



YMCA-YWCA Vancouver Island

Guidelines for OUTDOOR Group Exercise

Westhills Y

Downtown Y

April 7, 2021

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Public Health Measures

Case Finding and Contact Tracing

- All participants must be a current member in order to reserve a timeslot.
- Reservations are managed through Upace, accessed: through the app directly or by redirection from the website link into Upace, or over the phone with a Registration Services representative for those without internet access.
- Reservation information and member information is readily available if required by Public Health.

Environmental Measures

Weather Considerations

- All classes are held outside, there is no option to come indoors due to inclement weather. Members are required to dress accordingly.
- If a class is cancelled due to inclement weather, the Y will ensure as much notice as possible is given - class cancellation may occur on short notice or even during the class.

Floor Marking and Reduced Group Congregating

- Members can arrive 5 min before their reservation time and up to 5 min after their reservation start time. Members can leave the class at any time and up to 5min after their reservation time ends. Actual instructional time is 45-50min in length and is within the reservation timeslot.
- Downtown Y: Members line up along the bottom of the parking lot walkway [in the white grid painted area]. Green dot markers will indicate 6 feet apart.
- Westhills Y: Members line up on the sidewalk beside the waterslide parking lot, between the fire hydrant and the seacan container. White tape markers will indicate 6 feet apart.
- The Know Before You Go section on the Y website has been updated informing members they are not able to enter the building.
- Current practice for all areas of the Y requires members arrive dressed ready to participate outdoors in their registered activity.
- The Fitness Instructor and/or Duty Manager will monitor line up before class to discourage groups congregating and the Fitness Instructor will manage groups after class.

Cleaning and Disinfection

- Members will leave equipment used during the class in their participation space and staff/volunteer will disinfect this equipment and then return to appropriate storage area.

Administrative Measures

Occupancy

- Downtown Y upper parking lot [off Quadra] = space for 10 members [in keeping with current PHO]
- Westhills Y side parking lot [by waterslides, beside the building] = space for 10 members [in keeping with current PHO]
- Parking lots will be blocked off before opening for the day's classes and re-opened once the last class of the day has ended.

Physical Distancing and Minimizing Physical contact

- Downtown Y: members centre themselves on the x within which is spaced 3 meters distance from others
- Westhills Y: members place themselves next to a pylon which is spaced 3 meters distance from others
- Instructors have a designated 'instructor area' which allows them to stay 3 meters distance from members.
 - Downtown Y – on the white line
 - Westhills Y – behind the pylons
- Instructors must give verbal, rather than hands-on correction.
- Physical distancing of 2 meters must be maintained by members and instructors when not exercising [and at all other times within the outdoor area].

Booking and Registration

- Members are required to reserve a space in the class in order to participate. Reservation opens 48 hours before the start of class.
- Email notifications are sent as a Reservation Confirmation and reminds members they should not attend class if they are feeling sick and that they must cancel their reservation if they are feeling unwell. For those members who register over the phone, the Registration Services representative will verbally remind the member of these requirements.
- There is no penalty for cancelling a reservation.
- There is a minimum 15 min between classes with no members in the outdoor space.
- Members are reminded on the Know Before You Go on the Y website that they are to arrive no more than 5 minutes before their scheduled reservation time.
- By registering for a timeslot, the member acknowledges that they have read and agree to abide by the guidelines [referred to as safety protocols]. This information as well as a link to the guidelines will be provided in the class description. For those members who register over the phone, the Registration Services representative will inform them a copy of the guidelines are available at the branch and they are required to read and abide by them.

Audio

- Instructors have a microphone for use so they do not have to raise their voice above speaking volume.
- Music in the class is to be kept below speaking volume in order to discourage signing or shouting.

Food and Beverages

- There is no food or beverage sold at either branch.
- Members are required to bring their own water bottle filled with water. There are no outdoor water filling stations and members are unable to enter the branch.

Staying Home When Sick and When New Symptoms Develop

- All staff and volunteers are required to complete a Daily Health Check.
- Staff and volunteers are not permitted to attend work if they are experiencing any COVID-19 symptoms- they are to notify their supervisor or the Duty Manager.

- Any staff, volunteers or members who exhibit COVID-19 symptoms while inside the branch will be assisted by the Duty Manager.

Personal Measures

COVID-19 Health Check

- All staff and volunteers are required to complete the Daily Health Check before entering the facility.
- The OCI will review the daily entry requirements with all members before entering the outdoor class area.

Exercise Attire/Personal Equipment

- All members are required arrive dressed ready to participate in their outdoor registered activity; this requirement is included in the Know Before You Go on the Y website.
- Members are required to bring their own mat to yoga classes and encouraged to bring something to place under their mat [e.g. old yoga mat, towel, blanket] as a protective barrier to the ground.
- Chairs will be provided as an alternative for Senior Strength classes.
- All other classes will be standing.

Hand Hygiene

- A bottle of hand sanitizer will be provided for members to use at the location of the class.

Personal Protective Equipment [PPE]

Masks

- Even though classes are held outdoors, a face covering [mask] must be worn by members and the instructor while transitioning to and from their reserved activity and may be removed once in their designated spot in their class.
- Members who are unable to wear a face covering [mask] for any of the reasons as outlined in the Emergency Health Act are required to maintain at least 3 meters distance at all times.