Dear YMCA Members,

I want to start by emphasizing that the health and safety of our staff, members, and children in our care continues to be our top priority. This includes ensuring we keep you informed as more updates on COVID-19 become available.

At this time, we know of no cases that stem from or have directly impacted our Y. However, we are taking the potential risks of the virus very seriously and have decided that we will make every effort to ensure social distancing.

In an abundance of caution, we are taking the following steps:

- We are suspending YMCA programs for high-risk populations: Enhance Fitness Senior Programs and Livestrong.
- We will not be holding any large events until further notice. Healthy Kids Day, which was scheduled for April 25th will be rescheduled to June.
- Our KidZone will not be open until further notice.
- Sunday Funday will not be held until further notice.
- Swimming lessons will be suspended beginning Saturday, March 14th until further notice. We will credit the remainder of the session to your account (to be used by 8/31) and allow you to sign up for your same class when classes resume.
- The remainder of the swim team season is canceled. We will have an end of the year swim meet and banquet as soon as we are able to resume activities.
- All youth programming has been suspended. Again, we will credit your account. In the case of karate, we will let you know if our partner will be offering karate in their location.
- Open and family swim will be canceled.
- Lap Swimming for members will continue. We have canceled family swim and will limit the number of participants allowed in the pool.
- Group exercise will either be canceled or significantly limited. We will update class size online as soon as possible.
- Youth basketball and adult basketball league will be suspended. The adult basketball league will continue when it is safe to resume.
- Playing basketball in the gym will be restricted.
- Facility rentals for outside groups will be canceled and not scheduled until further notice.

Membership will be limited to our fitness center, gymnasium for non-basketball games and other non-contact sports, and lap swimming.

We hope to be able to continue running our licensed preschool and school age child care programs. We have put recommended CDC protocol in place plus additional measures that include handwashing of anyone entering rooms, limiting our group sizes and taking temperatures of all children entering the program and excluding any child with a temperature of 100.3 or greater. Please note if the guardian is being quarantined, the child should not attend the YMCA.
We will be providing lunches to children in the city of Medford and to youth who need lunches who come to the YMCA. These lunches will be grab and go. Please refer to our website for food locations. The Mystic Community Market, Malden YMCA Pantry and our Pantry in Everett will continue to be open.

Facility Cleaning

- We have enhanced our cleaning practices in several ways to keep our facilities clean and our communities safe — including increasing our cleaning frequency of high traffic areas.
- As an added precaution we are adding additional intensive deep cleaning of high traffic areas overnight to enhance our already stringent cleaning practices.

Hygiene Best Practices
We feel it’s important to continue to make you aware of best practices that we are following and what we can do together to help prevent the spread of illness. These best practices, drawn from Centers for Disease Control and Prevention (CDC), the World Health Organization (WHO) include:

- Wash hands frequently with soap and water, and for at least 20 seconds per hand.
- Practice “social distancing” when in public. Put distance between yourself and others.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Cover your mouth and nose with a tissue when you cough or sneeze and practice good cough and sneeze etiquette.
- Wipe down equipment and weights after use and be extra thorough.
- The ‘elbow bump’ is your new high-five if you see a friend at the Y.
- Inform your local Y leadership if you or someone in your family has traveled to a level-3 country recently. Find a list from the CDC here.
- Stay home when you feel ill.

Should this issue escalate across the communities we serve, we will take the necessary precautions to ensure that you, along with our staff and participants, are safe and informed. Please continue to visit www.YMCAmalden.org for updates.

You can find additional resources and information on the Coronavirus here:
Centers for Disease Control (CDC) is providing regular updates and has information readily available about the virus. U.S. State Department issues advisories for travel.

Thank you for your continued support and understanding.

Debbie Amaral
CEO