



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Return to Y Programming

Thank you for choosing the Y for programming opportunities. We have worked with federal, state and local health officials and YMCAs throughout the country to develop a careful, phased-in approach to reopening facilities and expanding programs. As always, our highest priority is the safety and well-being of our members, staff and communities.

## Here are some things you can expect from the YMCA during events:

- Thorough cleaning and disinfecting each Y facility and working with hosting facilities on appropriate cleaning procedures
- Developing enhanced sanitation and hygiene protocols
- Sourcing cleaning and sanitation supplies and personal protective equipment
- Implementing personal safety measures for staff, members, participants, volunteers, and visitors to the facility, which includes self-reported health screenings
- Reconfiguring physical spaces and adjusting equipment to meet capacity and social distancing restrictions
- Developing training programs and instructing staff and volunteers on new procedures

## In addition to the Y's commitment to safety, our Ice Breaker team has implemented the following:

- Participant self-reported health screening
- Reduced wave sizes (6 participants per wave)
- Modified packet pick up logistics
- Meeting space arranged with 6ft minimum distancing when possible
- Increased handwashing breaks and/or hand sanitizing stations
- Face covering required when participant is not involved in intense physical activity including pre-race, transitions and post-race gatherings
- Physical markers and reminders will be used to maintain physical distancing for participants, coaches, and spectators
- Limited spectators and volunteers to maintain appropriate physical distancing if necessary

## To ensure participant safety, participants will not be permitted to attend if they answer yes to the YMCA screening questions:

- Have you or someone in your household tested positive for COVID-19 within the last 14 days?
- Have you experienced new or worsening, fever, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea in the past 48 hours?

**Participants who are ill or believe they might have COVID-19 should stay home from programming until they can answer the screening questions.**



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**Please contact the program director as soon as possible if COVID-19 is suspected within your household. This information will be kept confidential and allows the Y to assess the risk of spread to other individuals.**

In the event of a possible or confirmed COVID-19 exposure, the Y will work with local health officials and follow the most current guidelines of the CDC and Iowa Department of Public Health. We cannot reduce the risk of COVID-19 spread without the partnership with the individuals in our programs.

For participant and community safety, all participants should assess whether they or their household is at greater risk of infection and/or complications due to Coronavirus. You can find guidance from the CDC on assessing risk at: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/groups-at-higher-risk.html>

If you have any questions regarding the Ice Breaker Triathlon please reach out to Senior Program Director, **Christa Vander Leest** at [christa.vanderleest@dymca.org](mailto:christa.vanderleest@dymca.org).