



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**11/18/20**

I'm reaching out today to provide some critical updates regarding the recent announcement of the RED ZONE classification of our county. Porter County released updated guidelines to help all of us slow the spread of the COVID-19 virus. You will notice many new signs around the building, please take a moment to read those.

These are scary times for all of us, not only because the virus is spreading at an alarming rate, but because there is so much uncertainty as it relates to our economy. The new guidelines are in place so we can do our part here at the Y to slow the spread and to try to avoid another closure.

Here's how you can help:

1. Masks need to be worn unless you are **ACTIVELY** engaged in a **CARDIO** activity or eating or drinking.
2. If you are moving about in the building, from one machine to another, or waiting for something to open up, **MASK ON.**
3. If you are conversing with someone, even while sitting, **MASK ON.**
4. If you are sitting anywhere in the building, even alone, **MASK ON.**
5. When you are exiting the building, keep your **MASK ON** at least until you reach the parking lot.
6. Shooting basketball, **MASK ON.**
7. In the locker room, **MASK ON.**
8. Using a machine or free weights that doesn't increase your heart rate, **MASK ON.**
9. If you are experiencing symptoms of the virus, and please remember, these can present as a common cold or sinus infection, please do not enter the building.
10. If you have been advised to quarantine, please do not enter the building.
11. If someone in your household is experiencing symptoms or tested positive, please do not enter the building.
12. If you have a medical condition that prevents you from wearing a mask, please wear a face shield.
13. Washing your hands frequently is the best option in practicing good hand hygiene, but there are also many opportunities to sanitize your hands in the building.
14. Wash or sanitize your hands when you enter the building and before you exit the building.
15. Social distancing does not replace mask wearing at this stage. The general rule of thumb is, wear your mask as much as you possibly can while inside the building.

We truly appreciate your cooperation. If a staff member or a volunteer approaches you and asks you to put on your mask, please show them grace. I realize this is a change for all of us, but I'm confident that we can navigate this together.

Stay safe and stay well!

In health,

**Shannon Burhans, PRESIDENT/CEO**

**PORTAGE TOWNSHIP YMCA**

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