Supporting Urgent Health Needs.

Effective August 24, 2020, the WILLIAMS YMCA, in accordance with the Governor’s Executive Order 151 and under the guidance and requirements of the NC Department of Health and Human Services (NCDHHS), will allow access to the indoor wellness area for the purpose of serving active members as prescribed or directed by a medical or health care provider only.

Medically Prescribed Fitness

Members must provide a note or other written documentation from an approved medical or health care provider to confirm that the member’s use of the indoor wellness area is prescribed or directed by the medical or health care provider. The YMCA will record the medical provider’s name and contact information in the member’s account. Access to the indoor wellness area does not apply to family members or other people on the membership.

- Mondays - Fridays 8 a.m. - 11:00 a.m. and 4 p.m. - 7 p.m.
- For active Y members only. (No Guest Passes at this time) Limited to 10 members at a time.
- Reservations are required and will be made for 50-minute sessions. Make a reservation online, the system will be live later this week. **If you make a reservation and do not bring documentation, you will not be allowed to enter.**
- Masks will be required in all common areas and in free weights or on weight machines. Masks are not required on cardio but will be in transition.
UPDATES

SCHEDULE CHANGES
Outdoor Wellness @ O’Connell Fieldhouse 8 a.m. – 11a.m. and 4 p.m. – 7 p.m. NO RESERVATION REQUIRED/NO PRESCRIPTION REQUIRED

Batting Cages and Golf Simulators 8 a.m. – 11 a.m. and 4 p.m. – 7 p.m. RESERVATIONS REQUIRED/NO PRESCRIPTION REQUIRED

Beginning August 24th the YMCA’s indoor fitness center 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 (DHHS). Please see the attached document for more information. Below are answers to a few frequently asked questions. More information to come.

FAQs

What time?
Medically Prescribed Wellness 8 a.m.- 11 a.m. and 4 p.m. – 7 p.m. RESERVATION AND DOCUMENTATION REQUIRED

Will I need a reservation?
Yes. A reservation system will be made available this week on the YMCA’s website and through social media. Scheduled times will be for 50 minute time slots and may be made for any of the two available locations. Documentation from your health provider must be provided before entry is granted. Occupancy will be capped at 10 people per reservation time per room. You may not transfer between the 2 available locations during your reservation.

Where?
YMCA Wellness Center (Upstairs)
Healthy Living Room (Downstairs)

Is a mask required?
Yes, a mask will be required in all common areas, on weight machines, in free weight areas, and in transition from each piece of equipment.
How will you sanitize?
During and after each 50 minute session, YMCA staff will be sanitizing equipment. In addition, the YMCA has invested in a sanitizing fogger to completely sanitize each space between morning and evening sessions.

Will I go through a health screening before entering?
Yes, each day your temperature will be taken and we will ask whether you have experienced symptoms or if you have been around anyone who has.

Are locker rooms open?
Yes, but at this time we are not providing keys for locker usage.

Who is considered a “medical professional?”
The NC DHHS defines medical professionals as licensed physicians, licensed physician’s assistants or nurse practitioners, licensed nurses, licensed chiropractors, licensed dieticians, licensed respiratory care therapists, licensed psychologists, licensed clinical mental health counselors, licensed occupational therapists, licensed physical therapists, licensed recreational therapists, and licensed massage therapists.
This definition does not include personal trainers, unlicensed masseurs or body work therapists, or other unlicensed persons that may provide advice about health.

Am I required to disclose my disability or medical reason for prescribed exercise?
We respect our members’ right to privacy. While a written prescription is required, the member or medical provider is not required to disclose the reason, medical information or disability.

Does this really mean the Y is fully open for business?
No. It is our intent to provide access to members who need our support urgently for their physician-directed care, in accordance with the Governor’s Executive Order and meeting or exceeding all recommendations and requirements of the CDC, NC DHHS and local health departments.