



**Quad Cities COVID-19 Coalition
FOR IMMEDIATE RELEASE
June 18, 2020**

Current COVID-19 case count

Scott County – Total of 418

Total deaths in Scott County: 10

Rock Island County – 5 new cases Thursday for a total of 791

Currently in hospital: 1

Total deaths in Rock Island County: 28

Today's call

A video recording of today's media call can be found at

<https://www.scottcountyiowa.com/health/covid19/news>

COVID-19 still in community

Remarks from Ed Rivers, director of the Scott County Health Department

You may have noted that the Scott and Rock Island County Health Departments have reduced the number of press briefings taking place each week. We are currently in a phase of the coronavirus pandemic where we are not experiencing frequent changes.

We would encourage you to remember these points:

- COVID-19 is still in our community; we continue to see positive cases, some among individuals who never experienced symptoms
- Social distancing, or making sure you are more than 6 feet away from others who do not live inside your home, is still our BEST tool for reducing spread of COVID-19
- Testing continues to be available in our community, through our health systems, private providers, and through the TestIowa site in Scott County
- Just because businesses and other public places are open does not mean that COVID-19 isn't present; protect yourself and others when you choose to go out and about
- Events and activities in our community must continue to adapt in order to allow us to engage in the types of things that make us Quad Citians while also ensuring health and safety from COVID-19 illness

We would like to reinforce to the public that COVID-19 isn't going anywhere. However, we are resilient and can adapt as a community to ensure we can move forward and respond to any challenges related to COVID-19 quickly and safely.

Physical activity during COVID-19

Remarks from Janet Hill, chief operating officer of the Rock Island County Health Department

The COVID-19 pandemic means that many of us are staying at home and sitting more than we usually do. Binge watching anyone?

Regular physical activity benefits both the body and mind. It reduces high blood pressure, helps manage weight and cuts the risk of heart disease, stroke, Type 2 diabetes, and various cancers — all conditions that can increase your risk to COVID-19 infection.

Leaders from the YMCAs on the both sides of the river are here to talk about what you can do to stay active safely during the pandemic and what their facilities are doing to reduce the risk of COVID-19 when you visit.

Two Rivers YMCA: 3-phase reopening

Remarks from Anika Martin, Community Relations Director, Two Rivers YMCA

Our goal at the Two Rivers YMCA has continued to be serving our community and members in a safe and healthy way while following Illinois state mandates. On June 1, we were able to implement our first of a 3-phased plan for our reopening. Our phase 1 aligns with Restore Illinois Phase 3.

Currently, we are able to offer 1-on-1 wellness sessions, outdoor group exercise classes (limited to 10 or fewer people in a group), and strategic lap swimming times in our pools. We are also running Summer Day Camp and Nourish food program. And our Golf Learning Center and Bass Street Rowing center are open. That doesn't mean everything looks the same as it did before. We have put many new procedures in place.

We have a wonderful membership app that we have been able to utilize for making the 1-on-1 reservations as well as people being able to claim their spots in the group exercise classes. Doing it this way has been very organized and has guaranteed that we do not exceed capacity limits and no one is turned away upon arrival.

We have found a lot of excitement in bringing back our group exercise classes. We have 8-9 classes a day during the week and are also offering some weekend classes. Currently we are offering some Les Mills classes, yoga, cycling, and more.

We have had wonderful feedback from group exercise participants. Some had voiced their unease with going back inside the building so they are loving the outdoor class option. We even had a few members who were very apprehensive about the new procedures and had considered canceling their memberships, but after trying a class they were highly satisfied, happy to reinstate memberships and are now regular participants.

Regarding the 1-on-1 Wellness sessions; we have been able to allow participants back into our wellness center during these 1-on-1 sessions. Not only are they getting great customer service, they are also being trained and reminded about our rigorous cleaning procedures.

Our CEO received a phone call from a long-term member not long after our June 1 reopening. He had participated in a 1-on-1 wellness session and complimented the Y on their new procedures. He stated he was very impressed with the plan and the sanitizing taking place. He said that he felt safe the entire time he was in the facility.

We have also found that, yes, members are excited to get back into the fitness areas, but more importantly people are just excited to be back together. It's not just about the fitness, it's the support of those around you and a sense of community and togetherness. People have been isolated for so long and seeing friendly faces has brightened spirits at the Y.

Looking forward, while we do not yet have all the specific details for implementing the Restore Illinois Phase 4, our phase 2 aligns with it and will look to expanding our offerings, programming, and capacity limits. You can find all of our Phase 1 details on our website and we will be releasing Phase 2 very soon.

The last few months have certainly been a time for thinking outside the box. Many places (including the Two Rivers YMCA and the Scott County YMCA) worked on offering at-home options while facilities were closed including Facebook Live videos and other wellness videos. Luckily, the COVID-19 crisis happened to coincide with Springtime in the QC. So many people have seemed to have a renewed love of being outdoors.

In support of more outdoor fitness, we do offer kayak and standup paddleboard rentals at our Bass Street YMCA location in downtown Moline. All of which are thoroughly sanitized between uses and can be reserved on our app.

Scott County Family YMCA's precautions

Remarks from Josh Whitson, chief operating officer, Scott County Family YMCA

Preventative measures taken by the Scott County Family YMCA include:

Employees

- Temperature taken and observation for signs and symptoms. Wash hands upon arrival.
- Sanitize work space upon arrival.
- Workstations — assigned, spaced, and/or virtual.
- Face masks and eye protection for child care workers for close contact situations.
- Employee resource page on our website to educate staff on COVID-19.
- Employee Assistance Program service offered to assist employees with their mental health.
- Report to Iowa Department of Public Health if absentee percent reaches 10 percent or greater due to COVID-19.

Facilities

- Doors propped open to limit excessive contact.
- Educational material posted regarding hand washing and good personal hygiene habits.
- Cardio equipment spaced out and/or put out of order — sign on equipment says “practicing social distancing.”
- Additional hand sanitizer and disinfectant stations added in cardio rooms, weight rooms, restrooms, locker rooms and high-traffic areas.
- HVAC: Increased air flow in high traffic areas plus high-efficiency filters installed.

Operations

- Increased cleaning of high-touch points.
- Sanitize before and after personal training sessions and programs.
- Purchased three electrostatic disinfectant and sanitizers units.
- Purchased thermal scanning units for all facilities.
- Certified staff in pandemic disinfection cleaning.

More information

- www.TogetherQC.com
- coronavirus.iowa.gov
- <https://www.dph.illinois.gov/covid19>
- <https://www2.illinois.gov/idoc/facilities/Pages/Covid19Response.aspx>

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