

## YMCA OF GREATER INDIANAPOLIS PHASED REOPENING PLAN

As the YMCA of Greater Indianapolis (YOGI) prepares to move toward reopening, it is planning a phased approach. As with all Indiana YMCAs, YOGI's plan is generally consistent with The White House's guidelines for *Opening Up America Again*. The YOGI plan is one sample of what YMCAs are doing to plan. It is not the plan for every Y in Indiana. Each Y is developing a plan based on its specific situation along above-mentioned guidelines. Appropriately, the plan begins with the guidelines' phase 1 as the first step to opening the YMCA. As restrictions are lifted, Ys will progress to the final phase of their plans which recognizes that Hoosiers will arrive at a "next normal" way of business.

As you review the plan, note that there are tailored actions for the safety of staff and participants (e.g., youth programs, adult programs, and facilities).

SAMPLE

**YMCA OF GREATER INDIANAPOLIS PHASED REOPENING PLAN**

		General	Staff	Facility	Youth Programs	Adult Programs
Phase 1	Outbreak locally, state or national restrictions on group sizes (10+)	<ul style="list-style-type: none"> <li>• Communication with staff and members</li> <li>• Require social distancing</li> <li>• Minimize human contact when possible</li> <li>• Increased <u>cleaning procedures</u> including regular misting of all facility areas with EPA registered broad spectrum disinfectant</li> <li>• <u>Signage</u> throughout the building regarding handwashing and social distancing</li> <li>• Additional hand sanitizer stations throughout the building</li> </ul>	<ul style="list-style-type: none"> <li>• Cancel participation in <u>conferences and in-person trainings</u></li> <li>• Cancel or move all meetings to virtual</li> <li>• Implement plan for <u>remote work and staggering of shifts</u></li> <li>• Reduce staffing levels based on facility usage &amp; program offerings.</li> <li>• Closely monitor staff at essential care locations</li> <li>• <u>Personal Protective Equipment guidelines</u> listed below</li> </ul>	<ul style="list-style-type: none"> <li>• Cancellation of all association events with an anticipated participation of 50 or more people</li> <li>• Indoor playgrounds are closed</li> <li>• Outdoor playgrounds can be used while supervised for <u>social distancing</u> and sanitized frequently</li> <li>• Family Hubs/Senior Centers remain open when supervised for <u>social distancing</u>. With shared toys &amp; materials removed</li> <li>• Open Gym hours are limited and offered only when supervised for <u>social distancing</u>. Max of 6-8 people per ½ court.</li> <li>• Suspend sales and redemption of guest passes for individuals under the age of 18</li> <li>• Age for unaccompanied children in the building raised from 11 to 14</li> <li>• Monitor wellness centers for <u>social distancing</u> and unplug every other piece of cardio equipment</li> <li>• Place limits on free weight, functional fitness, and selectorized equipment</li> <li>• Wellness advisors and trainers will maintain appropriate <u>social distancing</u>.</li> <li>• Encourage members (via signage) to implement best practices for <u>social distancing</u> in locker rooms; close some lockers to use.</li> <li>• Close saunas and whirlpools</li> <li>• Suspend shower towel service</li> <li>• Implement <u>Strategic Scheduling</u></li> </ul>	<ul style="list-style-type: none"> <li>• Operate <u>childcare</u> for essential workers; consider expanding to other workers</li> <li>• Operate Early Learning Centers with max group sizes of 10.</li> <li>• Continue offer Play &amp; Learn drop-in care with max group sizes of 10, adding caps on number of children served and 90 min daily limit, minimum age of 3</li> <li>• Small clinics for youth with <u>social distancing guidelines</u> may run</li> <li>• Swim lessons with independent swimmers may run with instructor on deck and <u>social distancing</u> in place</li> <li>• All other youth programs suspended</li> </ul>	<ul style="list-style-type: none"> <li>• Reduce program sizes for <u>social distancing</u></li> <li>• Program closures in areas where <u>social distancing</u> cannot be achieved (pick-up basketball),</li> <li>• Adult sport leagues cancelled</li> <li>• Lap swim restricted to 2 per lane</li> <li>• Continue 1:1 programs</li> <li>• Group Exercise classes limited based on size of space to allow social distancing, utilizing floor decals for participant locations</li> <li>• Reduce cycle classes capacity by 50%</li> <li>• Offer select live group exercise classes offered, supplemented with heavy virtual – with staff monitoring social distancing guidelines</li> <li>• Water fitness classes cancelled</li> </ul> <p><b>Senior Programs &amp; Evidence-Based Health Initiatives</b></p> <ul style="list-style-type: none"> <li>• Offer programs virtually when possible.</li> <li>• Suspend all in person senior and evidenced base health programming</li> <li>• Implement <u>Strategic Scheduling</u></li> </ul>

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<p><b>Phase 2</b></p>	<p><b>Cases locally, state or national restrictions on group sizes (50+) in place.</b></p>	<ul style="list-style-type: none"> <li>• Communication with <u>staff</u> and <u>members</u></li> <li>• Encourage social distancing</li> <li>• Minimize human contact when possible</li> <li>• Increased <u>cleaning procedures</u> including regular misting of all facility areas with EPA registered broad spectrum disinfectant</li> <li>• <u>Signage</u> throughout the building regarding handwashing and social distancing</li> <li>• Additional hand sanitizer stations throughout the building</li> </ul>	<ul style="list-style-type: none"> <li>• Cancel participation in <u>conferences and in-person trainings</u></li> <li>• Cancel or move to virtual all meetings with a group size of 30+</li> <li>• Encourage staff who are sick to stay home</li> <li>• Implement plan for <u>remote work</u>, and <u>staggering of shifts</u></li> <li>• Reduce staffing levels based on facility usage &amp; program offerings.</li> </ul>	<ul style="list-style-type: none"> <li>• Cancellation of all association events with an anticipated participation of 250 or more people.</li> <li>• Indoor Playgrounds (play structures) closed</li> <li>• Family Hubs and Senior Centers remain open and periodically monitored for <u>social distancing</u>. Shared toys and books removed.</li> <li>• Outdoor playgrounds open and periodically monitored for <u>social distancing</u></li> <li>• Open Gym hours limited, periodically monitored for <u>social distancing</u>, Max of 6-8 people per ½ court.</li> <li>• Age for unaccompanied children in the building raised from 11 to 14.</li> <li>• Monitor wellness centers for <u>social distancing</u></li> <li>• Encourage members (via signage) to implement best practices for <u>social distancing</u> in locker rooms, saunas &amp; whirlpools.</li> <li>• Implement <u>aligned family programming</u></li> <li>• Suspend shower towel service</li> </ul>	<ul style="list-style-type: none"> <li>• Suspend all Before and After School care, and School's Out Camps for school districts that have closed.</li> <li>• Reduce youth program sizes for social distancing</li> <li>• Program closures in areas where <u>social distancing</u> cannot be achieved.</li> <li>• Youth programs for children under 3 are suspended</li> <li>• Continue to offer Play &amp; Learn drop-in care with max group sizes based on program space, adding caps on number of children served and 90 min daily limit, with minimum age of 3</li> <li>• Operate Early Learning Centers with group size restrictions and <u>social distancing</u> measures in place</li> <li>• Open Part Day Preschool programs for children 3 and up with group size restrictions and <u>social distancing</u> measures in place.</li> </ul>	<ul style="list-style-type: none"> <li>• Reduce program sizes for social distancing</li> <li>• Lap swim restricted to 2 per lane</li> <li>• Some program closures in areas where <u>social distancing</u> cannot be achieved (pick-up basketball)</li> <li>• Continue 1:1 programs</li> <li>• Limit group exercise classes to a number of participants that allows <u>appropriate spacing</u>.</li> </ul> <p><b>Senior Programs &amp; Evidenced-Based Health Initiatives</b></p> <ul style="list-style-type: none"> <li>• Offer programs virtually if possible.</li> <li>• Offer limited facility programming</li> <li>• Implement <u>Strategic Scheduling</u>, offering programs at lower-usage times in the facility (i.e., weekdays between 2 &amp; 4).</li> </ul>
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<p align="center"><b>Phase 3</b></p>	<p><b>Cases nationally, No government restrictions locally</b></p>	<ul style="list-style-type: none"> <li>• Increase focus on <u>3 C's: Cover, Clean, and Contain</u></li> <li>• General education to prevent the spread.</li> <li>• Increased communication to <u>staff</u> and <u>members</u>.</li> <li>• <u>Signage</u> throughout the building regarding handwashing and social distancing</li> </ul>	<ul style="list-style-type: none"> <li>• Postpone <u>non-essential travel for meetings &amp; conferences</u></li> <li>• Reduce face to face meetings</li> <li>• Encourage staff who are sick to stay home</li> </ul>	<ul style="list-style-type: none"> <li>• Increased <u>cleaning</u> frequency</li> <li>• Increased signage</li> <li>• Order additional cleaning supplies</li> </ul>	<ul style="list-style-type: none"> <li>• Operate programs as normal</li> <li>• Focus on <u>3 C's</u> within programs</li> <li>• Adjust program design to minimize human to human contact when possible</li> <li>• Prohibit ill members from participation in programming</li> </ul>	<ul style="list-style-type: none"> <li>• Operate programs as normal</li> <li>• Focus on <u>3 C's</u> within programs</li> <li>• Adjust program design to minimize human to human contact when possible</li> <li>• Prohibit ill members from participation in programming</li> </ul>
<p align="center"><b>Next Normal</b></p>	<p><b>Ongoing Preparedness</b></p>	<ul style="list-style-type: none"> <li>• <i>Focus on 3 C's: <u>Cover, Clean &amp; Contain</u></i></li> <li>• <i>Signage throughout the building re: handwashing</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Remote work policies and preparedness</i></li> <li>• <i>Ongoing training about cleaning procedures and handwashing</i></li> <li>• <i>Encourage staff who are sick to stay home</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Cleaning procedures &amp; capabilities</i></li> <li>• <i>Supplies on hand</i></li> <li>• <u>Strategic Scheduling</u></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Consider program design</i></li> <li>• <i>How does technology play a role?</i></li> <li>• <i>How does virtual play in after this?</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Consider program design</i></li> <li>• <i>How does technology play a role?</i></li> <li>• <i>How does virtual play in after this?</i></li> </ul>

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- **Social Distancing:** Social distancing means avoiding gathering in groups and maintaining a 6ft distance between yourself and others.
- **Programs:** When implementing programming in Level 2 and 3 response levels, the Y will work to offer programming in a way that limits contact, reduces class sizes so that appropriate spacing (6ft) can be allowed between program participants and instructor(s).
- **Wellness:** On the wellness floor, social distancing can be implemented via signage, staff monitoring and changing access to equipment in order to achieve the goal of 6ft of space between members as well as limited interactions in close space. Examples – unplugging every other cardio machine; taking seats off of cycle bikes etc. Staff interacting with members will take extra precautions to maintain appropriate spacing (6ft) from members.
- **Locker Room, Sauna, and Whirlpool:** Social distancing can be difficult to enforce in these areas, but depending on the size of each space, signage and staff monitoring will allow us to communicate a recommended maximum number of people using the area at one time and encourage members to take precautions to minimize contact with others.
- **Outdoor Playgrounds, Open Gym, Senior Centers, and Family Hubs:** We will encourage members to space themselves apart from others in these areas trying to limit contact. Staff will periodically monitor compliance with social distancing during a Level 2 response and directly supervise compliance in Level 3. Gym usage may be limited to a specific number of people on a court and/or pick-up basketball may not be allowed. Other gym sports that can be played with social distancing measures in place may be allowed.
- **Personal Protective Equipment** – The Center for Disease Control (CDC) now recommends, but does not require, wearing cloth face coverings (made at home or disposable) in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

The CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

Please review the supplemental materials for instructions on proper placement, disposal and cleaning of cloth face coverings.

**Phase 1:** In alignment with CDC guidance, Masks are *recommended* for all staff that cannot easily practice social distancing in their position, and/or have a family member at home who is experiencing COVID– like symptoms. Face masks are *required* for anyone who has been exposed to a confirmed case of COVID-19. Disposable masks and/or cloth face coverings will be made available for staff who choose to use them.

**Phase 2:** *No formal recommendation* for all staff wearing masks (unless CDC guidance is changes or State level guidance is provided) however, disposable masks and/or cloth face coverings will be made available for any staff who choose to use them. Masks will still be *required* for anyone who is conducting health screenings in childcare settings and for anyone that has been exposed to a person with a confirmed case of COVID-19.

**Phase 3:** *No PPE provided* unless position previously required it.