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YMCA of Western North Carolina Mask FAQ

Updated Nov. 25, 2020

Are masks required at the Y?

Per the state of North Carolina's guidance for fitness and physical activity facilities and Executive Order 180, we require people age 5 and up to wear a face covering while they are inside our facilities, with certain exceptions.

What are the exceptions?

You are not required to wear a mask in the pool or shower, during outdoor group exercise, or if you have a medical exception.

How do I get a medical exception?

If you have a medical or behavioral condition or disability that prevents you from wearing a mask while working out, please provide written documentation from your primary care physician. We don't need to know the specifics, but we do need a note from your doctor stating that for health reasons, you cannot wear a mask while inside the Y. Present this documentation to our membership staff when you check in. We'll scan it for our files and return it to you with a paper wristband to wear while you're at the Y. There's no need to show us the note again. We'll give you a new wristband to wear each time you visit.

I'm not comfortable wearing a mask while I work out. What are my options?

Everyone should feel safe and welcome at the Y. We understand that some members may be uncomfortable wearing a face covering, or don't feel ready to come into our facilities just yet. If that's the case, we encourage you to take advantage of our many outdoor exercise options or virtual classes.

What do I do if I see someone not wearing a face covering?

Some people have a valid medical reason for not wearing a face covering while inside the Y. If so, they'll be asked to present proper documentation and will receive a temporary wristband to wear each time they visit. If you're concerned about someone not wearing a mask and/or wristband, please respect their privacy. Please notify a Y staff member discreetly rather than engaging with the other member.