



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Lakota Family YMCA

## WHAT SHOULD I BRING?

- We encourage wearing a mask to the YMCA.
- Wear your workout clothes/swimsuit. Locker use will be limited.
- Bring a filled water bottle. Drinking fountains will not be available, but touch-less water bottle fill station will be available.
- Limit what you bring; there will be no cubbies in fitness center, no showers & lockers are limited. Bring your own lock for the locker.

## WHAT I CAN DO TO STAY SAFE

- **Stay home if you are feeling sick** or have a temperature over 100.4 degrees.
- Use the **self-scan** for limited contact entry.
- **Wash hands** before and after any activity in the facility. There will be sanitizing stations located throughout the facility.
- **Keep your distance** from others. Please exercise on designated equipment only and respect all signage regarding social distancing. Strive to maintain at least six feet between you and others when possible.
- **Sanitize equipment before and after use.** Upon entry to the fitness center you will be handed a spray bottle and towel to carry with you to clean any equipment you use.

### NO GUESTS OR RECIPROCAL MEMBERS

We are not permitting guests; guest passes or members from other YMCA's to the Lakota YMCA currently. Only Lakota Family YMCA members can use the facility.

### FACE MASKS

Wearing a protective mask is required in common areas.

### SOCIAL DISTANCING

Wearing a protective mask is recommended especially in common areas.

### EXPECT REDUCED CAPACITY

Limited lap swimming lanes and equipment in the fitness center will be available.

Reservations for lap swimming are available to be scheduled.

### NO CHILDREN UNDER 15 WITHOUT AN ADULT

14 and under may only use the outdoor pool at this time.

### TEMPERATURE CHECKS

Your temperature will be taken at the door. If it is over 100.4 degrees, we will wait 5 minutes and test you again. If your temperature is still above 100.4 degrees, you will be sent home.

### PPE FOR ALL STAFF

All staff will be required to wear masks and other personal protective equipment.

### ROUTINE CLEANING AND NIGHTLY SANITATION

Staff will be cleaning/disinfecting high touch areas throughout the day. Each evening after we close, we will ensure that the facility is sanitized prior to welcoming members back to the YMCA next morning.

### ARRIVAL TIME

Members are asked not to arrive more than 10 minutes before their scheduled lap swimming time, racquetball time, or personal training session.