

## HOW WE CAN HELP EACH OTHER TO STAY HEALTHY

### What the Y is doing for you and our community:

- We will be closing all saunas and steam rooms, effective immediately
- Placing additional hand sanitising stations and multilingual infection prevention signage as appropriate throughout our centres
- Providing wipes to allow patrons to clean equipment after use, with increased announcements by staff to remind people to do so
- Implementation of additional cleaning practices such as wiping down equipment prior to and after all classes including bars, boxes and crashmats and other high traffic equipment
- All equipment is cleaned prior to each morning and afternoon session as an additional precaution
- Ongoing cleaning of common areas of the centre including foyers, tables and chairs, door handles and bathrooms
- Thorough cleaning of all hard surfaces in our centres every night and during the day to ensure a high standard of cleanliness
- Display of audio and visual reminders for patrons to wash hands and engage in good hygiene practices
- Implementation by staff of a zero tolerance approach to unhygienic behaviours in our gyms
- When and where practical Y NSW staff will limit the capacity of activities and equipment to allow participants to keep a respectable distance of 1.5 metres between other participants; this may include a reduction in available equipment such as cardio equipment
- Amend activity protocols so participants and staff limit non-essential touching, e.g. no shaking hands, no high fives, Y NSW staff will limit the beginning and end of activities to waves and smiles
- Disinfection and checking of all swimming pools. All our pools adhere to the Public Health Act, and NSW Health regulations which require that “public swimming pools and spa pools must be equipped with effective water circulation, filtration, disinfectant, and pH control systems.”

### What you can do for the Y and our community:

- Please let us know if you or someone you have been in contact with has been diagnosed with COVID-19. Self-isolate and please do not return to the service until medical clearance has been received
- If you have travelled overseas, do not attend our services until 14 days have lapsed since your arrival in Australia (i.e. you have completed self-isolation)
- Please stay at home if you are sick. If you are unwell with respiratory illness, seek medical advice and remain at home until symptoms resolve
- Only attend as close as practical to the start of any Y NSW activity and leave shortly after the activity has concluded
- Children to be accompanied by not more than one parent or guardian, if possible

- Everyone should follow precautions advised by public health experts including:
  - Frequently clean hands by using alcohol-based hand rub or soap and water
  - When coughing and sneezing, cover mouth and nose with flexed elbow or tissue. Throw the tissue away immediately and wash hands. Avoid touching your eyes, nose and mouth
  - Avoid close contact with people with cold or flu-like symptoms.

More information about Novel Coronavirus can be found on the [NSW Health website](#).