



## What are you doing to keep your members and staff members safe?

Your health and safety is our #1 priority, and we're committed to keeping your YMCA, Child Development Centres, BASC and Family Resource Centre clean and safe. We've always had extremely high cleanliness and sanitization standards in place. Our employees conduct regular and thorough cleaning of all equipment, surfaces, and areas and regularly complete deep cleanings. Although we cannot eliminate all risks associated with COVID-19, we've taken several additional steps to strengthen our existing cleanliness policies and procedures to help keep you and our staff safe.

Below are some of the changes we have implemented

- Employees must fill out daily Saskatchewan Health Questionnaire PRIOR to starting a shift or entering a facility and will wear a mask during their shift in all common areas.
- Effective November 1<sup>st</sup>, 2020 - Masks will be required to be worn in all locations, except while actively working out, and in accordance with local restrictions
- All employees will have completed extensive training related to our enhanced cleanliness and sanitization policies and procedures
- Increased, thorough cleaning will be conducted using disinfectant on the EPA list effective against COVID-19. This includes walk arounds by our employees to continually clean and sanitize high-touch areas
- Increased sanitization stations will be available throughout the facilities for member use
- Some pieces of cardio equipment will be temporarily marked out of use to enable physical distancing and create additional distance between members
- New signage will be placed throughout the facility that highlights our sanitization and physical distancing guidelines

## What is YMCA of Saskatoon's mask policy?

Your health and safety is our #1 priority, and we're committed to keeping our all of our locations clean and safe. For the enhanced safety of our members, guests and staff, **masks will be required except while actively working out, and in accordance with local restrictions, effective November 1st, 2020.** This means that a mask is required to be worn at all times, and in accordance with local restrictions, in the facility (except while actively working out) including when entering and exiting the facility, in between machines and exercises on the gym floor, cleaning, and while in the locker room but not while showering. While you are actively working out, you do not need to have a mask on.



Wearing a mask in public is proven to help reduce the spread of COVID-19, and as a leader in the fitness industry, and your long-term partner in health and wellness, we are committed to doing everything in our power to ensure the health and safety of our YMCA community. Thank you in advance for your support and adherence to this policy. This added safety precaution also helps us to remain open to serve you and keep you healthy and active.

### **Are members and guests required to wear masks at all times?**

**Members and guests are required to wear a mask at all times, except while actively working out.** This includes upon entering and exiting the facility, and while in the facility and in accordance with local restrictions, **except while actively working out, showering or drinking.**

### **Do I have to wear a mask while working out?**

No, members and guests are NOT required to wear a mask while actively working out but must follow all local restrictions. But remember, members and guests must have a mask unless they are actively working out (and in accordance with all local restrictions) such as when individuals are entering and exiting the facility, cleaning equipment, and while walking on the gym floor between exercises.

### **What if I prefer not to wear a mask, or I have a medical exception and cannot wear a mask?**

Effective November 1, 2020, masks will be required at all times except while actively working out, and in accordance with local restrictions. If you have a medical exception that prohibits you from wearing a mask, please reach out to a team member.

### **What if I forget my mask?**

You are required to come to the YMCA prepared with a mask just like coming prepared with your workout clothes. You will not be permitted into the facility without the mask. We will have disposable masks available at no cost until November 15<sup>th</sup>, 2020. Starting November 16<sup>th</sup> onward, you have the option of purchasing a reusable mask or a disposable mask.

### **Are employees required to wear a mask?**

Yes, employees are required to wear masks if they are in common areas or can not physically distance during their shift for their safety, and the safety of others. This policy has been in effect since September 2020.



## **Mask best practices**

### *Wear your Mask Correctly*

- Wash your hands before putting it on
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily