



SAFETY AND HEALTH – COVID-19

The YMCA is dedicated to the health and safety of our entire community, including our staff members. As COVID-19 is an ongoing global pandemic, the safety and health strategies we are employing are beneficial to individuals both at YMCA and while in the community at large.

VACCINATIONS

In an effort to help our community sign up to receive the COVID-19 vaccine, the YMCA of Metropolitan Dallas is providing information on vaccination registration around North Texas.

The CDC recommends everyone 12 years and older should get a COVID-19 vaccination to help protect against COVID-19. Widespread vaccination is a critical tool to help stop the pandemic. Individuals can register for a shot at [Texas Public Health Vaccine Scheduler](#), and be matched with the next available appointment at a nearby vaccination site.

Texans without access to the internet can call **1-833-832-7067** between 7 a.m. – 7 p.m.

MASKS OR FACE COVERINGS

Masks are welcome, but not required. The Dallas Y encourages anyone who feels more comfortable wearing a mask to protect their health to do so. The Y also encourages individuals who have not been vaccinated to wear masks or face coverings and to get vaccinated.

FITNESS OPTIONS OUTSIDE OF THE Y

For anyone who is not comfortable coming to YMCA facilities, we have virtual fitness options available to use: www.ymcadallas.org/virtualfitness which includes group exercise, personal training, fitness at home, kid activities and more.

SOCIAL DISTANCING

- YMCA staff and members are encouraged to maintain 6 feet of space from people not in the same household.
- Many of our procedures have been made available online or self-service.
- MINDBODY - Reservations are available for lap lanes, personal training, ChildWatch and group exercise.

HEALTH SCREENING AND TEMPERATURE CHECKS

- Individuals are expected to stay home if they have any new or worsening signs or symptoms of possible COVID-19 or have had known close contact with someone confirmed to have COVID-19.
- Members, guests and staff are asked to self-monitor for symptoms or known close contact.

CLEANING AND DISINFECTION

- We have cleaning and sanitation procedures with sanitation duties throughout the day, focusing on high touch points such as handrails, doorknobs, light switches, counters, etc. and using EPA-registered, virus-killing disinfectants.
- Reminder signage, spray bottles and wipes are available to ensure equipment, lockers and cubbies are sanitized between use.

HAND AND RESPIRATORY HYGIENE

- All staff and members will practice respiratory hygiene by covering coughs and sneezes.
- Frequent and thorough hand washing by staff and reminders for members to do the same.

Visit www.ymcadallas.org/CORONAVIRUS for additional information.