

Winona Family YMCA
Building Reopening
Frequently Asked Questions

When will the Y open?

Monday, June 15.

What is open in phase 1 and how long will it last?

Phase 1 will last two weeks and include access to the Wellness Center by reservation (please note that some machines have been moved to the gym for social distancing), personal training (virtual & in-person), group fitness (virtual & outside), and family locker room bathrooms (no showers).

Everything else will be CLOSED in phase 1.

What is open in phase 2?

The following will be available by reservation starting Monday, June 29 - racquetball courts for solo use or with members from your YMCA membership unit, large pool for lap swim, open swim, family swim, and swim lessons, pickleball for singles games or with members of your YMCA membership unit, gym for solo use or with members of your YMCA membership unit, indoor group fitness classes, and most likely Kids Corner.

Do I have to wear a mask at the Y or when participating in programs?

Masks are STRONGLY ENCOURAGED by members and program participants. Staff will always wear masks when interacting with you directly.

Do you have new cleaning and sanitizing practices?

General Areas – Hourly wipe down of high touch areas - doorknobs, hand railings, elevator buttons, etc.

Wellness Center & Gym Overflow – Wipe everything down after each 60 minute workout shift. Enforce wipe down protocols.

Service Desk – Hourly wipe down.

Will I get a discount for the time the Y was closed?

We asked members in our newsletter, via the website and through social media to stay with the Y through the closure, if they could afford to do so, to help the Y continue delivering its mission. We responded to some community needs by hosting blood drives, a supply drive, a homeless day shelter, a food drop, and by assisting the food shelf in expanding its home delivered meals program. We also continued to support members with virtual programming, equipment lending, and well-calls to our more vulnerable members. Some members chose to place their memberships on hold during the closure, which of course we understand.

What will be the building hours?

To maintain CDC cleaning standards and the level of staffing needed, the Y hours will be Monday through Friday, 6:00am to 7:00pm and Saturdays, 8:00am to 12:00pm. We will be CLOSED on Sundays.

When will building hours and programming return to normal?

The short answer is we don't know. The current arrangement is temporary and will change as conditions allow, such as changes in the city ordinance, changes in data related to COVID-19 cases, CDC guidelines and recommendations from local health officials.

Will kids be able to come to the Y building?

Those under age 16 will not be allowed to enter the Y in our first phase of reopening, except for Swim Team participants and youth programs. In phase two, children under age 16 will be allowed with adult supervision.

Is there a limit to how many people can be in the Y building?

Yes, we have a maximum occupancy, which is 25% of regular occupancy.

Why is there a reservation system?

Your safety is our number one priority. The reservation system allows us to manage the number of people in our facility and programs to ensure that we follow state guidelines. We are accepting same-day reservations if spots are available, online or by calling 507-454-1520. Please help us limit extra foot traffic in the lobby by refraining from entering unless you have made a reservation by phone or via this form. If you need to cancel an appointment please email koccelo@winonaymca.org so that we can free up a spot for someone else.

Will there be a time limit on Y building use?

Because the Y building occupancy will be limited, Y members will have 60 minute reservations for most areas, and 45 minute reservations for the pool.

Will there be any screening to get into the Y building?

Yes, everyone will answer a series of health questions, and have their temperature taken. If there is a "yes" answer to any of the questions or a temperature of 100.4 degrees or higher, the person will not be allowed to enter.

Can people who are at a higher risk of contracting COVID-19 come to the Y?

Everyone is encouraged to become familiar with the CDC definition of those who are at higher risk for illness by going to <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>. Y members are asked to consider CDC guidelines before assuming any level of risk in the YMCA and elsewhere.

Can I use the locker room?

Locker rooms are the most vulnerable part of the building for spreading virus. For this reason the men's and women's locker rooms will not be open in phase 1 or 2. The family locker rooms will be available for restroom use only. The showers will be deactivated in phase 1 and 2.

Will there be any access to the steam room and hot tub?

There will be no access to the steam room and hot tub during this temporary period.

What if I have belongings I need from my kit locker?

Y staff will let you in to retrieve your kit locker belongings.

Will anything be different in the wellness center?

Yes, social distancing and cleanliness will be especially important. Some pieces of equipment will not be available so social distancing can be practiced. Each piece of equipment must be cleaned immediately after each use.

Will personal training be available?

Yes, personal training is still available, both in-person and virtual. Please schedule your sessions directly with your Y personal trainer.

Will there be group exercise classes?

Land group exercise classes are available virtually and in-person outside by reservation in phase 1. Group fitness classes will be available inside by reservation in phase 2. Water fitness classes are not yet available.

Will the pools be open?

Red Cross has updated all policies and regulations on how lifeguarding is done in response to COVID-19. Our guards have to be re-trained on all the new life saving techniques and modifications needed to keep everyone safe. Pools will not be open in phase 1, except for Swim Team and youth programming. The large pool will be available in phase 2 for lap swim, open swim, family swim, and swim lessons. We are deeply saddened to announce that our small pool has exceeded its life expectancy and will not reopen. This pool has meant a lot to the YMCA and its members. From aqua fit classes to volleyball to swim lessons, social time and water therapy, it has been a vital component to our Y community. We hope that you will try the large pool. We have added stairs for better accessibility and raised the temperature to match the temperature of the pool in the new building.

Will the gyms be open?

Phase 2 will have gym access by reservation for solo use or with members of your same YMCA membership unit. State guidelines recommend closing basketball courts, racquetball courts, and other areas involving physical contact unless play can be modified to safely increase distance between players.

Will the racquetball courts be open?

The racquetball courts will be available in phase 2 for solo use or with members of your same YMCA membership unit. State guidelines recommend closing basketball courts, racquetball courts, and other areas involving physical contact unless play can be modified to safely increase distance between players.

What else will be done to help maintain safety?

We should all practice safety measures to prevent the spread of COVID-19. Reminders of the serious nature of this virus will be posted. Y staff will also be encouraging everyone to practice social distancing. Hand sanitizers will also be placed throughout the building.

What will happen if a confirmed case of COVID-19 arises in direct connection with the Y building?

In the event of a confirmed case of COVID-19, members and staff will be notified and asked to monitor their symptoms. The building will close for a deep clean of the specific areas used by the individual, and a possible closing for 14 days or longer if advised by the Department of Health.

What resources are you using to make decisions about what to open and when?

Our compass through all of this is our core values of Caring, Respect, Responsibility, and Honesty, as well as current guidelines from the CDC, State of Minnesota, and YMCA of the USA. We want to keep our members and staff safe and protected while they use our YMCA. For the good of all, it is vital that everyone cooperate. We are following guidelines so that we can stay open - thank you for doing your part to help us!