least 20 seconds before and after workout.
• Members must disinfect equipment before and after use.
• Please bring your own yoga mat. Personal equipment cannot be left at the Y.
• All fitness and cardio equipment that will be available for use will allow for at least 10 feet social distance. Members are expected to honor social distancing and not crowd others.
• Please be courteous when using machines. Please observe posted time limits on machines if others are waiting to use the equipment.
• In order to abide by the Governor’s COVID-19 guidance, group fitness classes will be held outside, so please wear appropriate clothing and sunscreen. On bad weather days, group fitness classes may have to be cancelled.
• Restrooms in the gym: Please respect social distancing while using restrooms. No more than 2 people at a time.

I have read, understand, and will abide by the above policies, and procedures.

________________________________________________________________________

Name (please print)

Date:  __________________________________________________________________
ADULT PARTICIPANT WAIVER, RELEASE AND ACKNOWLEDGEMENT

Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19
The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. McGaw YMCA has put in place preventative measures to reduce the spread of COVID-19; however, McGaw YMCA cannot guarantee that you will not become infected with COVID-19. Further, participation could increase your risk of contracting COVID-19.

READ CAREFULLY BEFORE SIGNING
By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19 by participation; and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at McGaw YMCA may result from the actions, omissions, or negligence of myself and others, including, but not limited to, McGaw’s employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I may experience or incur in connection with my participation at McGaw YMCA. On my behalf, I hereby release, covenant not to sue, discharge, and hold harmless McGaw YMCA, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of McGaw YMCA, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation at McGaw YMCA.

I represent that I have adequate insurance to cover any injury or illness I may suffer or cause while participating in this activity, or else I agree to bear the costs of such injury or illness myself. I further represent that I have no medical or physical condition which could interfere with my safety in this activity, or else I am willing to assume – and bear the costs of – all risks that may be created, directly or indirectly, by any such condition.

In the event that I file a lawsuit, I agree to do so in the state where McGaw YMCA is located, and I further agree that the substantive law of that state shall apply. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

By signing this document, I agree that if I am exposed or infected by COVID-19 during my participation in this activity, then I may be found by a court of law to have waived my right to maintain a lawsuit against the parties being released on the basis of any claim for negligence.
I have had sufficient time to read this entire document and, should I choose to do so, consult with legal counsel prior to signing. Also, I understand that this activity might not be made available to me or that the cost to engage in this activity would be significantly greater if I were to choose not to sign this release, and agree that the opportunity to participate at the stated cost in return for the execution of this release is a reasonable bargain. **I have read and understood this document and I agree to be bound by its terms.**

If I have signed a separate general waiver of liability connected to my participation at McGaw YMCA I agree that the terms of that waiver are wholly incorporated into this document and that the terms of this document are incorporated into the separate general waiver.

Signature_________________________          Print Name_________________________

Address_________________________ City_________________________

State______ Zip_________

Telephone (______)___________________ Date _____

**PARENT OR GUARDIAN ADDITIONAL AGREEMENT**
*(Must be completed for participants under the age of 18)*

In consideration of _______________________________ (PRINT minor’s names) being permitted to participate in this activity, I further agree to indemnify and hold harmless Releases from any claims alleging negligence which are brought by or on behalf of minor or are in any way connected with such participation by minor.

Parent or Guardian___________________ Print Name___________________ Date_______
COVID-19 is a highly contagious viral illness that easily spreads through contact with others. Excluding sick members from the facility is one of the best defenses against community spread. This document is not a substitute for medical advice. If you have concerns about your health and COVID-19, please consult a medical provider.

Indicator symptoms of COVID-19 may change as new information is discovered.

Are you feeling sick or unwell?

Have you traveled in the last 14 days?

Have you been in close contact with a confirmed case of coronavirus?

Are you currently experiencing symptoms (cough, shortness of breath, fever)?

Is anyone in your household is experiencing symptoms listed below?
1. A new dry cough
2. A newly identified shortness of breath or difficulty breathing OR Two or more of the following symptoms:
   - Fever (above 100.4°F)
   - Headache
   - Chills
   - Sore Throat
   - Repeated Shaking with chills
   - New loss of taste or smell
   - Muscle Pain

If you answer yes to any of the above questions we ask you to avoid utilizing the facility until a minimum of 3 days after your symptoms have subsided.