



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CLIFTON SPRINGS YMCA REOPENING PLAN

June 2020

Clifton Springs YMCA is proud to participate in ROC COVID a regional daily symptom-screening database developed by the University of Rochester, Rochester Regional Health, and common Ground Health to help track and combat the spread of the coronavirus.

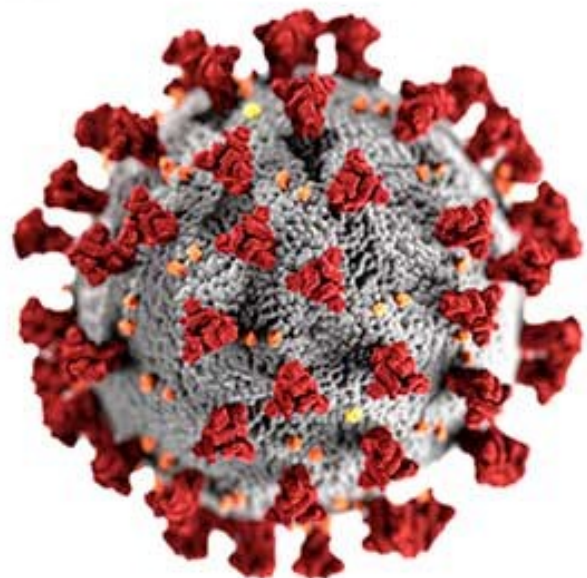
TOGETHER LET'S ROC COVID

Help us keep tabs on COVID-19 in the Greater Rochester region. The better we track it, the faster we can all get back to our lives.

[Start Daily Health Screening](#) [→ Why should I participate?](#)

NOTE: If you are an employee of the University of Rochester Medical Center or Rochester Regional Health, continue to complete your daily workplace screening. Please do NOT use the ROC COVID screening.

If you are a business or community-based organization in the Finger Lakes region and are interested in partnering with us please send an e-mail to help@roccovid.org.



In anticipation of opening, the YMCA has partnered with local businesses, schools, and organizations to help ensure our community continues to survive and thrive during this crisis.



THE MISSION OF THE Y IS NEEDED NOW MORE THAN EVER

When we closed our doors in mid-March, our focus quickly shifted to serving our members in a new capacity - outside the walls of the YMCA.

We have;

- provided support to help families learn new technology at home.
- went grocery shopping for those that stayed home to stay safe.
- with help from the local community, continued to fill our blessing box at the Y.
- played a pivotal role in community health.
- teamed up with our local school district by providing small games and crafts accompanied with the meals that are delivered though out the district.

WE PLAY A PIVOTAL ROLE IN COMMUNITY HEALTH

The Clifton Springs YMCA is steadfast in its mission to build healthy children, adults, families and communities throughout the local community. We continue to work alongside leading experts in the health field to meet the needs of our communities. From using exercise to manage hyper tension to combating childhood obesity, we continue to expand on our evidence-based programs, focusing on the physical, mental and emotional health and well-being of all.

A PILLAR OF STRENGTH IN THE COMMUNITY FOR MORE THAN 143 YEARS

Since our founding in 1877, we have been committed to strengthening communities through youth development, healthy living and social responsibility. Community leaders throughout history have seen the need for the Y. Our YMCA is the oldest location still running in it's original facility. We serve more than 3000 members annually in all parts of our community.



TABLE OF CONTENTS

Page 4

Overview

Page 5

Member expectations

Page 6

YMCA's participation in ROC COVID community screening

Page 7-13

Rounds 1 & 2

Page 14-16

Expanded reopening plan components

Page 17

Waiver and hold harmless agreements and ROC COVID Data storage and usage details

Page 18

Signage and products

CLIFTON SPRINGS YMCA PLAN OVERVIEW

The Clifton Springs YMCA's priority is to provide wellness and programs and services in a safe and effective manner. The YMCA's reopening plan prioritizes the health and well-being of our community members, staff and the communities we share, taking into account CDC guidelines and recommendations of state and local government authorities.

This plan is designed to be flexible, so that we can adapt and refine our response plans as needed. We will coordinate with Ontario Health Department and other officials so timely and accurate information can guide our appropriate rounds of reopening. We will also pay close attention to local and regional cases, outbreaks and changes as they occur.

The Y's reopening plan actualizes the following assumptions for operations as they relate to the global COVID-19 pandemic and its local implications on public health.

Please note: The rounds referred to in this plan are not intended to align with the phases imposed by state or local governments. The Y's rounds refer only to its own internal reopening stages.

- Rounds are not time-based in entering into subsequent rounds or rely and guidance from the CDC, governors orders, and Ontario County Executive orders, as well as the Y's confidence in enforcing compliance with all COVID-19 preventative measures; rounds may be modified and revised as guidance changes.
- Physical distancing in place to prevent unnecessary gatherings
- Meeting health and community needs will be focused on preventing the spread of COVID-19

According to the Occupational Safety and Health Administration (OSHA), most American workers will likely experience low or medium exposure risk levels at their job or place of employment. As an employer, we will pay particular attention to how best to decrease the spread of COVID-19 and lower the impact in our workplace. This may include activities in one or more of the following areas:

- Maintain healthy business operations
- Maintain a healthy work environment
- Prepare staff and prevent/reduce spread of infection.

CONDITIONS FOR REOPENING YMCA

EXTERNAL FACTORS

- Stay at home order has been lifted
- New York state permits indoor gym facilities to begin operations
- Local health departments give clearance to open facilities
- Mitigation efforts in local communities continue to results in declining cases, hospitalizations.

INTERNAL FACTORS

- Staff are trained and prepared to operate under new operating guidelines mostly equipment in spaces are ready to support physical distance
- Cleaning and sanitizing operating procedures are in place in adequate supplies are available to properly execute
- Adequate PPE supplies are available for both staff and member use

MEMBER EXPECTATION

WHAT A MEMBER CAN DO TO MINIMIZE THE TRANSMISSION OF COVID-19

- If you are sick, stay at home. If you have a temperature, stay home. If someone in your house is sick, stay home. If you have allergies and cannot control sneezing, stay home.
- Pre-plan your workout routine to avoid lingering/ socializing to allow other members to work out due to reduced occupancy/distancing.
- Limit the items you touch within the gym to only the items we will use.
- Avoid weightlifting gloves and other items that are not easily cleaned.
- Wear a mask as you enter and leave the building.
- Consider wearing a mask during your work out.
- Wipe down each piece of equipment you use before and after use and dispose of the wipe appropriately.
- Wash your hands with soap and water before and after you leave the building. If not possible, use hand sanitizer when you enter and before you leave the building.
- Remember physical distancing requirements in locker rooms.
- Use online gym/workout services where you can.
- Maintain appropriate physical distance from other members and employees when walking throughout the gym to the best extent possible.

AS A COMMUNITY CONSCIOUS MEMBER

I will behave in a responsible way that respects the rights, safety and dignity of all YMCA members.

As such I agree to:

- Not visit the YMCA if I have a fever or symptoms of illness
- Create a safe and caring environment by abiding by physical distancing requirements
- Use a face covering or cover my face or nose as appropriate
- Follow hand sanitizing and handwashing protocol while in the YMCA
- Clean all equipment before and after use
- Use one piece of equipment at a time, clean it before and after use and then move to the next piece of equipment
- Acknowledge members need for personal space
- Limit my visit to 90 minutes and abide by current program schedule to allow fellow members to enjoy the facility
- Speak in a respectful tone while discussing physical distancing or other concerns

If members are not compliant with the new policies and protocols, they will be asked to immediately leave the facility. Additionally, if the staff or member who has been in the YMCA reports they are a COVID carrier, the Y will maintain the confidentiality of the individual while coordinating with proper health authorities and reporting the potential exposure. The Y would communicate to all staff and members of that particular location. The Y would also deep clean in the facility per CDC guidelines, and employees who came in close and unmask contact with the individual will be quarantine for 14 days. Other levels of exposure to the infected individual would result in employees self-monitoring. CDC guidelines for handling exposure and mitigating risk if exposure happens in a YMCA facility will be strictly followed.

YMCA'S PARTICIPATION IN ROC COVID SCREENING

As our community approaches implementing steps that relaxed measures established to reduce infection spread across the area, the YMCA is dedicated to keeping our community safe and healthy.

The YMCA is a proud partner of the ROC COVID community health screening initiative. ROC COVID roccovid.org is a regional consortium of health systems (University of Rochester medical center and Rochester Regional Health), governmental, and industry partners established to operate a web and text based COVID-19 symptom screener, which will gather information from voluntary participants to track the spread of the novel coronavirus for public health purposes. The data generated from this consortium will be used to inform physical distancing recommendations as well as other public health measures and health system resources allocation and aimed at minimized citizen exposure to COVID-19.

The YMCA will utilize the ROC COVID daily health screener to enact a continuous health screening process for all individuals (employees and members) entering the YMCA facility.

- **Figure 1:** The ROC COVID screener can be completed using any smart phone, computer, or tablet device.
- **Figure 2:** Daily reminders to complete this health screening are provided to the user through email or text message. The ROC COVID screen consists of a series of COVID-19 symptom questions, which are updated on a regular basis by clinical experts at the University of Rochester Medical Center in Rochester Regional Health based on the most up-to-date CDC coronavirus certain guidelines.
- **Figure 3:** Symptomatic users of ROC COVID daily screener will generate a timestamp notification page unique to that users daily screen, which provides the user with contact information to local and regional health resources. Employees and members with the systematic notification page will be denied entrance and recommended to contact one of the recommended local and regional health resources provided by the screener.
- **Figure 4:** Asymptomatic users will also generate a daily timestamped notification page unique to that users daily screen including a **green check** mark thanking them for their daily participation recommendation to reach out to local or regional health resources if the user has another health concern.

When YMCA employees and members arrive they will be required to show their final notification page from the day's ROC COVID screener completion. Once Y staff sees the **green check**, members will enter the second stage of the check in process. This is when members self-scans their Y key tag to obtain Y entry (staff will not handle cards, phone or other personal belongings).

- **Figure 5:** If the employee or member has not completed their daily screen, the Y will provide a QR code to scan to directly access the ROC COVID health screener before entering the building.

FIGURE 1



FIGURE 2

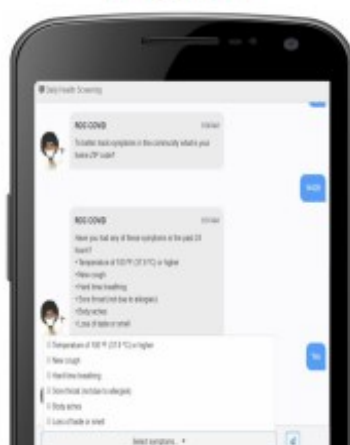


FIGURE 3

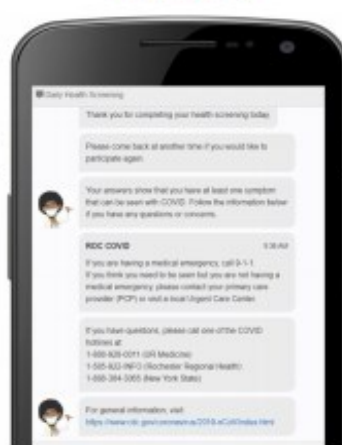


FIGURE 4



FIGURE 5



ROUND 1

ROUND ONE reintroduces our community to utilizing the YMCA underneath the COVID-19 restrictions. Round One limits capacity to 50% for all activities. The YMCA will implement physical distancing practices in all operations by controlling the number of members allowed in the facility, reconfiguring traffic patterns, re-arranging physical areas and fitness equipment, and placing train staff in locations to monitor and enforce all physical distancing protocol and policies.

Statistics show that COVID-19 effects vulnerable populations (those with compromised immune systems, elderly in those with respiratory issues) more adversely. This is why we asked all members in vulnerable population to consult with their physician before using the Y.

If any areas pose challenges for physical distancing or for sanitation, the area will be closed until new procedures can be implemented.

ROUND 2

Round Two represents a return to the new normal with expanded hours for previously open facilities, more services and programs open and running as demand/capacity warrant and finances allow. Physical distancing practices along with stringent cleaning practices continue to reduce the possibility of COVID transmission. [More detail on Round Two may be found in the follow pages.](#)

The YMCA will maintain our close relationship with applicable government departments and subject matter experts to ensure all practices prioritize the health and safety of our staff, members and community. For questions or concerns regarding the YMCA Reopening plan, contact Todd Freelove, executive director at todd@csaymca.org.

A camp reopening plan will be developed based on input from the Ontario County Department of Health; Y of USA; American Camp Association; New York State Office of Child and Family Services; and the CDC.

ROUND 1

LIMITED HOURS

We are reducing
our overall
operating hours
by 30%

Rigid physical
distancing



**6:30AM - 8PM MONDAY-FRIDAY
7:30AM - 3PM SATURDAY
CLOSED SUNDAY**

COVID TRANSMISSION PREVENTION MEASURES SUMMARY

- Limited capacity to 50%
- Acrylic barriers installed at welcome centers and check ins
- Hand sanitizer placed throughout the building
- Facility and equipment thoroughly cleaned and disinfected before opening and after closing each day and throughout the day
- Members will be asked to clean equipment before and after each use
- Equipment spaced to maintain appropriate physical distancing
- Seating throughout the facility will be re-positioned for physical distancing
- All people entering facility, including staff and members, will wash hands with soap and water frequently
- All staff will be required to wear PPE; members strongly encouraged to wear PPE
- Members' and staff personal belongings stored only in open areas
- To obtain facility access, employees and members will be asked to show completion of their ROC COVID screener for the day. Once Y staff sees the green check, members will enter the second stage of the check in process. This is when the member self-scans their Y key tag to obtain Y entry (staff will not handle cards, phone or other personal belongings)
- Any individual who displays any symptoms or illness may not enter the building

ROUND 1

The Clifton Springs YMCA's priority is to provide wellness, programs and services in a safe effective manner. YMCA's reopening plan prioritize the health and well-being of our members, staff and the communities we serve, taking into account CDC guidelines and the guidelines and recommendation of state and local government authorities.

FACILITY RESTRICTIONS AND PROTOCOLS

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

Members will be asked to use provided cleaning supplies to clean equipment before and after each use

Public entry doors and counters will be cleaned a minimum of every three hours.

Employee workspaces cleaned a minimum of every three hours each day.

Water systems flushed before opening.

Fresh air intake will be increased in all HVAC air circulation systems.

AREAS OPEN WITH RESTRICTIONS

Cardio and strength areas open with significant capacity restrictions.

Only designated bathrooms will be open

Gym open for individual workouts or group exercise classes only

Group exercise classes available through online reservation systems only. All rooms redesigned for physical distancing and cleaned after every class.

Locker rooms and showers open with strict physical distancing and cleaning policies in place

All drinking fountains will be out of use

No parents allowed in child care areas.

Seating area significantly reduced to prevent gathering.

Furniture re-position for physical distancing.

AREAS CLOSED

- Nationwide Membership
- Midlakes Aquatic Center
- Outdoor basketball courts

ROUND 1

Restrictions and protocols for staffing members

Staffing limited to “essential staff” (include physical distance throughout the facilities)

All staff thoroughly trained on COVID-19 transmission prevention and new cleaning protocols prior to working.

All members will be asked to participate in the ROC COVID regional daily symptom-screening database to help track and combat the spread of the coronavirus. To obtain facility access, employees and members will be asked to show completion of the ROC COVID the screener for the day. Once Y staff sees the green check, members will enter the second stage of the check in process. This is when members self-scan their Y tag to obtain Y entry (Staff will not handle cards, phones or other belongings).

All people entering facilities, including staff and members, will:

- Be asked to wash their hands with soap & water & or sanitize hands upon entry & exit.
- Any individual who displays any symptoms of illness may not enter the building
- Be asked if they have any COVID symptoms before reopening via email & repeated weekly

Staff will be asked to wash their hands with soap and water frequently.

Numbers will be controlled throughout the building (not to exceed 50% of facility/area capacity)

Staff required to wear PPE (masks) at all times; members strongly encouraged to wear PPE (masks)

Children in childcare are physical distant from members and we abide by OCFS guidelines.

Guests not allowed to use facility.

Anyone unwilling to comply with COVID-19 transmission prevention measures or follow our new community conscious code will be asked to leave the facility immediately.

RESTRICTIONS AND PROTOCOLS FOR ACTIVITIES AND PROGRAMS

- All activities in facility limited to 50% capacity, including exercise classes.
- Youth sports and outreach/community programs are suspended.
- Children in childcare for essential workers will remain in designated locations.
- Food program for emergency food service at designated locations only.

ROUND 2

The Clifton Springs YMCA's priority is to provide wellness facilities, programs and services in a safe and effective manner. The YMCA's re-opening plan prioritize the health and well-being of our members, staff and communities we serve, taking into account CDC guidelines and the guidelines and recommendations of state and local government authorities.

COVID TRANSMISSION PREVENTION MEASURES SUMMARY

- Acrylic barriers remain at Welcome Center and check ins
- Hand sanitizer place throughout the building
- Facility and equipment thoroughly cleaned and disinfected daily with disinfectant cleaner
- Members will be asked to clean any equipment they use before and after each use
- Spacing markers on floors to enable physical distancing
- Signage installed to remind members of healthy cleaning practices
- Members' and staff personnel belongings stored in designated areas only
- All members will be asked to participate in the ROC COVID regional daily symptom-screening database to help track and combat the spread of coronavirus. To obtain facility access, employees and members will be asked to show completion of their ROC screener for the day. Once staff sees the green check, members will enter the second stage of the check in process. This is when member self scans their key tag to obtain Y entry (staff will not handle cards phone or other personal belongings)
- Any individual who displayed any symptom of an illness may not enter the building

FACILITY RESTRICTIONS AND PROTOCOLS

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

All equipment will be cleaned throughout the day and before opening and after closing

- Members will be asked to use provided cleaning supplies to clean equipment before and after each use

Public entry doors, counters, and handrails will be clean frequently throughout the day

Members and staff will be asked to maintain healthy cleaning practices

No parents allowed in child care areas

Group exercise classes remain available with appropriate physical distance. All rooms cleaned after every class

ROUND 2

RESTRICTIONS AND PROTOCOLS FOR STAFF AND MEMBERS

Ramped up staffing to allow for increased programming

All staff thoroughly trained on COVID-19 transmission prevention and new cleaning protocols prior to working

Guests not allowed to use facilities

All members will be asked to participate in the ROC COVID regional daily system-screening database to help track and combat the spread of coronavirus. To obtain facility access, members and employees will be asked to show completion of the ROC COVID screener for the day (Green Check). Once Y staff sees a green checkmark, members will enter the second stage of the check in process.

All members and staff will be asked to wash their hands with soap and water and or sanitize hands upon entry and exit

Staff and members will be strongly encouraged to wear PPE (masks) assuming community restrictions are relaxed

Anyone not willing to comply with the wise COVID-19 transmission prevention measures or follow our new community conscious code will be asked to leave the facility immediately

RESTRICTIONS AND PROTOCOLS FOR ACTIVITIES AND PROGRAMS

New normal group activities will resume

Gym open for group activities if we can meet current physical distance requirements

Pick up basketball only open if we can meet current physical distance requirements

Programs, including youth sports and out reach/community programs, will resume

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

ALL ROUND 2 ACTIVITIES WILL BE CONDUCTED UNDER THE CURRENT GUIDELINES OF THE HEALTH DEPARTMENT AT THAT TIME.

According to the Occupational Safety and Health Administration (OSHA), most American workers will likely experience low or medium exposure risk levels at their job or place of employment. As an employer, we will pay particular attention to how best to decrease the spread of COVID-19 and lower the impact in our workplace. This may include activities in one or more of the following areas; (1) maintain healthy business operations, (2) maintain a healthy work environment, (3) prepare staff and prevent/reduce spread of infection

EXPANDED PLAN COMPONENTS

1. MAINTAIN HEALTHY BUSINESS OPERATIONS (STAFFING PROTOCOLS)

- The executive director will be the workplace safety coordinator responsible for COVID-19 issues and their impact at the workplace. (Todd Freelove)
- Implement flexible sick leave in support of policies and practices.
- Ensure that sick leave policies are flexible and consistent with public health guidance and that their employees are aware of and understand these policies.
- Maintain flexible policies that permit employees to stay home to care for a sick family member or take care of school children.
- Review human resources policies to make sure that policies and practices are consistent with public health recommendations and are consistent with existing state and federal workplace laws.
- Connect staff to YMCA designated employees assistance fund, as well as employee assistance program EAP resources and community resources as needed.
- We will also be prepared to change our business practices if needed to maintain critical operations.
- Identify alternate supply chains for critical goods and services. Some goods and services may be in higher demand or unavailable.
- Talk with our community partners about our response plans. Share best practices with other businesses in our communities, Chamber of Commerce, and associations to improve community response efforts. This may include other YMCAs in our network - Rochester, Canandaigua and Geneva.
- Determine how we will operate if absenteeism spikes. Absenteeism increase in sick employees, those who stay home to care for sick family members, and those who must stay home to watch their children if dismissed from childcare programs. To address this issue, we will initially scale back our staffing to only full-time staff in an "as-needed" basis.
- Ensure staff distancing protocols are in place, which means avoiding large gatherings and maintaining distance. For our staff, this may include:
 - Implementing flexible worksites.
 - Implementing flexible work hours.
 - Increasing physical space between employees at the worksite.
 - Increasing physical space between employees and members.
 - Implementing flexibility meeting options and increasing zoom meetings.
 - Downsizing operations.
 - Delivering services remotely.
 - Offering programs outdoors and/or in different spaces.

EXPANDED PLAN COMPONENTS

2. MAINTAIN A HEALTHY WORK ENVIRONMENT (FOR STAFF AND MEMBERS)

- Encourage and support hand hygiene for employees, members, and visitors, including:
 - Providing soap and water in restrooms.
 - Ensuring that adequate supplies are maintained.
 - Placing hand sanitizers in multiple locations to encourage hand hygiene.
 - Placing posters that encourage hand hygiene to help stop the spread at the entrance to your workplace and in other workplace areas where they are likely to be seen.
 - Discouraging hand-shaking, & encouraging the use of other non-contact methods of greeting.
- Direct staff and members to follow the coughing and sneezing etiquette and clean hands protocols as established by the CDC and County Health Department.
- Increase ventilation rates.
- Increase the percentage of clean outdoor air that circulates into the system.
- Disinfect the air and surfaces constantly.

PERFORM ROUTINE ENVIRONMENTAL CLEANING AND DISINFECTION

- Our Y will routinely clean and disinfect all frequently touched surfaces throughout the facility, such as workstations, keyboards, telephones, handrails, and doorknobs. If surfaces are dirty, they will be cleaned using a detergent or soap and water prior to disinfection.
- For disinfection, we will use commercial cleaning equipment, approved hand wipes and sanitary spray with washable rags.
- Follow the manufacturer's instructions for all cleaning and disinfection products.
- Discourage staff from using other workers' phones, desk, offices, or other work tools and equipment. If necessary, clean and disinfect them before and after use.
- Provide cleaning and disinfecting supplies in the locker rooms and bathrooms so that commonly used surfaces can be wiped down by members and staff before each use. All products will meet EPA's criteria and are appropriate for the surface.

PERFORM ENHANCED CLEANING AND DISINFECTION AFTER PERSON SUSPECTED/CONFIRMED TO HAVE COVID-19 HAVE BEEN IN THE FACILITY:

- If a sick staff is suspected or confirmed to have COVID-19, we will follow the CDC cleaning and disinfection recommendations as outlined in the plan.

TAKE CARE WHEN ATTENDING MEETINGS AND GATHERINGS

- Carefully consider whether travel is necessary.
- Use videoconferencing or teleconferencing whenever possible.
- Postpone any large-group gatherings or celebrations.

EXPANDED PLAN COMPONENTS

3. PREPARE STAFF AND PREVENT/REDUCE SPREAD OF INFECTION

- Return to work policies will be followed and communicated according to Y of USA protocols and Department of Labor requirements
- We will communicate steps taken to create a safe working environment and reduce anxiety of returning to work
- Monitor staff to reduce transmission, including:
 - Watching for symptoms of COVID-19 infection
 - Sending staff home who experience these conditions and encourage testing.
 - Providing guidance to staff regarding when to seek medical attention.
 - Actively encouraging staff to notify their supervisor and stay home if they have symptoms. Sick staff should follow CDC-recommended steps. Staff should not return to work until the criteria to discontinue home isolation are met, in consultation with healthcare providers and state and local health departments.
 - Staff who are well, but who have a sick family member at home with COVID-19 should notify their supervisor and follow CDC recommend precautions.
 - If a staff member is confirmed to have COVID-19 infection, the Y will inform fellow employees of their possible exposure in the workplace but maintain confidentiality. The Y will instruct fellow staff about how to proceed based on CDC Public Health Recommendations; Note the time the staff began to feel ill and the time they were separated from the remaining staff; Instruct the staff to call and ensure their staff arrival at home; Instruct the staff to call their physician for further instructions.

WE WILL ESTABLISH STAFF TRAINING ABOUT HOW THEY CAN REDUCE THE SPREAD OF COVID-19:

- Follow the policies and procedures of our staff related to illness, cleaning and disinfecting, and work meetings.
- Stay home if staff are sick, except to get medical care. Learn what to do if they are sick.
- Inform supervisor if they have a sick family member at home with COVID-19. Learn what to do if someone in their house is sick.
- Wash hands often with soap and water for at least 20 seconds. Use hand sanitizer with at least 60% alcohol if soap and water are not available.
- Cover mouth and nose with a tissue when they cough or sneeze or use the inside of elbow. Throw used tissues in the trash and immediately wash hands with soap and water for at least 20 seconds. Learn more about coughing and sneezing etiquette on the CDC website.
- Clean and disinfect frequently touched objects and surfaces such as workstations, keyboards, telephones, handrails, and door knobs. Dirty surfaces can be cleaned with soap and water prior to disinfection.
- Practice physical distancing

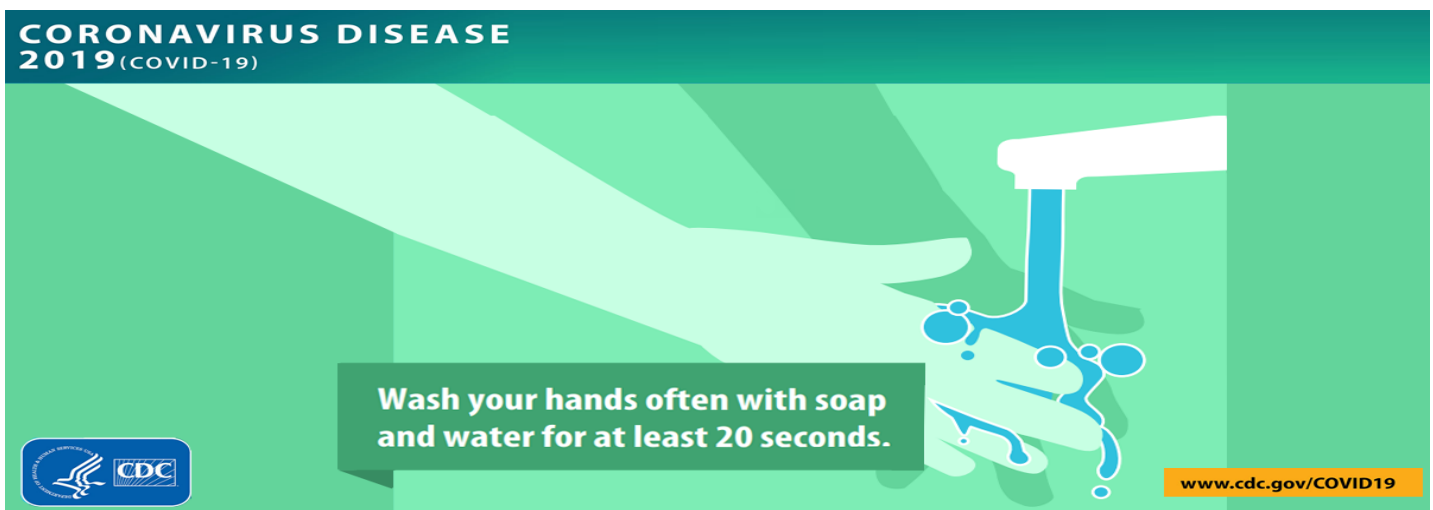
EXPANDED PLAN COMPONENTS

4. EXERCISE/PROGRAM PROTOCOLS

- Offer planned circuit type workouts that facilitate distancing and allow for wiping/disinfecting of equipment during recovery between exercises.
- Keep exercise classes offered only with distancing requirements maintained and no person to person physical contact.
- Basketball courts and other areas where physical contact occurs should be used for individual exercise only. No full court games.
- Staff will monitor physical distancing requirements in all areas and limit the number of members.
- Face mask should be worn if distancing is not possible.
- Materials will be provided to members to wipe/disinfect equipment before and after exercise at each station/piece of equipment. It will be readily available, members will not have to search for it.
- A disinfection routine will be established for staff at regular intervals.

5. RESTROOM AND LOCKER ROOM PROTOCOLS

- Doors to multi-stall restrooms will be opened and closed without touching handles if it all possible.
- For single restrooms, we will provide signage and materials for individuals to use without touching handles.
- Place signs asking members and employees to wash hands before and after using the restroom.
- Provide paper towels as appropriate and restrooms.
- Allow shower and locker room use with appropriate physical distance.
- All the areas listed, if in use, will be cleaned every three hours and a cleaning chart will be used to make sure everything is being done correctly.



CLIFTON SPRINGS YMCA WAIVER, RELEASE, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT

The Clifton Springs YMCA's Waiver and Hold Harmless Agreement (below) was reviewed by our liability insurance carrier and determined it would protect the YMCA in the event a member alleges they contracted the virus COVID-19. The YMCA was advised a supplemental waiver specific to COVID-19 was not needed to be signed by members prior to using YMCA facilities.

In consideration of membership with the Clifton Springs YMCA, I agree to release, indemnify and hold harmless the YMCA, and its officers, employees and volunteers, with respect to any and all accidents, injuries, losses or damages to person or property that results from my/my child's participation in YMCA programs or facilities, whether arising from negligence of the YMCA or otherwise, to the fullest extent permitted by law. I do further agree on behalf of myself, and my heirs, executors and administrators, to waive, release and forever discharge any and all rights and claims for damages which may have accrued, or which may hereafter accrue, to me/my child arising out of or connected with participation in the YMCA programs, use of the YMCA facilities in property, or use of equipment within the YMCA facilities and property.

I understand that even when every reasonable precaution is taken, accidents can sometimes occur. I further understand that the activities of the YMCA have inherent risk of injury and I hereby assume all such risk and hazards incidental to my or my family's participation in the programs, use facilities, or use of equipment with in the facilities.

ROC COVID DATA STORAGE AND USAGE DETAILS

The screening data collected from YMCA employees and members will be securely stored on a server at Common Ground Health an aggregated with the larger region wide ROC COVID database. The County Department of Health will utilize this database to continue the tracing, screening, and reporting of cases. Analysis of daily system prevalence changes will provide early detection of COVID-19 infections surges in the greater Finger Lakes area and surrounding regions before changes in the hospital census. The results from these analysis will be used to generate geospatial reports to display "hotspots" serving as a "check engine light" to display changes over time.

CLEANING/SAFETY PRODUCTS & SIGNAGE



SAFETY MASKS



HAND SANITIZER



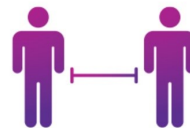
WIPES



CLEANING SOLUTION



**Face Mask
Required**



**Please Use
Social Distancing**
Must Maintain
6 feet



AVOID



KEEP CLEAN



DISINFECTANT



SYMPTOMS AWARE