COVID-19 Update
Central Lincoln County YMCA

Facility Re-Opening Guidelines

Phase One – Limited Access

Starting June 12 (Group Size Restriction 50+)

Main Facility Hours of Operation
Monday - Friday 5:00am-8:00pm (Closing 1-2pm daily for cleaning and sanitizing)
Senior Hours ONLY: 2-3pm daily
Saturdays 7:00am-4:00pm (Closing 1-2pm for cleaning and sanitizing)
Senior Hours ONLY: 2-3pm daily
Sundays – Closed

Child Care Facility Hours of Operation
Monday- Friday 6:30am-5:30pm

Community Access

- Members Only (No day passes, guest passes, or reciprocity at this time)
  - New membership sales allowed
- Reserved Access Members will be allowed 1 hour of access per day and will need to reserve their spot in advance by speaking to a Membership representative by calling 207-563-9622. Reservation will include time slot and location within the building. Voice mail and email reservations will not be accepted
- Hand Sanitization All persons required to sanitize hands before entering the facility at hand sanitization station.
- Age Restrictions Only persons 14+ will be allowed in the facility independently. All persons under the age of 14 must be in the same areas of the facility as their parent or caregiver.
- Face Masks Face masks are required in areas where physical distancing is challenging.

Physical Distancing Code of Conduct

- All staff required to wear masks unless they are in room working independently or have a medical condition that prevents them from wearing one.
• A 6-foot distance is required between all persons within the facility.
• A 14-foot distance is required between all persons when undergoing vigorous physical activity.
• Front desk barrier is in place to protect staff and members.
• Members to follow signage and floor markings to maintain distance from others.
• No social seating allowed. Folding chairs available for physical limitations and footwear change only.
• Hygiene expectations posted in lobby upon entrance and throughout active areas of the facility.
• Code of Conduct instructions will be posted clearly in lobby upon entrance along.
• Code of Conduct instructions will be reviewed with all members when they reserve their spot for the facility.

Facility Usage Available

• **Healthy Living Center**
  • Maximum number of people: 10
  • Selective equipment will be closed to ensure physical distancing
  • Limited availability of handheld equipment with required sanitation protocols following use.
  • Additional equipment available for use in lobby area

• **Track & Track-Side Areas**
  • Maximum number of people: 10

• **Basketball Courts**
  • 6 people per court maximum (only individuals within the same household can share a hoop)
  • No use of Y equipment

• **Tennis Facility**
  • Maximum number of people: 12
  • Players must bring their own equipment.
  • Players may not touch any equipment other than their own.
  • No seating areas, score cards, or trash receptacles provided

• **Fourth Court – Pickleball**
  • Maximum number of people: 2
  • 1 game at a time on 4th court
  • No waiting on sidelines
  • No use of Y equipment other than net which will remain in place.

• **Pre-K Room**
  • Maximum number of people: 16
  • Access by exterior door only for registered participants.
  • Caregivers will not enter the facility during pick-up and drop-off.

• **Child Care Facility**
  • Maximum number of people: 16 per room
  • Access limited to staff and registered participants.
  • Caregivers will not enter the facility during pick-up and drop-off
  • Staff will wear PPE during greetings, screenings, pick-up, and drop-offs.

• **Locker Rooms**
• Single Use Bathroom
  - Closed
  - Open
• Lobby
  - Fitness equipment available as an extension to Healthy Living Center Reservations
  - Closed to seating
  - No coffee available
• Child Watch Room
  - Closed
• Group Exercise Studios
  - Closed
• Multi-Gen Room
  - Staff Only
• Kitchen
  - Staff Only
• Offices
  - Staff Only
  - Maximum number of people per office: 1
• Welcome Center Admin Area
  - Staff Only
  - Maximum number of people: 4
• Welcome Center Check-in Area
  - Maximum number of people: 2
• Elevator
  - Maximum number of people: 1 (Unless living within same household)
  - Necessary use only
• Lockers
  - Day use lockers only (Available first level under stairs only. Track-side lockers closed).
  - Bring your own lock
  - Sanitation station provided to self-sanitize locker before and after use.
• Main Facility Playground
  - Maximum number of people: 16
  - Child care use only

Programming
• Provision of Child Care
• Provision of Summer Camp
• Provision of Outdoor Group Exercise Classes & One-on-One Personal Training
• No Indoor Group Exercise Classes (Continue Virtual options)

Phase Two — Limited Access with Programs

Timeline Tentative (Group Size Restriction 50+)
Phase Two will be an advanced version of Phase One with some restrictions lifted, maximum number of persons per area raised potentially, and will see the return of more group programming. Phase Two will be built off of the Phase One plan in real-time experience.

Programming

- Provision of Child Care for All Families
- Provision of Summer Camp
- Return of limited group exercise classes and group fitness programs
- Return of limited tennis group programming
- Return of modified EBHI programs.