



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR A SAFER US

PHASE 5 GUIDELINES



PHASE 5 GUIDANCE FOR BUSINESSES FROM THE RESTORE ILLINOIS PLAN

This guidance replaces the industry-specific guidance that the Department of Commerce and Economic Opportunity published as part of the state's Restore Illinois plan. This guidance includes recommendations for all types of businesses and venues, customers, and employees in order to help maintain healthy environments and operations, as well as lower the risk of COVID-19 spread.

The following are recommended prevention strategies that recognize that while the state of Illinois has made substantial progress in vaccinating its residents, a number of individuals remain ineligible or have not yet chosen to be vaccinated. Consistent use of prevention strategies will help reduce the spread of COVID-19 and protect people who are not fully vaccinated, including customers, employees, and their families. As always, businesses and local municipalities may choose to implement additional prevention strategies as they deem appropriate.

- For businesses and venues where everyone present is [fully vaccinated](#), the state does not require face coverings and social distancing in both indoor and outdoor settings. Businesses and municipalities are permitted to continue requiring face coverings and social distancing as they deem appropriate.
- For indoor businesses and venues where everyone present is not [fully vaccinated](#), unvaccinated persons should wear a face covering and maintain six feet social distance. Businesses and venues may continue to require face coverings and/or social distancing. At outdoor businesses and venues, unvaccinated persons may choose not to wear a face covering when able to maintain a six-foot social distance while outdoors, unless required to do so by a business or municipality.
- Although people who are fully vaccinated are not required to wear a face covering under state guidance, businesses and venues should be supportive of customers and employees who choose to wear a face covering.
- Persons who are immunocompromised should consider wearing face coverings when in settings where others may not be fully vaccinated.
- There are limited circumstances and settings where all individuals, including those who are fully vaccinated, must continue to wear a mask in accordance with [CDC guidance](#): (1) on public transportation, (2) in congregate facilities, (3) in health care settings, and where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance.
- All businesses and venues should support social distancing to the extent possible, especially in indoor settings. Businesses and venues should apply best practices in managing distancing at such places as concessions/counters, public restrooms, and lines/queuing.
- This guidance will be updated as the CDC releases new recommendations and is meant to supplement any federal or local guidance, safety laws, rules, regulations or business safety policies that may expressly require a face covering and/or social distancing.
- Continue to consult the [CDC](#) and [IDPH](#) websites for updated resources, guidelines, and rules related to COVID-19 safety.

Please refer to the complete list for Phase 5 Guidance at <http://dph.illinois.gov/sites/default/files/COVID19/Illinois%20Phase%205%20Guidelines.pdf>

OUR PROTOCOLS WILL EVOLVE AS GUIDELINES ARE UPDATED

IF NOT FULLY VACCINATED, face coverings are recommended, even while exercising, except when able to maintain 6-foot social distancing.

RESERVATIONS ARE ALWAYS REQUIRED except for personal/semi/private training, swim lessons, and yoga and group swim lessons.

SOCIAL DISTANCE to ensure the safety of everyone, we will continue to maintain barriers in between machines and separate use by 6-feet or more while using cardio or strength equipment in the wellness center. Strength equipment in wellness center will be on alternating daily schedule to allow for 6-foot social distancing.

SELF-ASSESSMENT SCREENINGS for Members and Staff prior to coming to the Y.

RIGOROUS CLEANING AND DISINFECTANT PROTOCOLS will be maintained. Hand sanitizers and wipes will be available to clean equipment before and after use.

SIGNAGE will be provided that is up to date throughout the facility regarding safety protocol.

WE WILL CONTINUE TO FOLLOW CDC, STATE, AND LOCAL GUIDELINES.



BUSINESS PRACTICE ADAPTATIONS

RESERVATIONS REQUIRED FOR ALL PROGRAMS & SERVICES

Extended Facility Hours:

Monday-Friday: 6:00 am- 8:00 pm | Saturday: 8:00 am – 6:00 pm
Starting July 11th: Sunday: 10:00 am – 6:00 pm

Extended Wellness Center Hours:

Monday-Friday: 6:00 am- 8:00 pm
Saturday: 8:00 am- 6:00 pm
Starting July 11th: Sunday: 10:00 am – 6:00 pm

Extended Racquetball Court Hours:

Monday-Friday: 6:00 am - 7:00 pm | Saturday: 9:00 am - 4:00 pm
Starting July 11th: Sunday: 10:00 am – 2:00 pm

- Required check in and check out.
- Social Distance & Safety
Ambassadors will monitor for compliance during peak hours and per staff availability
- Contact tracing protocol measures in place.
- Phase 5 precautions throughout facility.
- Youth ages 12 and up are permitted in the facility if unaccompanied.
- Class cancellation communications will be sent out at least an hour prior.
- No-show policy for lap swim and group fitness programs of 3 consecutive no-shows results in member reservation privileges being suspended.

THE FOLLOWING AMENITIES ARE NOT AVAILABLE UNTIL THE FALL

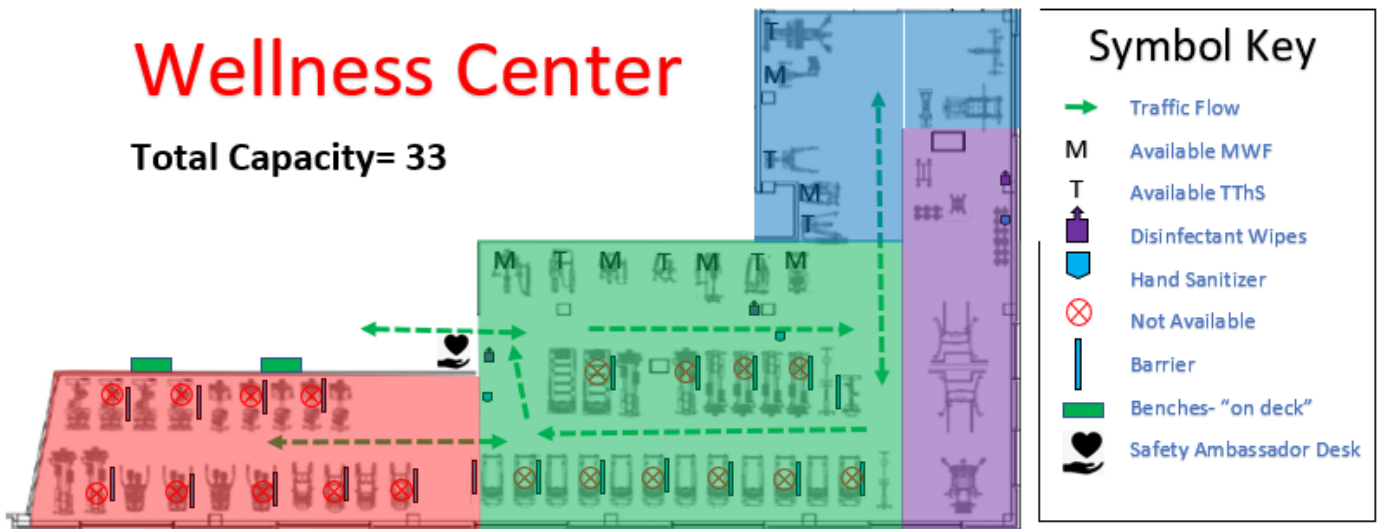
- Babysitting
- Badminton
- Cycling
- Guest Passes
- Water Fitness

QUESTIONS?

Contact us at memberservices@westcookymca.org

WELLNESS CENTER ADAPTATIONS

To ensure the safety of everyone, we will continue to maintain barriers in between machines and separate use by 6-feet or more while using cardio or strength equipment in the wellness center. Strength equipment in wellness center will be on alternating daily schedule to allow for 6-foot social distancing. We are only permitting 3 individuals in the free weight area (purple highlighted on map) at a time and requiring that 6-foot social distancing is maintained as well as the before and after disinfecting of all equipment used.



Phase 5 Wellness Center Hours of Operation

Monday-Friday: 6:00am-8:00pm

Saturday: 8:00am-6:00pm

Starting July 11th: Sunday: 10:00am-6:00 pm

Please keep your workout to a maximum of 60 minutes.

Maximum of 3 people in purple zone.



WEST COOK YMCA