



# Working to Maintain a Healthy Environment

There is no higher priority to our YMCA family than the safety of our members and participants. As many others, we continue to monitor the situation surrounding the COVID-19 virus. While the most recent information from the CDC indicates the immediate risk of being exposed is thought to be low, for most people, we are taking precautions to protect our participants as much as possible, while still enjoying the Y.

However, we understand things could change quickly. If the need arises to cancel programming or close facilities to help stop the spread of the virus, the YMCA of Greater Oklahoma City will follow directives from our public health partners. Any cancellations or closures will be communicated via email, our website, social media and local news media. Additionally, we will continue to modify and update our plans as the situation develops.

## What the Y is doing

- It is our standard practice to clean our facilities daily, however, we've added more frequent cleanings throughout the day;
- Facilities are fogged each night with disinfectant;
- Encouraging all members to clean equipment before and after use with provided disinfectant and paper towels;
- Hand sanitizer stations throughout facilities;
- Kleenex/tissues available throughout facilities;
- Hand washing reminders in locker rooms;
- Requiring staff who are feverish/sick to stay home until they are fever free, without medication, for 24 hours;
- Childcare staff is working with kids in our care to increase hand washing activities with kids before all meals and snacks, as well as throughout play activities;
- Digital membership cards are being made available so members do not have to use the keypad to check in, or you can verbally share your check-in number with the member services representative;
- YMCA Camp Classen families will be asked additional questions regarding travel, and if they have visited a Level 2 or 3 country, as identified by the Centers for Disease Control and Prevention (CDC), they will be reminded they should self-quarantine for a period of 14 days before returning to activities;
- Cabins at Camp Classen will be provided with additional disinfectant for campers to use each day;

## What you can do

### Youth Programs

In order to protect all involved, we ask that you follow these protocols:

- Use elbow/fist bumps or toe taps, rather than high fives and handshakes;
- Cough into a tissue and throw it away, or into your elbow or shirt;
- Do not share food or drinks;
- Wash your hands with soap and water or an alcohol-based rub for at least 20 seconds;
- If your child is feverish or sick, please stay home and do not participate in community events;
- Avoid touching your eyes, nose and mouth;
- Do not bring your child back to YMCA programs until they are fever free, without medications, for 24 hours;
- Talk to your kids about the Coronavirus: Healthline has published ["How to Talk to Your Kids About the Coronavirus"](#) and Psychology Today has Published ["How to Talk to Your Anxious Child About the Coronavirus"](#)
- Enjoy Y sporting events and encourage your kids to have fun at the Y!

### YMCA Facilities

- Members should not come into Y facilities if they are feverish or sick. We ask that you respect the health of others and wait to return until you are fever free, without medication, for 24 hours;
- Wipe down equipment before and after use with disinfecting spray bottles and paper towels available throughout our facilities;
- Cough into a Kleenex/tissue and throw it away, or cough into your elbow or into your shirt;
- Parents wishing to drop their kids off at Child Watch, please keep kids with runny noses and coughs out of the area;
- Enjoy the Y and your workout!

### YMCA Camp Classen and Summer Day Camp

- If you, or anyone you've come into contact with, has traveled to a Level 2 or 3 country, as identified by the CDC, please do not come to Camp Classen or Summer Day Camp;
- Remind your kids to not share food or beverages with other campers;
- Remind your kids to wash their hands frequently and to not touch their face, nose, eyes or mouth;
- Talk to your kids about the Coronavirus: Healthline has published ["How to Talk to Your Kids About the Coronavirus"](#) and Psychology Today has Published ["How to Talk to Your Anxious Child About the Coronavirus"](#)
- Remind your kids to have fun!

Please refer to the Center for Disease Control for more information about the virus and how to keep you and your family safe and healthy.

[Center for Disease Control](#)