

Locker Room Guidelines

YMCA of Greater Des Moines

What to expect:

- Some lockers may be closed off to allow social distancing in locker room. Please check at the branch for facility flow and access to locker rooms.
- Increased cleaning protocols within the locker rooms. Please be respectful of the Y and other members and leave the restrooms, sinks and locker areas clean and tidy after you use them.
- Please adhere to posted guidelines and directional signage.
- No towel service available. Please bring your own.
- No locks available.
- No overnight storage, day use only.
- No swim suit dryer or hair dryers provided.
- Current locker rentals honored.

Reminders:

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members.
- Put distance between yourself and other people outside of your home.
- Remember that some people without symptoms may be able to spread virus.
- Stay at least 6 feet (about 2 arms' length) from other people.
- Do not gather in groups.
- Keeping distance from others is especially important for people who are at higher risk of getting very sick.

Remember ... if you are experiencing symptoms of illness or are in the same household as someone diagnosed with COVID-19, please do not come to the Y.