



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

May 8, 2020

Dear Ed Thomas YMCA Members,

Thank you for sticking with us! Since we closed our doors on March 23<sup>rd</sup>, we have been working behind the scenes to prepare for the day that we could once again serve you and our community. As we navigate the COVID-19 crisis together, please know that we are continually working to put plans in place to reopen our doors. Without you, our loyal members, we would not be where we are today!

**Today, we are excited to announce that your YMCA will reopen on Thursday, May 14!**

This will mark the start of phase one of our reopening plan. We have been working diligently to develop this plan with guidance from the Local & State Health Departments, the CDC, Y-USA and our board of directors. To ensure the safety of our staff and members, phase one includes new guidelines and policies:

**Ed Thomas YMCA of McCook Reopening – Phase 1**

- **Effective Thursday, May 14, 2020 – Friday, May 22, 2020 (Adjusted Hours)**
  - Thursday, May 14: 8am - 6pm
  - Friday, May 15: 8am - 6pm
  - Saturday, May 16: Closed
  - Sunday, May 17: Closed
  - Monday, May 18: 8am - 6pm
  - Tuesday, May 19: 8am - 6pm
  - Wednesday, May 20: 8am - 6pm
  - Thursday, May 21: 8am - 6pm
  - Friday, May 22: 8am - 6pm
  - May 23 – May 25: Closed

**Age Restriction:** Ages 13 and up. Ages 13 - 17 must be accompanied and supervised by a parent at all times. No drop offs will be allowed.

**Members Only:** Current members only. Day passes and guests will not be allowed. Nationwide YMCA members will not be permitted. New memberships are always welcomed!

**Safety Measures:**

- Members must perform self-verification of health in accordance to symptoms before entering the facility. Members showing any signs of illness will not be

Ed Thomas YMCA  
901 West E Street, P.O. Box 408, McCook, NE. 69001  
(308) 345-6228



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

allowed to enter the facility.

- All members will enter and use the facility at their own risk.
- Members must use the one way entry and exit system in and out of the building. Members are highly encouraged to use the hand sanitizer station placed near the entry/exit doors.
- Members must bring their own water bottles and sweat towels. Drinking fountains are available for bottle fill only.
- Loitering and gathering in the lobby will not be permitted.
- Personal protection masks are recommended for members as they enter/exit the building and when communicating with YMCA staff. Wearing a mask during exercise is discouraged.
- Hand sanitizer will be made available at multiple points throughout open areas of the building.
- The front desk will be utilized for staff only. Members must maintain a 6 foot social distance.
- The electronic submission of payments, forms, or correspondences is highly encouraged.

Additionally, we will continue a rigorous cleaning schedule every day, and additional sanitation stations are available for individual wipe-downs of equipment. We ask that all members clean the equipment they use before and immediately after their workout.

#### **Amenities Open:**

- Fitness Room (cardio machines & walking track): 10 person maximum, 6 foot social distancing is required, use of designated machines only, machines must be disinfected after each use.
- Weight Room: 5 person maximum, 6 foot social distancing is required, use of designated machines only, machines must be disinfected after each use.
- Upper Level Restrooms: Wash hands after use.

#### **Amenities Closed/Unavailable**

- Locker rooms, showers and saunas will remain closed until further notice. If you need to remove items from a locker, a staff person will be available to escort you
- Pool/Aquatic Programs
- Gymnasium, Racquetball, Golf Simulator, Game Room, Towel Service
- Group Fitness Classes will remain suspended until Phase 2. Online workouts will continue to be posted on Facebook until Phase 2 begins.
- Child Watch will remain suspended until Phase 3

Ed Thomas YMCA  
901 West E Street, P.O. Box 408, McCook, NE. 69001  
(308) 345-6228



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Admittance to the Building:**

Members are highly encouraged to sign in electronically prior to entering the facility using the reservation software link. Members may choose only one time slot per day. 15 time slots per hour will be available (10 fitness room and 5 weight room) on a first come, first serve basis. The reservation link will be available to our members beginning on Monday, May 11th. We will send out a notice once the link is active.

If members do not have the capability to reserve a time slot using the reservation software link, they may call the YMCA directly at 308-345-6228 to reserve their time slot. Beginning on Monday, May 11th, members may call our office to reserve time slots. Members choosing to show up without a reserved time slot may do so, however, they will only be permitted entry if space is available.

**Tentative Phase Schedule (subject to change):**

- Phase 2 (May 26 – May 30): Group Fitness to resume with limitations, Gymnasium to open with limitations. Building times will be updated prior to May 26. The building will be closed on May 31.
- Phase 3 (June 1 – June 14): Summer Camp begins with limitations, Aquatics programs begin with limitations, Child Watch with adjusted schedule & limitations to begin. Normal Summer Hours begin.
- Phase 4: TBD based on outcomes from Phase 1 – Phase 3 and directed health measures.
- Sports Programs: TBD based on directed health measures.
- Building policies and guidelines will be continually evaluated. We will do our best to keep you informed on changes as they occur.

*Please note: Contact tracing that indicates positive COVID-19 exposure may require temporary closure of specific services and or entire facility*

As always, **thank you** for your patience and support as we navigate these uncharted waters. The Y is so much more than a swim and gym, we are a movement of cause-driven members that respond when others need help. We will get through this together. We will be stronger together. Continue to stay up to date by following us on Facebook and Twitter, or by visiting our web site at [mccookymca.org](http://mccookymca.org). Please be on the lookout for more information to be released in the coming days. We can't wait to see you back in our facility once again!

Sincerely,

Mitch Gross  
CEO/Executive Director

Ed Thomas YMCA  
901 West E Street, P.O. Box 408, McCook, NE. 69001  
(308) 345-6228