



Rowan-Cabarrus YMCA

No Mask Exemptions—Updated Mask Policy and Practice

December 16, 2020

Overview

On November 16, the Rowan-Cabarrus YMCA moved to a mask policy at all times in YMCA facilities, except while working out. On November 23, the Y enhanced its protocols to include indoor fitness. As always, we continue to review and adapt our practices and protocols to ensure the safest environment for our staff and members.

Beginning on Monday, December 21, the Y will no longer allow for exemptions to our all mask policy as noted under the November 23, 2020 Executive Order for indoor fitness.

There are a number of options for our members that are not able to wear masks to stay active at our YMCA. These include participation in our Virtual YMCA Classes, at-home workout kits, outdoor group fitness classes, outdoor walking trails/paths, and outdoor group workout spaces, if available and weather permitting.

Frequently Asked Questions / Talking Points

Why are you making this change? We regularly review and update our policies and practices to best support the health and wellness of our staff, members and the broader community. As an active community health partner and to ensure the safest environment possible for our staff and members, beginning on Monday, December 21, we will no longer allow for exemptions to our mask policy as noted under the November 23, 2020, Executive Order. As COVID cases continue to rise, we are updating our policy to support our community's health and ensure we can remain open in service to our members.

Do I have to wear a mask at all times while I am working out at a Rowan-Cabarrus YMCA branch? Yes. To prioritize the health of our staff, members and the community, we have a mandatory all-mask policy while participating in indoor fitness. This includes, group fitness classes, weightlifting, racquetball, while on the pool deck before/after you get in/out of the pool, in the locker rooms, etc.

I don't want to wear a mask while working out. We fully respect your perspective on mask wearing. However, due to our commitment to other's health, the health of our community, and our strong determination to stay fully open and in service, we are moving in this direction. If you'd prefer, as an alternative, you can access our virtual wellness/fitness programming through our website at home. However, like other businesses with similar practices, you must fully comply with our mask policy to participate in indoor fitness/wellness activities.

Do I have to have a mask on at all times during outdoor wellness / fitness programs? We strongly encourage you to wear a mask at all times while outside. However, masks are not required for outdoor fitness/wellness programs, if you are socially distancing (staying 6-feet apart from other members/staff). All indoor fitness activities, including group fitness classes, require a mask at all times.

Can I wear a face shield? No. Based on recommendations from the CDC, face shields do not meet the requirements for face coverings/masks. Face coverings means a covering of the nose and mouth that is secured to the head with ties, straps, or loops over the ears and fits snugly against the side of a person's face.

I have a medical exemption / disability that allows me not to wear a mask. Thank you for letting us know. Unfortunately, unless you wear a mask while participating indoors at all times, you will not be able to participate/exercise inside any Rowan-Cabarrus YMCA branch. However, there are other options for you to stay active with us beyond indoor fitness. These include participation in our Virtual YMCA Classes, at-home workout kits, outdoor group fitness classes, outdoor walking trails/paths, and outdoor group workout spaces, if available and weather permitting.

After working with members who claim a disability related to mask-wearing, please contact your Branch Executive or our CEO, Jamie Morgan.

I am only here to swim. Wonderful! You will need to wear a mask walking to the pool or locker room and while on the pool deck until you get into the water and then again as you exit the pool and leave the Y.

Do I have to wear my mask on the pool deck? Yes.

Do I have to wear my mask during indoor group fitness? Yes.

Do I have to wear my mask on a treadmill and while I'm doing heavy cardio? Yes

This is ridiculous; who do I speak with about this? Let me take your name and number and I will have a member of our leadership team call you as soon as possible.

What about youth sports? Yes. All participants and parents must wear a mask at all times.

Other FAQs

What should I do if they refuse to wear a mask or do not have one on? If a member refuses to wear a mask, he/she cannot enter or remain in the building. We will have to ask the member to leave the facility. If you need assistance please request support from a member of your leadership team.