YMCA OF GREATER MONMOUTH COUNTY ASSOCIATION FAQs | REOPENING AFTER COVID-19

Last updated 8-26-20

1. **When will the YMCA membership branches be open for use?**
   - On Aug. 26, 2020 Governor Murphy announced that gyms are approved to reopen at 25% capacity starting Tuesday, September 1, 2020 with a mask requirement.
   - Our YMCA is now working on details for our continued phased reopening according to NJ and local health department guidelines.
   - We will share details on locations reopening soon. See latest information on our reopening plans at www.ymcanj.org/reopening.

2. **How will I know when the YMCA is opening?**
   - All communication regarding operating schedules will be communicated on our website www.ymcanj.org/reopening and through e-mails to our members.

3. **What Y services will be available to me during this temporary closure?**
   - Active members from any membership branch can access outdoor group exercise classes at all locations, personal training (outdoor), Lap Swim (indoor) and Freehold (outdoor) pools and Supervised Family Workouts (indoor) at Old Bridge.
   - There are many virtual fitness classes available from our Y and through affiliates. Visit www.ymcanj.org/fitness-online to view.
   - Our Y is also running counseling and social services, summer camp and child care programs, plus emergency response services like food distribution, blood drives, food drives, baby pantry drives, and women’s resource days. Visit www.ymcanj.org for more information.

4. **What programs are currently being offered?**
   - YMCA locations are now offering a variety of programs: private swim lessons, “Build Your Own” swim lessons, personal training and outdoor group exercise programs. Swim lessons are being offered outdoors at Freehold and Camp Zehnder and indoors at Old Bridge. Family members can now work out indoors at Old Bridge. All membership categories will soon be able to reserve time for supervised workouts at our Old Bridge location while we work to open our other facilities.
   - YMCA locations in Red Bank and Freehold will be offering private swim lessons, semi-private swim lessons and “Build Your Own” group lessons for up to 4 students when they reopen.
   - As restrictions are lifted, the YMCA will offer additional programs inside and outdoors (weather permitting), in keeping with capacity and social distance rules.
5. Will I need to wear a mask inside the YMCA?
   - Members, staff and guests will need to wear a face masks as a state regulation.
   - We will continue to follow guidelines established by health officials.

6. Will I be able to use the locker rooms at the YMCA?
   - The locker rooms and showers may not be available for use during our initial phase of opening.
   - Members should to come prepared to work out and bring only a mask, proper footwear, water bottle, small personal workout equipment and a towel.

7. May I bring a guest to the YMCA?
   - To accommodate our members and to limit risk of COVID transmission, guests and nationwide members are not permitted at this time.

8. What steps are you taking to protect my health and well-being when you reopen?
   - All YMCA staff and members will undergo a brief health screening and temperature check prior to entering the Y. Anyone who has a fever 100.4 or higher is sent home.
   - Masks will be required for all staff and members
   - We are changing spacing of equipment to maintain distance, and we will have signs and floor markers throughout the facility. We will ask you to please practice social distancing where possible.
   - We are working to improve air quality by enhancing our HVAC and air filters, and increasing the amount of outdoor air in the facility.
   - Following government guidelines, and to maintain distance, we will be limiting the number of people within certain areas of the facility.
   - Our staff will be rigorously cleaning and disinfecting our facilities and equipment prior to opening and throughout the day.
   - Additional cleaning and sanitization will be performed when branches are closed.
   - We will ask members to wipe down equipment before and after use, and to wash their hands often or use hand sanitizer.
   - We have invested in UV sanitization systems, increased sanitizer stations and increased touchless options for soap, sinks and toilets.

9. Why aren’t all YMCA locations opening at once?
   - We are working hard to reopen as quickly as we can. As a nonprofit organization, we are also working hard to meet the needs of our communities. Unlike other health and wellness facilities, the Y also provides camp, child care, youth programs, counseling and services, and so much more. That requires us to balance all of those interests when considering our reopening plan. It is also important that we test our new health and cleaning protocols, and frequency of member visits in phases. We appreciate your patience and understanding.

10. What if someone at the YMCA contracts COVID-19?
    - Members will be notified via contact tracing if they have been potentially exposed to COVID-19 while visiting the YMCA.