



KEEPING THE Y COMMUNITY A HEALTHY PLACE STEPS FOR ILLNESS PREVENTION

Coronavirus Update:

With the growing public health concern about the Coronavirus, we want to assure everyone that the health and safety of our staff, members, participants, and their families is a high priority. We are taking extra precautions to ensure the Y is a clean & healthy environment. We continue to closely monitor information coming from the CDC and the Sonoma County Health Department in order to help guide our decisions about programs and operations. We will provide future updates of any new information.

At this time, the main **Y facility will remain open** and most programs will continue to operate, with the exception of the **following programs being on hiatus until at least the end of March.**

✓ Postponing the start of our **Spring Youth Sports program**- more messaging to come from Crystal Sowards, Youth Development Director.

✓ **Health & Wellness:**

- Personal Training
- Wellness Orientations
- Mind Body Skills Group (participants will receive communication from the instructor)
- Yoga for Diabetes (participants will receive communication from the instructor)
- March 17th – Mindfulness, Breathing & Meditation
- March 19th Diabetes, Food, and You
- March 31st – Nutrition & Healthy Bones
- 90 Days to Wellness will move to an online format – Rachel & Nicole will reach out to participants directly to set this up
- Life Coaching Starter Kit - Postponed until further notice

✓ The following **Group Ex Classes***

- Chair Nia on Mon @ 2:30pm
- Mediation on Mon @ 6pm
- Gentle Strength & Balance on Tues/Thurs @ 1:15pm
- Chari Yoga on Wed @ 2:30p
- Parkinson's Group Exercise on Wed @ 3pm
- Body Balance on Fridays @ 2:30pm
- NIA/Bellydance on Sun @ 9am

* We will make it a priority to practice social distancing in all classes and limiting class participation to 15 people per class.*

Spring Break Camp/Afterschool programs- we are waiting communication from the schools about closures. If schools close, there will be no Before/Afterschool care. We know it might cause a hardship for some families if care was not available; we are weighing our options. More details to come.

We are taking the following actions to help ensure the Y remains a healthy environment:

- Staff are increasing their frequency in disinfecting all surfaces and equipment at the Y and our afterschool programs
- We will enlist our afterhours Maintenance Company & Y staff in doing additional cleaning for all high touch areas
- Ensuring staff are keeping their own workspaces sanitized
- Leaving time at the end of Group Exercise classes to wipe down mats, weights and other equipment used in class
- Ensuring hand sanitizer, spray bottles & paper towels are available throughout the facility
- Posting Healthy Environment reminders throughout the Y & our afterschool programs
- Encouraging staff & members experiencing any symptoms of illness to rest & stay home
- Encourage staff to stay home if ill
- Have childcare staff work with parents to ensure the healthy environment policy is followed

Please help us by:

- Staying home if you or your child are sick
- Washing and sanitizing your hands before and after entering workout rooms, and before and after using equipment
- Covering your cough or sneeze with a tissue or your elbow, and disposing of tissues immediately
- Placing dirty towels in the towel bins
- Wiping down machines and equipment with disinfectant after each use
- Bringing your own hand wipes, if desired, to wipe down individual hand weights or mats

Youth Programs:

- When bringing your child to the Y for any youth programs, please ensure they wash their hands thoroughly before joining any activities.
- Please avoid close contact with others who are sick.
- Please keep your child home if they are sick
- Talk with your child about proper hand washing, as well as coughing & sneezing etiquette

You can find up-to-date information at County of Sonoma DHS:

<https://sonomacounty.ca.gov/Health/Information-About-Coronavirus/>

Also, this CDC website is a good source of information:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

We will continue to keep you informed of any new Y protocols or program cancellations. If you have questions, please do not hesitate to contact us. Thank you for helping us keep our Y community healthy. Be Well.

