



Governor Wolf has expanded mask-wearing requirements amid the coronavirus pandemic, making it mandatory that all PA residents wear a mask anytime they leave home. In hearing this news, we received clarification from our Pennsylvania YMCA leadership and upon their recommendation are amending our safety protocols regarding masks. Please note, the guidelines below are subject to change.

Mask Protocol While Inside the Facility:

- All members must wear a mask upon entering the facility
- Masks are to remain on throughout facility usage and especially within common areas such as the fitness center, group exercise and cycling rooms, locker rooms, pool decks, hallways, etc.
- Masks may be removed when exercising on a piece of equipment, but only if the member can do so while socially distant.
 - For example: If one member is “spotting” another member while weightlifting, both members must be wearing masks.
- Masks are to be removed upon entering the pool and are to remain off during pool usage.
- Masks may be removed while participating in group exercise and cycling classes.
 - Masks must be worn when entering and exiting the room and while setting up equipment.

Your workout routine may now look like this:

- Enter the Y, wearing a mask
- Clean piece of equipment before use, use spray bottles provided
- Remove mask (if socially distant)
- Complete exercise
- Place mask back on
- Clean piece of equipment after use
- Move to next piece of equipment, while wearing mask

Mask Protocol While Outside the Facility:

- Masks are not required to be worn when outside the facility and socially distant.

There are no changes to child care mask wearing protocols at this time.

All Greater Susquehanna Valley YMCA staff will continue to wear masks.

We need to continually adapt and readapt to this constantly changing environment. We will continually evaluate our procedures and safety protocols and readjust accordingly, following state mandates and our local health department requirements. Our members, staff and volunteers safety will forever remain our number one priority.

Thank you for your adherence to our protocols as well as your care and consideration for your fellow Y workers and members, and your patience as we all adapt. We are all in this together, and together we are better!

Bonnie McDowell, CEO
Greater Susquehanna Valley YMCA

#ForABetterUs