



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Community Health & Safety Updates Coronavirus (COVID-19)

Dear YMCA Friends,

The health of our members, staff, guests, volunteers and community are not only a top priority, but it's part of our mission.

After much discussion and to prioritize the health and safety of our members regarding Coronavirus (COVID-19), we are enacting the following measures immediately out of an abundance of caution:

- **Senior/Active Older Adults (AOA):** All AOA programming is canceled including Group Exercise classes, AOA clubs, trips and associated activities through March 22nd.
- **Youth Sports:** All games and practices are postponed through March 22nd.
- **Group Exercise Classes:** Staff has been instructed to encourage "Social Distancing" in all Group Ex classes. This means 6-feet between all participants and instructors through March 22nd.
- **Adventure Guides** campouts and **Community Health and Wellness Programs** such as Livestrong at the YMCA, Y Diabetes Prevention Program and others are canceled through the end of March.
- The April **Model United Nations** Conference is canceled.

All locations will remain open at this time. As a community service organization, the YMCA of Metropolitan Dallas will continue to serve our community to the best of our ability. As the situation evolves, we may enact additional preventative measures to ensure the safety and wellbeing of our members and staff. You may be aware over the last few weeks we have taken a series of steps in order to keep our facilities safe.

These steps include:

- Providing disinfectants, sanitizers and gym wipes throughout our facilities
- Disinfecting surfaces on a regular basis throughout the day
- Encouraging staff to stay home if ill
- Ensuring childcare staff works with parents to ensure the Healthy Environment Policy is followed
- Ensuring nightly cleaning crews disinfect surfaces and equipment thoroughly
- Asking that all staff, members and guests follow the **3 Cs (COVER, CLEAN, CONTAIN)** when sneezing or coughing to stay healthy and help stop the spread of coronavirus, influenza and other illnesses
- Providing signage in all facilities called "**Keeping Communities Healthy**" and "**3 Cs**" as visual reminders for staff, members and guests

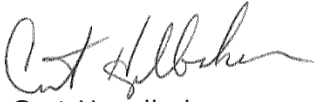
Please practice social distancing as much as possible. That means making an effort to reduce close contact between each other. The CDC recommends keeping six feet away from other people.

If you are experiencing what could be symptoms of COVID-19, please stay home and call your doctor. [According to the CDC](#), the following symptoms may appear 2-14 days after exposure:

- Fever
- Shortness of breath
- Cough

This is a fluid situation and we appreciate your understating as we navigate this challenging situation one day at a time together. Safety is our overriding principle. As circumstances continue to evolve, we will provide timely and concise information based on the most current guidance from our local, state and federal health authorities.

Thank you,

A handwritten signature in black ink, appearing to read "Curt Hazelbaker". The signature is fluid and cursive, with the first name "Curt" being more prominent.

Curt Hazelbaker
President and CEO
YMCA of Metropolitan Dallas