

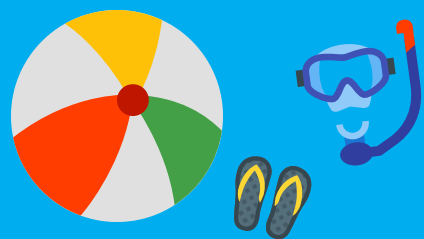


Frequently Asked Questions (FAQs) on

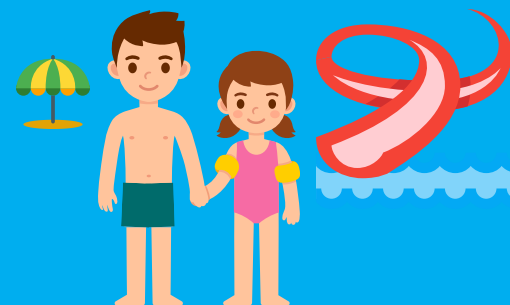
# Reopening Our Y



The YMCA of Greater Boston



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## Facility FAQs

### **Will all branches be opening?**

We will open in phases. All branches and programs will not open initially.

### **Have your facilities been deep cleaned?**

Yes, all facilities have been deep cleaned and additional cleaning and sanitizing protocols have been put in place.

### **How are you going to limit capacity to ensure physical distancing?**

Yes. We are following state capacity and physical distancing protocols. During the initial phases of reopening, participants in classes and programs will need to pre-register and reserve space. Once we have met capacity, we will limit participation.

### **Will I need to pre-register to access the Y?**

We will ask all program, group exercise and lap pool participants to pre-register. We will continue to evaluate our safety protocols and practices and may include pre-registration for other programs and services.

### **What happens if I do not register before visiting the Y?**

You will be able to log in to our online portal to check availability. All participants will be asked to do a daily screening and register for programs and classes.

### **Will any areas of the Y be closed?**

There will be several areas of the YMCA closed during the initial phases, please follow guidance and all signage both outside and within the facility. Check our web site prior to coming for any closures.

### **Will I have to wear a face covering?**

Members, Program Participants over the age of 3, and anyone else entering our facilities/program spaces will wear face coverings. In some programs such as swimming and group exercise, face coverings and masks may be removed once the appropriate physical distancing has been achieved. A Team Member and/or signage will let you know when you may remove your mask, if you choose to do so.

### **What happens if I forget my mask/face covering?**

We will have a small number of masks available for purchase at the YMCA.

### **Will bathrooms within locker rooms be open?**

During the initial phase when programming is held outdoors, bathrooms will be available. Shower areas will not be open or available.

### **Can I bring guests?**

In following the Massachusetts Reopening Plan and in order to practice physical distancing, our programs and facilities will limit capacity. Therefore, only YMCA members and registered program participants will have access to our programs and YMCAs. We will not offer guest passes until further notice.

### **Will the YMCA of Greater Boston honor my membership from another Y?**

Yes. We continue to be proud to be a part of a nationwide network of YMCAs and will continue to welcome YMCA members from across the U.S. through YMCA membership reciprocity program.

# Health & Wellness FAQs

## **Will there be group exercise classes?**

Yes! Outdoor classes will be offered on June 22, and once approved begin to host classes indoors as well. Class sizes will be limited, and registration is required.

## **Will I have to wear a face covering?**

All participants and coaches/instructors will wear face coverings to and from the activity and use face coverings during the activity when physical distancing is not available. A Team Member and/or signage will let you know when you may remove your mask, if you choose to do so.

## **Will members share equipment during classes?**

No sharing of equipment will be allowed during class. Each individual will either bring their own equipment or be the sole user of a set of equipment provided by the YMCA during their class. Members will be asked to clean equipment before and after use with provided wipes, and in between classes Y staff will sanitize the equipment.

## **Will cardio equipment be available? What are you doing to ensure physical distancing in the cardio area?**

We plan to allow use of cardio equipment in Phase 3 once our fitness centers are allowed to open. To ensure physical distancing, we will either space out equipment or make every other piece of equipment available. Signage will be placed on equipment indicating what is not for use. In some cases, we may move equipment to another area to create additional space.

## **Will free weights and strength equipment be available? What are you doing to ensure physical distancing in the weight areas?**

Yes, some equipment may be placed out of use to ensure physical distancing is possible. In our branches with specific weight rooms we will limit the number of people in the space and require members to wipe down equipment before and after use. We will also have team members dedicated to cleaning and sanitizing throughout the day, with designated deep clean times, ensuring all pieces of equipment have been cleaned.

## **What are you doing to clean the cardio and strength equipment?**

Members will be asked to wipe down equipment before and after use. We will also have team members dedicated to cleaning and sanitizing throughout the day, with designated deep clean times ensuring all pieces of equipment have been cleaned.

## **Will you offer Personal Training?**

During Phase 2 we will offer personal training outdoors and virtually through our Ultimate Fitness Community virtual studio. Once we are able to open our fitness centers, we will offer personal training indoors with safety protocols in place to maintain physical distancing. Our team members will wear face coverings.

## **Will you offer Senior programs? Will you offer Senior hours?**

Not at this time. However, we will evaluate this option as we learn more about the use of our YMCAs during the reopening phases.

# Swimming FAQs

## **Will the pools be open?**

Indoor pools will be allowed to open during Phase 3 of the Massachusetts Reopening Plan. We are hopeful that Phase 3 will begin early to mid-July. Reservations will be required for all pool activity and you can reserve 72 hours in advance. Phase 3 will allow Y's to offer lap swim, family swim and camp swim.

The Waltham YMCA Outdoor Pool will be open on June 19 as part of Phase 2.

# Swimming FAQs (cont.)

## **Will I have to wear a face covering?**

Members, Program Participants over the age of 3, and anyone else entering our facilities/program space will be required to wear face coverings. In some programs such as swimming and group exercise, face coverings and masks may be removed once the appropriate physical distancing has been achieved. A Team Member and/or signage will let you know when you may remove your mask, if you choose to do so.

## **Will the YMCA offer swim lessons?**

We are waiting for more guidance from the state about when swim lessons will be allowed to resume.

## **Will you offer water ex classes?**

Water exercise classes will be offered as part of our pool schedule in Phase 3 of the Massachusetts Reopening Plan. We are hopeful that Phase 3 will begin early to mid-July. You will be required to reserve space in the pool ahead of time.

## **Will you offer lap lanes?**

Lap swim will be offered as part of our pool schedule in Phase 3 of the Massachusetts Reopening Plan. We are hopeful that Phase 3 will begin early to mid-July. You will be required to reserve space in the pool ahead of time.

## **Do I have to make a reservation – how?**

Our pool schedules will be available on our web site. Reservations are required and can be made 72 hours in advance.

## **Has the pool been cleaned?**

All of the YMCA of Greater Boston Pools, including our outdoor pool at the Waltham YMCA, meet and exceed Massachusetts Regulations and the Department of Health Pool Regulations. We maintain chlorine levels in accordance with state and local Departments of Public Health guidance.

CDC states, "There is no evidence that COVID-19 can spread to people through the water used in pools, hot tubs, or water playgrounds. Proper operation and disinfection of pools, hot tubs, and water playgrounds should kill the virus that causes COVID-19."

## **Will I have access to the locker room for changing?**

The locker rooms will be made available for changing and showering prior to entering the pool. Time in the locker room will need to fit within your reservation time.

## **Will the outdoor pool at the Waltham YMCA be open?**

The outdoor pool for Waltham will be open on June 19th. You will be required to reserve space in the pool ahead of time.

## **Does Waltham YMCA have to be my home YMCA for me to use the pool?**

The outdoor pool at Waltham YMCA is member benefit for all YMCA of Greater Boston members and their families. You will be required to reserve space in the pool ahead of time.

## **Is there an additional cost to use the Waltham YMCA outdoor pool?**

Access to the Waltham Outdoor Pool is a benefit of membership. There is no additional charge to use the outdoor pool at Waltham for YMCA of Greater Boston members during this time. You will be required to reserve space in the pool ahead of time.

## **Has the pool been cleaned?**

All of the YMCA of Greater Boston swimming pools, including our outdoor pool at the Waltham YMCA, meet and exceed Massachusetts Regulations and the Department of Health Pool Regulations. We maintain chlorine levels in accordance with state and local DPH guidance.

CDC states, "There is no evidence that COVID-19 can spread to people through the water used in pools, hot tubs, or water playgrounds. Proper operation and disinfection of pools, hot tubs, and water playgrounds should kill the virus that causes COVID-19."

## **Will you offer swim lessons in the outdoor pool?**

At this time our pools will be reserved for member lap swim, adult open swim and family swim time. Swim lessons are not yet permitted in the state's reopening plan for Phases 2 or 3.

## Swimming FAQs (cont.)

### **Do I have to make a reservation?**

Yes, you will need to make a reservation before coming to the pool. Lap swim, adult open swim and family swim will be available for 45 minute swim blocks. You can make a reservation 72 hours in advance.

### **Will locker rooms and bathrooms be available?**

No, locker rooms will not be available. Only bathrooms and the outdoor shower. We suggest that you come dressed in your bathing suit.

### **Will you offer water ex classes in the outdoor pool?**

Organized Water Fitness will not be held during Phase 2. The outdoor pool will be available for adult lap swim, adult open swim, and family swim.

### **What will you provide and what will I have to bring?**

We encourage members to bring their own towel and swim gear. Kick boards and life jackets will be made available and sanitized after every use.

### **Will I have to wear a face covering?**

Members, Program Participants over the age of 3, and anyone else entering our facilities/program space will wear face coverings. Face coverings and masks may be removed for swimming and when social distancing is in place. Families are allowed to sit and swim together without face coverings.

### **Can I bring guests?**

The outdoor pool will **only** be available to YMCA of Greater Boston members.

## Youth Sports FAQs

### **Are you offering Youth Sports Programs in Phase 2?**

Yes, we will be open for Youth Sports Skills and Drills classes starting the week of July 6th. These classes will require registration. Free play and gym use is not yet allowed.

### **How do I sign my child up for a program?**

Registration will be available on-line at [www.ymcaboston.org](http://www.ymcaboston.org).

### **Where will classes be held?**

Youth Sports Skills and Drills classes will be held in both outdoor locations and indoor gyms.

### **Is there a maximum capacity for each class?**

Classes will not exceed 10 youth per class plus the instructor.

### **How are you ensuring the safety of my child in your program?**

- We will conduct daily screening for all members, participants and team members.
- We will ensure physical distancing of a minimum of 6 ft between all participants
- We will require face coverings to be worn by all participants and team members to and from the class and when physical distancing requirements cannot be met. In some programs such as swimming and group exercise, face coverings and masks may be removed once the appropriate physical distancing has been achieved. A Team Member and/or signage will let you know when you may remove your mask, if you choose to do so.
- We will require hand washing before and after each class.
- Hand sanitizer will be provided in program areas.
- We will not allow equipment sharing.

### **Does my child need to wear a face covering during the class?**

All participants and coaches/instructors will wear face coverings to and from the activity and use face coverings during the activity when physical distancing is not available. A Team Member will instruct your child when they may remove their mask, if you choose to let them have that option.

# Youth Sports FAQs (cont.)

## What equipment should my child bring to class?

- Face covering, water bottle and all clothing needed.
- Youth may bring their own ball appropriate for the sport.
- There will be no sharing of equipment.
- The Y will have clean and sanitized equipment available for those who need it.

## Will locker rooms and rest rooms be available?

Single use restrooms will be available where possible. If not, locker room toilet areas will be open only.

## What happens if there is inclement weather?

During Phase 2 of our Reopening, outdoor classes will be canceled during times of inclement weather.

## Day Camp FAQs

### Will the YMCA of Greater Boston have summer camp?

We will be operating our summer Day Camps at most YMCA branch locations.

Day Camps which are closed for summer 2020: Camp Wakanda, Camp Ponkapoag, Hale Reservation and Charles River YMCA.

We are also introducing a new virtual program, Y CAMPish. Information may be found on our website at [www.ycampish.org](http://www.ycampish.org).

### How is camp going to work this summer?

Campers will participate in a variety of traditional day camp activities; however, many modifications are being made to ensure camper safety. Camps will follow all Department of Public Health regulations and new guidance for summer 2020.

These modifications include campers being assigned to specific staff and not moving among groups, daily safety screening, practicing 6-foot physical distancing, hand washing and cleaning will be built into the daily schedule. Field trips will be virtual.

Overall camp capacity is limited to ensure adequate physical distancing and safety protocols.

### Is my original camp registration still valid?

Our previously registered families will be our top priority, however, space will be limited due to new state capacity and camper grouping regulations. We encourage you to reach out to your Camp Registrar to share your family's camping needs.

### Can children from my family attend different YMCA of Greater Boston camps throughout the summer?

In order to help reduce the potential spread of COVID19, all children from the same household are strongly encouraged to attend the same YMCA of Greater Boston camp. For example, if one child from your household chooses to attend camp at the Huntington Ave., all of the children from your household would also attend camp at this camp for all of the registered camp sessions. Across our YMCAs, all campers will receive similar enrichment-based programming.

### When will camp start?

Our projected start date for camp is June 29th. If you have registered for a camp that begins before this date, you will not be charged for any weeks before June 29th, and any deposit made on earlier weeks will be refunded. This date is subject to change, according to the state plan for reopening, camps are in Phase 2.



## Day Camp FAQs (cont.)

### What about CIT/LIT programs?

At this point, the CIT/LIT programs will run at camps we offer this summer. There will be some changes to the program as groups are not allowed to mix but it will still be a summer of leadership development.

### How will drop-off and pick-up work?

We are still finalizing our drop-off and pick-up plans. Camp drop off will be 8:00 am or after, and families will be asked to stay in their cars where possible. At drop off, a brief daily safety screening will be conducted through a digital questionnaire and a temperature check.

### Will swim & swim lessons be offered?

The YMCA will offer our Safety Around Water curriculum and recreational swim. Swim lessons are not yet permitted in the state's reopening plan for Phases 2 or 3.

### How will specialty camps fit in?

We have made the difficult decision to not offer specialty camps this summer. All campers offered will be a traditional day camp model.

### Will campers need to wear a face covering?

All youth and camp team members will wear face coverings to and from activities, and when physical distancing is not available. Campers unable to wear masks will be assisted with physical distancing.

Multiple face masks, labeled with camper's names, should be provided by families and cleaned daily. During lunch, campers will remain physically distanced to ensure that they can eat safely.

### What is the policy if a camper or staff member shows symptoms of COVID-19?

In addition to screening upon arrival, children and staff will receive an additional temperature check mid-day. If the child/staff has a temperature over 100.0 or they are experiencing any COVID related symptoms (100.0 temperature or greater, cough, shortness of breath, diarrhea, fatigue, headache, muscle aches, nausea, loss of taste or smell, sore throat or vomiting) than they will be removed from their group and put in a quarantine area, the parent/guardian will be called and expected to pick up as soon as possible or within 1 hour. The child's family/staff will be followed up with by the Coronavirus Response Team. Any child not picked up within the hour will be transported by EMS to local medical facility. In the case of a child/staff showing severe symptoms of COVID-19, EMS will be called immediately.

### Can you guarantee my camper won't be exposed to the virus?

While we will be doing everything we can to manage the risk associated with campers and counselors being together in a group, there can be no guarantee. We simply cannot eliminate the risk, and we know that.

### What will happen on rainy days?

It's camp! There will be rainy days where the program will go on as planned. If the weather is requiring campers to be indoors, they may be required to wear a face covering.

### Is financial assistance available?

Yes, we want to ensure we meet families where they are at and make the program accessible to all.

## Early Education FAQs

### Is the Y offering Early Education the rest of this year?

We will be reopening our eight Early Education Centers on a projected start date of June 29th, pending approval from the Department of Early Education and Care.

### How are you ensuring the safety of my child?

All children who enter our facilities/program spaces will be screened daily, including a temperature check. *(continued on next page)*

# Early Education FAQs (cont.)

## **How are you ensuring the safety of my child? (cont.)**

Children will practice 6 ft physical distancing when possible. This does not apply to siblings and young children requiring physical care. Classrooms and activities will be set up to assist children with physical distancing. All team members will wear face coverings, and children ages 3 and up will be encouraged to wear face coverings.

Staff working with infants and toddlers will wear a button-down shirt over their clothing, and will remove/change anytime bodily fluids are present.

Equipment will be monitored to limit sharing, and children will be given individual toys and equipment when possible. All soft toys/stuffed animals will be removed. Equipment and classroom set-up will be altered to allow for maximum physical distancing.

Cleaning and sanitizing will be completed between each activity block. The schedule allows for 15 minutes of cleaning between each class/block.

All high touch areas will be cleaned and sanitized hourly. All toys mouthed by young children will be removed for cleaning and sanitizing after each use.

## **Will my child get physical activity during the day?**

Outdoor play and gross motor time will be incorporated into the daily schedule. Our goal is for children to have a minimum of 60 minutes of physical activity per day.

## **Is my original Early Education Program registration still valid?**

Our previously registered families will be our top priority, however, space will be limited due to new state capacity and ratio regulations. We encourage you to reach out to your Center Director to share more about your family's Early Education needs.

## **How will drop-off and pick-up work?**

We are still finalizing our drop-off and pick-up plans. A daily safety screening will be part of the drop-off procedure. A brief digital questionnaire and a temperature check will be required before children are allowed into our programs.

## **Will children need to wear a face covering?**

We recommend children 3 and older to wear a face mask when possible. Multiple face masks, labeled with children's names, should be provided by families and cleaned daily. During lunch, children will remain physically distanced to ensure that they can eat safely.

## **What is the policy if a child or staff member shows symptoms of COVID-19?**

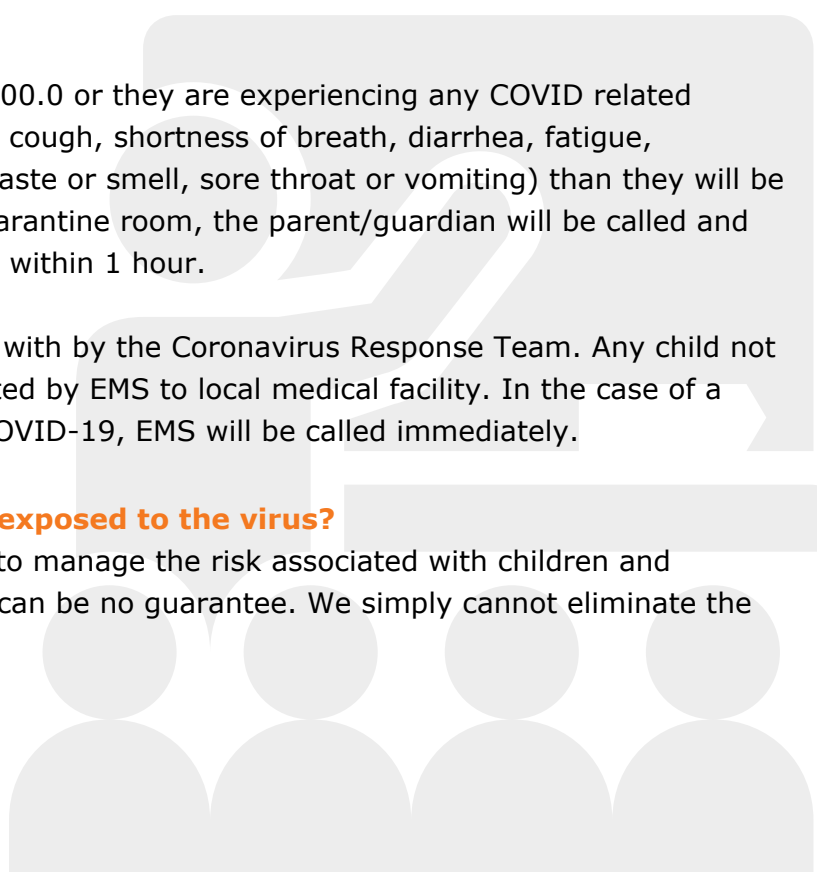
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If the child/staff has a temperature over 100.0 or they are experiencing any COVID related symptoms (100.0 temperature or greater, cough, shortness of breath, diarrhea, fatigue, headache, muscle aches, nausea, loss of taste or smell, sore throat or vomiting) than they will be removed from their group and put in a quarantine room, the parent/guardian will be called and expected to pick up as soon as possible or within 1 hour.

The child's family/staff will be followed up with by the Coronavirus Response Team. Any child not picked up within the hour will be transported by EMS to local medical facility. In the case of a child/staff showing severe symptoms of COVID-19, EMS will be called immediately.

## **Can you guarantee my child won't be exposed to the virus?**

While we will be doing everything we can to manage the risk associated with children and teachers being together in a group, there can be no guarantee. We simply cannot eliminate the risk, and we know that.



# Virtual Summer Learning FAQs

## **Will the YMCA offer summer learning?**

Yes, the YMCA of Greater Boston will be partnering with BellXcel to run a virtual summer learning academy for elementary students. This program will run Monday, July 13th through Friday, August 14th.

We are also introducing a new virtual program, Y CAMPish. Information may be found on our website at [www.ycampish.org](http://www.ycampish.org).

## **How do I enroll my child in online summer learning at the Y?**

You can register your child for the 5-week program directly on our website.

## **What technology will my child need to participate in online summer learning at the Y? How do I get access to technology if we do not have any?**

BellXcel Remote provides all of the tools and resources to design, organize, implement, and assess a remote classroom environment with a strong social-emotional learning approach. It blends print and optional digital components to address a range of technology scenarios.

Each day will focus on one primary lesson alternating between ELA and math, and independent work includes Reading Corner, social-emotional learning, physical wellness, STEAM enrichment, as well as activities to reinforce ELA and math lessons.

## **Is financial assistance available?**

Yes, we want to ensure we meet families where they are at and make the program accessible to all.

