



Action Steps for Improving Water Access at Your YMCA

Refer to your YMCA’s individual Water Access Report to identify water access challenges. Then use the following questions and suggested action steps to overcome those challenges. The **ALL** symbol are strategies for everyone, no matter how you answer the question. Items in bolded caps with the word “SEE” in front refer to additional resources to help you meet your Rethink your Drink Goals.

Questions

Suggested Action Steps

<p>Do you have at least one water source per 100 members and staff?</p>	<p>NO</p> <p>YES</p> <p>ALL</p>	<p>Order large tap water dispensers, like insulated jugs or cambros. These water dispensers can be filled with tap water from a sink or basin. Be sure they are accessible to all members and staff. Also place portable water dispensers like water pitchers in highly populated areas. SEE: A GUIDE TO CHOOSING TAP WATER DISPENSERS, REACH WATER SANITATION GUIDELINES</p> <p>Great! Check to make sure that water sources are functional.</p> <p>Ensure that large tap dispensers, like insulated jugs or cambros are regularly stocked and cleaned by developing a cleaning and restocking plan. Make sure staff are clear on their roles and responsibilities. SEE: WATER SANITATION GUIDELINES. & CONTAINER CLEANLINESS SIGNAGE.</p>
<p>Are all water sources in your building working?</p>	<p>NO</p> <p>YES</p> <p>ALL</p>	<p>Complete a work order request to the YMCA operations department to have water source fixed.</p> <p>Great! Implement a schedule for checking the functionality of all water sources, if you do not have one. SEE: CONTAINER CLEANLINESS SIGNAGE</p> <p>Place portable water dispensers in highly populated areas (i.e. staff break rooms, fitness centers). SEE: GUIDE TO CHOOSING TAP WATER DISPENSERS, WATER SANITATION GUIDELINES</p>
<p>Are any of the fountains/coolers in your building dirty?</p>	<p>NO</p> <p>YES</p> <p>ALL</p>	<p>Great! Work with custodial staff to set up a cleaning schedule if you do not already have one. Monitor to make sure the schedule is being followed. SEE:CONTAINER CLEANLINESS SIGNAGE.</p> <p>Work with custodial staff to set up a cleaning schedule with clear rules. SEE: REACH WATER SANITATION GUIDELINES & CONTAINER CLEANLINESS SIGNAGE.</p> <p>Post signage and other messaging to remind members and staff not to leave gum, trash or food in water fountains and/or dump anything besides water down the drain. SEE: CLEALINESS SIGNAGE.</p>
<p>Are any of the water fountains in your YMCA too warm?</p>	<p>NO</p> <p>YES</p> <p>ALL</p>	<p>Great! Implement a schedule to check the functionality and temperature of the water fountains in your YMCA.</p> <p>Work with the YMCA operations staff to fix the temperature of the water fountains, and in the meantime increase the accessibility of portable tap water dispensers. SEE: A GUIDE TO CHOOSING TAP WATER DISPENSERS, WATER SANITATION GUIDELINES</p> <p>Use portable water dispensers that can be filled with tap water if water fountains are not available or fixable, and be sure to provide cups. SEE: GUIDE TO CHOOSING TAP WATER DISPENSERS, WATER SANITATION GUIDELINES</p>
<p>Does your YMCA have strategies to promote tap water consumption?</p>	<p>NO</p> <p>YES</p> <p>ALL</p>	<p>Negotiate with vendors and review contracts to encourage that water be priced competitively (below to healthier options) in all vending machines. Stock water at eye level in vending machines. SEE: HBSR TOOLKIT: APPENDIX B, WAYS TO PROMOTE HEALTHY FOOD AT YOUR ORGANIZATION.</p> <p>Use signage to promote water consumption in all lobbies, and work out areas. SEE: WATER SIGNAGE and HBSR TOOLKIT: Getting Buy-in at your Organization, WAYS TO PROMOTE HEALTHY FOODS AT YOUR ORGANIZATION</p> <p>Great! Display signage to encourage water consumption at all water access points. SEE: WATER SIGNAGE</p> <p>Provide tap water at no charge to staff, members, and visitors in lobbies, and work out areas. SEE: WAYS TO PROMOTE HEALTHY FOOD IN YOUR ORGANIZATION.</p>
<p>Do you have a water access policy in place at your YMCA?</p>	<p>NO</p> <p>YES</p> <p>ALL</p>	<p>1. Convene an internal team to review and discuss water reports and water access points.</p> <p>2. Create policies that address water access issues within your YMCA. SEE: REACH GUIDE FOR WRITING HEALTHY BEVERAGES and SODIUM REDUCTION.</p> <p>Great! Make sure your water access policy is up to date and meets your current water access standards. Also, make sure to serve and promote water during meetings, events celebrations. SEE: HEALTHY GATHERINGS TIPSHEET</p> <p>Communicate this policy to all visitors, staff and patrons. SEE: HBSR TOOLKIT & SEE: REACH GUIDE FOR WRITING HEALTHY BEVERAGES and SODIUM REDUCTION.</p>