

# HEALTH DECLARATION

**PLEASE REVIEW THE FOLLOWING QUESTIONS TO DETERMINE  
IF YOU CAN ENTER THE FACILITY.**

1. In the last 14 days, have you traveled to a country currently on the CDC quarantine list?
2. In the last 14 days, have you traveled to a state from which New York State requires individuals to self-quarantine and/or test? (Note: Travelers from states adjacent to New York are exempt from this requirement)
  - a. If yes to the above: Have you followed New York State guidelines for travel to another state?
3. To the best of your knowledge, have you or any of your household members been in direct contact with anyone who has tested positive for COVID-19?
4. Are you experiencing any of the below COVID-19 symptoms?
  - Fever (greater than 100 degrees)
  - Cough
  - Sore throat
  - Shortness of breath or difficulty breathing
  - Chills
  - Muscle pain
  - New loss of taste or smell
5. Have you tested positive for COVID-19 anytime in the past 14 days?

**PARTICIPATION IN Y PROGRAM REQUIRES ADHERING TO THE Y CODE  
OF CONDUCT.**

Point your device camera at the QR Code to view our updated Code of Conduct



**YMCA OF  
GREATER NEW YORK**  
Where there's a Y,  
there's a way.

# CODE OF CONDUCT

At the YMCA of Greater New York, creating a welcoming and healthy environment is a team effort. We ask everyone — staff, members, volunteers and guests — to follow our Code of Conduct, which is based on our core values of Caring, Honesty, Respect, and Responsibility.

## CODE OF CONDUCT

1. Create a healthy environment; complete health screening, including taking your temperature upon arriving, wear a mask as required, wipe down/disinfect equipment before and after exercising, please be patient during those situations when you may have to wait, maintain social distancing and follow relevant direction provided by signage and floor markings, wash your hands often, stay home if you have any symptoms of being sick.
2. Speak in respectful tones; refrain from the use of vulgar or derogatory language; and dress appropriately.
3. Resolve conflicts in a respectful, honest, and caring manner; never resort to physical contact or threatening gestures.
4. Respect others by refraining from intimate behavior in public; abstain from contact of a sexual nature.
5. Respect the property of others; never engage in theft or destruction.
6. Create a safe, caring environment; never carry illegal firearms or devices.
7. Participate in programs to build a healthy spirit, mind, and body; never engage in the use, sale, dispensing, or possession of illegal drugs or narcotics, or the unsanctioned use of alcohol on YMCA premises.

**ADHERENCE TO THE YMCA CODE OF CONDUCT AND REGULATIONS IS ESSENTIAL.**



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