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For Immediate Release

Strict Standards Lead to NC YMCA's Low COVID Positivity Rate

NC Alliance of YMCAs tests efficacy of health protocols, identifies bright spots

[December 14, 2020 – Raleigh, NC] North Carolina's YMCAs are dedicated to ensuring the safety of employees and members by meeting or exceeding the guidelines and recommendations of our state and local health experts, and the Centers for Disease Control and Prevention (CDC). As COVID-19 cases continue to rise across our state, the NC Alliance of YMCAs conducted a study to test the efficacy of NC YMCAs' health protocols statewide.

The study examined YMCA fitness centers between Sept. 4 and Nov. 30, 2020. With nearly 1.3 million visits to 89 YMCA locations across North Carolina, the Y was notified of only 57 COVID-19 cases – a positivity rate of just .0045%.

The study, which found no clusters in YMCA fitness centers, is a bright spot considering the Y's struggle to balance substantial revenue losses with an unprecedented demand for critical services. In addition to providing community members with opportunities for exercise to maintain and improve their health, NC YMCAs have provided remote learning support for nearly 9,000 children at 117 sites, served or delivered more than 677,000 meals to those in need, and made more than 88,000 wellness checks on seniors and others at risk since the start of the pandemic. YMCAs
In addition to following strict standards, the Y has stepped up as a nonprofit leader in community health to promote hand washing, mask use and social distancing.

"The Y remains on the front lines of the COVID-19 crisis response, serving the most vulnerable members of our communities," said Sherée Vodicka, CEO of the NC Alliance of YMCAs. "YMCAs are so much more than a gym; they are a critical community resource and partner. We expect the critical community need to grow in 2021, even with the promising vaccine on the horizon. It is important that YMCAs remain operational with our current safety practices so that we can keep providing vital community services."
To learn more about the Y's COVID-19 response and impact in North Carolina, visit www.ncymcaalliance.org/our-impact.

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About the NC Alliance of YMCAs
The North Carolina Alliance of YMCAs is a coalition of 25 YMCA associations. Its purpose is to build the capacity of all the state's YMCAs, foster collaboration on statewide initiatives through effective partnerships, advocate on behalf of the YMCA's mission and cause with elected officials and stakeholders at the local, state, and national levels, and coordinate communication to build consensus that ensures YMCAs are recognized as leaders in youth development, healthy living, and social responsibility.

The YMCA is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the U.S., 2,700 Ys engage 21 million men, women and children – regardless of age, income or background – to nurture the potential of children and teens, improve the nation's health and well-being, and provide opportunities to give back and support neighbors. Anchored in more than 10,000 communities, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. ymca.net

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