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FOR HEALTHY LIVING
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BACK TOGETHER.



REOPENING PLAN

YMCA of GREATER PITTSBURGH

June 2020



REOPENING PLAN OVERVIEW | YMCA of GREATER PITTSBURGH

The YMCA of Greater Pittsburgh's priority is to provide wellness facilities, programs and services in a safe and effective manner. The YMCA's reopening plan prioritizes the health and well-being of our members, staff and the communities we serve, taking into account CDC guidelines and the guidelines and recommendations of state and our local government authorities. To ensure all decisions are informed by the most up-to-date and relevant public health information, the Y assembled a COVID-19 Member Services Task Force composed of branch executives, core service leaders, YMCA of USA Medical Experts, Local health experts and C-Suite representation. This team will provide unique domain knowledge and guidance, unbiased perspectives, and critical thinking as the Y implements the outlined reopening plan.

The YMCA of Greater Pittsburgh branches, facilities, programs and services will reopen in three phases, following assumptions for operations as they relate to the global coronavirus pandemic and its local implications on public health. Meeting health and community needs will be focused and balanced on preventing the spread of COVID-19.

IMPORTANT TO NOTE:

- Phases are not time-based and entering into subsequent phases will rely on guidance from the CDC, Governor's orders, and the Allegheny County Executive's orders, as well as the Y's confidence in enforcing compliance with all COVID preventative measures.
- Phases in this plan refer to our internal reopening framework and are not intended to align with phases imposed by local, state, and federal governments.
- Phases may be modified and revised as guidance changes.
- Social Distancing means maintaining a distance of at least six feet and preventing large gatherings

The following document is an overview of the phased opening of the YMCA's branches as it relates to our wellness centers, and our programs and services. Each phase outlines expectations, policies and procedures for **people, facilities, programs and activities and provides a summary of each COVID transmission prevention measure** that will be implemented in each phase. The Y will not move into subsequent phases of this plan until the Y deems its safety protocols to be successful and its members to be cooperative in adhering to social distancing guidelines.

PHASE 1 (June 12th – July 12th)

Phase One reintroduces our community to utilizing the YMCA under new COVID-19 restrictions. Phase One limits all activities to individual level activities, but is broken down into Phase IA and IB. The YMCA will implement social or physical distancing practices in all operations during this phase by controlling the number of members allowed in the facility, facility/indoor traffic patterns, re-arranging physical areas and fitness equipment, and placing trained staff in each location where there is more than one member to monitor and enforce all social distancing protocol and policies. **More detailed information may be found on Phase One in the table below.**

Phase 1A – June 12th – June 27th (4 Branches open – Baierl, Spencer, Sampson, and Thelma-Lovette)

Phase 1B – June 29th – July 12th (2 Branches open – Allegheny and U.S. Steel Tower)

PHASE 2 (July 13th – August 9th)

Phase Two maintains the social and physical distance practices of phase one while opening more areas of the facility to meet community wellness needs. Phase 2 will include on-going assessment of the 6 branches open and addressing any other safety needs. As the Y's confidence level increases in all social and physical distancing practices, more areas of the YMCA will open for use and group activities will slowly be reintroduced within social and physical distance guidelines. If any areas pose challenges for social or physical distancing or for sanitation then the area will be closed until new procedures can be implemented. **More detailed information may be found on Phase Two in the table below.**

PHASE 3 (August 10th – September 6th) – Homewood-Brushton and North Boroughs YMCA*

During Phase III we will assess our branches and programs capacity in efforts to return to pre-COVID operations. The goal is that our facilities and program that opened in Phase I will be operating at or near full capacity. Some social and physical distancing practices along with stringent cleaning practices may be required to reduce the possibility of COVID transmission. **More detailed information may be found on Phase Three in the table below.**

The Y will maintain our close relationship with applicable government departments and task forces to ensure all practices prioritize the health and safety of our staff, members and community. For questions or concerns regarding the YMCA's phased reopening plan, contact 412-227-3800 or visit us online at www.pittsburghymca/forasaferus

****Further branches opening will announced in upcoming Phases as we assess progress and receive continual updates from CDC and state/local guidelines. Stay tuned for further communications.***

PHASE I – AT A GLANCE

BRANCHES THAT WILL OPEN:

Phase IA - Baierl Family Y, Spencer Family Y, Thelma-Lovette Y, Sampson Family Y – **Friday, June 12th**

Phase IB – Allegheny Y and U.S. Steel Tower Y – **Monday, June 29th**; Outdoors Pools (Baierl and Sampson) – **July 1st**

HOURS OF OPERATION (Reduced Hours):

Monday – Thursday: 7am – 7pm, Friday: 7am – 5pm, Saturdays: 8am – 2pm, Sunday: CLOSED

Senior Hours: Monday – Friday: 12:00 – 2:00pm; Members are encouraged to allow this time for our vulnerable populations 62+
12-14yrs must be accompanied by adult; 15-17yrs – permitted to use facility; Waiver must be signed by online (prior to entry)

The following Programs and Services will be available in Phase One but with restrictions:

<p>Phase IA</p>	<ul style="list-style-type: none"> Wellness Floor (Cardio & Strength) Free Weight Areas Limited Group Exercise – Indoor Cycle and Outdoor Bootcamp/HIIT (Weather Permitting) Virtual Live Classes Gymnasium Use for Individual Workouts and Indoor Cycle Class (branch permitting) 	<p>Branches Open - Baierl, Sampson, Spencer, and Thelma-Lovette YMCA's</p>
<p>Phase IB</p>	<ul style="list-style-type: none"> Wellness Floor (Cardio & Strength) Free Weight Areas Limited Group Exercise – Same & Added Options (Branch Permitting) Limited Small Group Training Virtual Live Classes Gymnasium Use for Individual Workouts and Cycle/GEX Class (branch permitting) Outdoor Pool – July 1st w/Lap Swim and Family Swim Reservations 	<p>Branches Open - Allegheny and U.S. Steel Tower</p>

The following Programs and Services will NOT BE available in Phase One, but are being considered in subsequent phases based on guidance from health officials, government leaders and input from subject matter experts as well as the Y's confidence in enforcing compliance with all COVID-19 preventive actions:

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| <ul style="list-style-type: none"> No Guests or Nationwide Membership Wellness Orientations No Open Gym Adult & Youth Sports Suspended Indoor Pools Childwatch | <ul style="list-style-type: none"> Swim Team Suspended Swim Lessons Suspended Sauna & Steam Room Closed Playgrounds Closed No Vending – Drinks Only |
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PHASE 1

RESTRICTED
(rigid social/
physical
distancing,
individual
activities only)

**Facility
Hours:**

Mon-Thurs
7am-7pm

Friday
7am-5pm

Sat
8am-2pm

Sun
CLOSED

PEOPLE (Members & Staff)

Staffing limited to “essential staff” only (includes social distance monitors throughout facilities)

All staff are thoroughly trained on COVID transmission prevention and new cleaning protocols prior to working in facilities

All staff will be questioned re: COVID symptoms upon entry

Only members may enter the facility
Self-scan upon entry (staff will not handle cards, phones, or any other person’s belongings)

All staff, members and vendors will be asked to wash and/or sanitize hands upon entry and exit

Staff will be asked to wash their hands frequently

Numbers will be controlled throughout the building (not to exceed 50% of facility/area capacity) via check-in and out system in Daxko

Staff required to wear PPE (eg, mask and gloves during cleaning); members strongly encouraged to wear PPE (eg, mask)

12-14yrs w/adult and 15-17yrs on own * Must sign waiver online prior

Senior Hours – 12:00-2:00pm (62yrs +)

Workouts limited to 60 minutes

All staff, members and vendors who are unwilling to comply with the Y’s COVID transmission prevention measure will be asked to leave the facility immediately

FACILITY GUIDELINES

Entire facility will be cleaned and disinfected prior to opening and after closing each day

All equipment will be cleaned with EPA approved disinfectant at an increased frequency each day and before opening and after closing

Members are asked to use the provided cleaning supplies to clean equipment before and after each use

Public entry doors and public counters cleaned at an increased frequency each day

Stair handrails cleaned at an increased frequency each day

Breakrooms, Welcome Center Desk area and kitchen appliances (vending machines, microwaves and refrigerators) cleaned at an increased frequency each day

Light switches cleaned at an increased frequency each day

Employee workspaces cleaned at an increased frequency each day

Areas, open with restrictions:

Cardio & strength areas open with significant restrictions on capacity
Gym open for individual workouts only
Only designated bathrooms will be open
Seating areas significantly reduced to prevent gathering - One chair per table
Furniture repositioned to be at least 6 ft
Locker rooms – Changing/RR only

Closed areas:

Some Lobby areas
No Vending Machines; except drinks
Some Group Exercise Rooms
Locker rooms – No Shower/Locker
Indoor and Outdoor pools (Outdoor Opens in 1B)
Steam rooms, saunas, whirlpools,
Childwatch
Member Services not provided:
coffee/tea/lost and found

ACTIVITIES AND PROGRAMS

YMCA Virtual Platform will continue and be available for our Y Members only

Most group activities in facilities are closed including GEX classes, swim lessons, water aerobics, swim team, A@AA programming, Basketball.

No Personal Training

Only GEX offered is Spin and Bootcamp Classes provided w/reservation – Outdoors

Traditional circuit training prohibited (individuals may only use one piece of equipment at a time)

All programs are closed including youth sports

Day camps and Childcare for at designated locations

Food Program for emergency food service at designated locations only

No Indoor Pool Use

Outdoor Pool use 1B (after two weeks of reopen – July 1st)

COVID TRANSMISSION PREVENTION MEASURES

Rigid social/physical distancing practices and policies

Acrylic barriers installed in Welcome Center (see Exhibit 1)

Hand sanitizer placed throughout the building
Facility and equipment thoroughly cleaned and disinfected daily

One way indoor traffic patterns implemented where feasible

Members will be asked to clean any equipment they use before and after each use

Spacing markers on floors to keep everyone at least 6ft apart

Signage installed and staff monitoring all areas with more than one member to enforce social distancing practices

Equipment spaced to maintain appropriate social distance
Limit facility/areas to 50% of capacity through Member Checkin and Checkout

Seating throughout the facility is repositioned to six feet apart (eg, only one chair per table and benches removed)

Staff will wash hands frequently
All staff required to wear PPE; members strongly encouraged to wear PPE

Members’ and staff personal belongings stored in designated areas only



PHASE 2

LIMITED
(rigid social/physical distancing, reintroduction of some group activities)

Facility Hours:
Monday – Thursday
7a – 7pm

Friday
7a-5pm

Saturday
8a-2pm

Sunday
CLOSED

PEOPLE (Members & Staff)	FACILITY	Y ACTIVITIES AND PROGRAMS	COVID TRANSMISSION PREVENTION MEASURES
<p>Staffing increased to accommodate higher capacity (includes social distance monitors throughout facilities)</p>	<p>Entire facility will be cleaned and disinfected prior to opening and after closing each day</p>	<p>YMCA Virtual Platform will continue and be available for our Y Members with an added fee*</p>	<p>Rigid social/physical distancing practices and policies</p>
<p>All staff are thoroughly trained on COVID transmission prevention and new cleaning protocols prior to working in facilities</p>	<p>All equipment will be cleaned with EPA approved disinfectant at an increased frequency and before opening/after closing</p>	<p>Expanded GEX/group activities will resume with Reservation policy</p>	<p>Acrylic barriers installed in Welcome Center</p>
<p>Only members may enter the facility Self-scan upon entry (staff will not handle cards, phones, or any other person’s belongings)</p>	<p>Members are asked to use the provided cleaning supplies to clean equipment before and after each use</p>	<p>Traditional circuit training prohibited Individuals may only use one piece of equipment at a time)</p>	<p>Hand sanitizer placed throughout the building</p>
<p>All staff, members and vendors will be asked to wash and/or sanitize hands upon entry and exit</p>	<p>Public entry doors and public counters cleaned at an increased frequency each day</p>	<p>Some Personal Training and Small Group Training based on capacity and Demand</p>	<p>Facility and equipment thoroughly cleaned and disinfected daily</p>
<p>All staff will be questioned re: COVID symptoms upon entry</p>	<p>Stair handrails cleaned at an increased frequency each day</p>	<p>Some A@AA Older Adults programming will be offered</p>	<p>One-way indoor traffic patterns implemented where Feasible</p>
<p>Staff will be asked to wash their hands frequently</p>	<p>Breakrooms, Welcome Center Desk area and kitchen appliances (vending machines, microwaves and refrigerators) cleaned at an increased frequency each day</p>	<p>Gym only open for group exercise classes and individual workouts</p>	<p>Members will be asked to clean any equipment they use before and after each use</p>
<p>Numbers will be controlled throughout the building (not to exceed 50% of facility/area capacity)</p>	<p>Light switches cleaned at an increased frequency each day</p>	<p>All programs are closed including youth sports and all outreach</p>	<p>Spacing markers on floors to keep everyone at least 6ft Apart</p>
<p>Staff required to wear PPE (eg, mask, gloves); members strongly encouraged to wear PPE (eg, mask, gloves) – This will be assessed by on CDC Guidelines</p>	<p>Employee workspaces cleaned at an increased frequency each day</p>	<p>Food Program for emergency food service at designated locations only</p>	<p>Signage installed and staff will monitor all areas with more than one member to enforce social distancing practices</p>
<p>Staff and members who are unwilling to comply with the Y’s COVID transmission prevention measure will be asked to leave the facility immediately</p>	<p>Areas, open with restrictions: Cardio and strength areas open with significant restrictions on capacity and activities Gym open for individual workouts only, for camp and limited GEX Classes Seating areas significantly reduced to prevent gathering - One chair per table Furniture repositioned to be at least 6 ft apart</p>		<p>Equipment spaced to maintain appropriate social distance</p>
<p></p>	<p>Indoor/Outdoor Pools - Lap Swim and Family Swim Open with Reservations Some GEX Studios</p>		<p>Limit facility/areas to 50% of capacity</p>
<p></p>	<p>Closed areas: Some Group Exercise Rooms No vending Machines; Except Drinks Steam rooms, saunas, Whirlpools Child watch areas for members Services not provided: coffee/tea, lost and found</p>		<p>Seating throughout the facility is repositioned to six feet apart</p>
<p></p>			<p>Members, vendors, and staff will wash/sanitize hands upon entry and exit</p>
<p></p>			<p>All staff required to wear PPE; members strongly encouraged to wear PPE</p>
<p></p>			<p>Members’ and staff personal belongings stored in designated areas only</p>



PHASE 3

OPEN
(some social/physical distancing practices maintained, all activities resumed)

Facility Hours:
Regular operating hours

PEOPLE (Members & Staff)

Updated staffing model for operating

All staff are thoroughly trained on COVID transmission prevention and new cleaning protocols prior to working in facilities

Guests are allowed to use the facilities

All will self-scan upon entry (staff will not handle cards, phones, or any other person's belongings)

All members and staff will be asked to wash and/or sanitize hands upon entry and exit

Staff and members will be encouraged to wear PPE (eg, masks)

Staff and members who are unwilling to comply with the Y's COVID transmission prevention measure will be asked to leave the facility immediately

FACILITY

Entire facility will be cleaned and disinfected prior to opening and after closing each day

All equipment will be cleaned with EPA approved disinfectant throughout the day and before opening and after closing

Members are asked to use the provided cleaning supplies to clean equipment before and after each use

Public entry doors and public counters cleaned at an increased frequency each day

Copy-rooms, breakrooms and kitchen appliances (vending machines, microwaves and refrigerators) cleaned a minimum of every two hours

Employee workspaces cleaned a minimum of every two hours each day

All areas will be open
Members and staff will be asked to maintain healthy cleaning practices

Drop-in childwatch – TBD
No parents allowed in childcare areas

ACTIVITIES AND PROGRAMS

YMCA Virtual Platform will continue and be available for our Y Members with an added fee*

All group activities will resume based on capacity and demand

Most Active Older Adults programming will resume

CDPP Programs will resume.

Gym open for all group activities

All programs including youth sports and all outreach/community programs

Before and after-school childcare will open in all designated schools

COVID TRANSMISSION PREVENTION MEASURES

Some social/physical distancing practices and policies will remain

Acrylic barriers installed in Welcome Center
Hand sanitizer placed throughout the building

Facility and equipment thoroughly cleaned and disinfected daily

Members will be asked to clean any equipment they use before and after each use

Spacing markers on floors to keep everyone at least 6ft apart

Signage installed to remind members of healthy cleaning practices

Members' and staff personal belongings stored in designated areas only (no personal belongings may be left out in the open)