Well done New Zealand - we did it! Many of our previous distancing requirements no longer apply, however we want to keep everyone safe and well.

Please follow these guidelines when visiting a YMCA.

**Wash your hands**
This is advised for at least Pre and post-workout or other activity. Washing should be with soap and water for 20 seconds and hands dried thoroughly.

**Contact tracing**
QR codes are displayed to allow people to keep a record that they've visited our centres.

**Sneeze or cough into your elbows**
Use tissues provided, dispose of used tissues immediately and wash hands thoroughly after coughing or sneezing.

**Stay home if you are sick**
Please don't come into our centre if you are unwell. Parents, please keep your children at home if they are not well.

**Spray and wipe all equipment**
Use the cleaning products provided to spray and wipe all equipment that you contact during your time at the centre.

Thank you to everyone for your patience, understanding and support during COVID-19.