



EFFECTIVE WEDNESDAY AUGUST 12TH

The Alamance YMCA is excited to announce that the Indoor Cardio Theater and Weight Lifting areas, as well as Locker Rooms, Health Clubs, Sauna and Steam Rooms will be open for the purpose of serving members as prescribed or directed by a medical professional, in accordance with the Governor's Executive Order 151, and meeting all requirements of the NC Department of Health and Human Services.

YMCA members MUST provide a written prescription or other written communication from a licensed medical professional to be able to utilize the indoor workout facilities and equipment.

The following List of Medical Professionals is approved to provide referral:

For purposes of this exception, "medical professionals" and "health care professionals" shall include licensed physicians, licensed physician's assistants or nurse practitioners, licensed nurses, licensed chiropractors, licensed dietitians, licensed respiratory care therapists, licensed psychologists, licensed clinical mental health counselors, licensed occupational therapists, licensed physical therapists, licensed recreational therapists, and licensed massage therapists.

*Access to indoor facilities does not apply to family members or other persons on a membership unit, only those who have provided the required documentation.

Following the Guidelines provided by the NCDHHS, access to the indoor fitness areas is limited to **10 PEOPLE** per room at any given time. At this time, a reservation will not be necessary for indoor facility usage. Usage will be first come-first serve with a 1 hour time limit per day.

All persons entering the Alamance County YMCA must adhere to a COVID19 screening including temperature checks prior to facility use. Face Coverings will be required upon entry and must be worn in common areas. Face Coverings may be removed during work out.

Thank you for your understanding and we look forward to seeing you in the Y!

