



TWIN RIVERS YMCA

Modified November 24, 2020

Phase 3 Reopening Guidelines:

(subject to change with guidance from the State of NC and local health officials)

Please remember to check [our website](#) or app for area and program availability.

Member Protection:

- All members are required to sign an updated membership agreement waiver before being allowed to access the facility. [Click here](#) to sign the waiver.
- Sanitizing stations have been placed throughout the facility. We ask that members sanitize their hands before entering workout and program areas.
- We strongly urge members to clean all equipment before use, and are required to clean ALL equipment after each use.
- Members are asked to limit their time at the Y to 90 minutes or less.
- Only one piece of equipment should be in use by each member at a time - super sets are not allowed.
- To keep within social distancing guidelines, please plan your workout accordingly to not include spotting.
- A 30-minute time limit will be enforced on all cardio machines.
- Facility usage will be minimized to 30% of the building capacity. Please adhere to the maximum capacities posted for each area in our facility.
- Water fountains are limited to bottle-fill only.
- Most internal doors will be left open to prevent unnecessary touching and increase ventilation.
- Members are asked to adhere to all posted signage regarding distancing.
- A cloth face covering is required inside the facility, except when in a pool. Face coverings are required while outside if 6 ft distance is not able to be maintained. Children under 5 are not required to wear a face covering.

Business Adaptations:

- During Phase 2.5, the Twin Rivers YMCA will be open the following hours:
Monday-Friday: 6:00am-8:00pm Saturday: 7:00am-6:00pm Sunday: CLOSED
- Staff will conduct disinfecting of high-touch surfaces and equipment regularly per CDC guidelines.
- All staff will be temperature checked and will have to answer a questionnaire before they will be allowed to work.
- Group Exercise classes will continue to be offered outdoors, with indoor options added gradually. Reservations are required. Please check our app or trymca.org/schedules for current class schedules. [Click here](#) for more details about Group Exercise.
- Evidence Based programming (YDPP) and Learning Lunches will remain virtual.
- Access to all wellness and exercise equipment (cardio, machines, weights) will be limited to maximize physical distancing; certain equipment pieces may be unavailable for use.
- We have increased signage throughout the building to encourage physical distancing, hand washing/sanitizing, and to promote cleaning efforts.

The Y is currently offering an on-site Back to School Learning Camp to help families that need care for their children during the day. Registration and details are available [on our website](#).

What areas are open during Phase 3?

Areas available will be: Free Weight Room, Cardio machines, Resistance Weight Room, Racquetball court (limited to singles play only – must bring your own equipment), Gymnasium/Basketball (Saturdays only – Shooting only – NO organized games – Social distancing required – Bring your own ball), Indoor Track (limited availability), and Locker Rooms & Showers (limited usage).

Indoor and Outdoor Pools will remain open. [Click here](#) for details about the pools.

Remember to check [our website](#) or app for schedules and availability!

What areas and amenities are unavailable?

Initially, the following areas will remain closed: Gathering Spaces & Coffee Service, Gymnasium (Monday – Friday), Child Watch, Rec Station, Saunas, Steam Rooms, and Hot Tubs.

There will be no Towel Service – please bring your own towel with you.

We ask you to please be flexible with us as these restrictions are lifted by the State of North Carolina, the CDC, and the Craven County Health Department guidance.

BEFORE YOU LEAVE YOUR HOME

- Stay home if you don't feel well or have any of the following symptoms:
 - Muscle pain
 - Shortness of breath
 - Sore throat
 - Loss of taste or smell
 - Cough
 - Fever
 - Chills
 - Headache
- CDC and state guidelines encourage vulnerable populations to stay home.
- Bring a face covering and filled water bottle. (Only bottle filling stations will be available.)
- Child watch services are not available at this time.

WHAT TO EXPECT WHEN VISITING OUR FACILITY

- Enter and exit building entrances following social distancing guidelines. (i.e. Waiting for the doorway to be cleared before walking through.)
- Please practice social distancing at all times in the facility.
- Wear a face covering while indoors is required, as well as outside when 6 ft distance is not able to be maintained.
- Capacity for the facility and available areas will be limited per state guidelines.