



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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Hello MDI YMCA Members,

With an increase in COVID-19 cases throughout Maine, we felt it was important to review best practices for health and safety measures. Our Y's leadership team continues to review and follow the Maine Center for Disease Control and Prevention (CDC) industry regulations.

As we move forward, we felt it was important to review some guidelines relating to preventing the spread of Covid-19.

Help us prevent the spread of Covid-19:

1. Stay home if you are not feeling well
2. Monitor your symptoms
3. Wear a mask at all times in the facility (unless swimming in the pool)
4. Appropriately social distance and limit exposure to other people
5. Cover your coughs and sneezes
6. Wash your hands often
7. Clean all "high-touch" surfaces before and after use

YMCA Changes in Our Facilities:

- Max capacity at the YMCA is 50 individuals.
- The pool will be available by reservation only. To reserve a lane call 288-3511 or visit our website a day in advance of when you would like to go for a swim.
- Currently you do not need to make a reservation to workout in our fitness areas.
- Masks are REQUIRED at all times. Anyone coming into the YMCA is required to wear a face covering at all times regardless of distance or activity. (Unless you are swimming)
- A minimum of 6-foot distance is advised at all times from others. The state guidelines are recommending a minimum of a 14-foot distance from others when engaging in physical activity.
- Locker rooms and showers are open. We still recommend members come dressed for your activity to limit exposure.

We will continue to review these guidelines regularly and communicate changes through email, our website, and social media to meet federal, state and local guidelines.

Stay Healthy and Well! Your MDI YMCA Staff