



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

MEMBER EXPECTATIONS

HOW YOU CAN HELP MINIMIZE THE SPREAD OF COVID-19

- **If you are sick or have a temperature, or if someone in your house is sick, please stay home. If you have allergies and can't control sneezing, please stay home.**
- **Pre-plan your workout routine to avoid lingering/socializing; with our reduced capacity, this enables other members to be able to work out as well.**
- **Limit the items you touch within the gym to only the items you will use.**
- **Wear a mask as you enter and leave the building and when not actively exercising.**
- **Wipe down each piece of equipment before and after use, and dispose of the materials appropriately.**
- **Wash your hands with soap and water before and after you leave the building. If not possible, use hand sanitizer when you enter and before you leave the building.**
- **Maintain appropriate social and physical distance from other members and staff when walking throughout the gym.**

THANK YOU for being a Community-Conscious Member of the Stanly County Family YMCA and following guidelines for keeping not only you, but your YMCA family safe and healthy!