



# GUIDE FOR ENJOYING YOUR STADIUM SESSION

For the health and safety of you and those around you, we've put together this handy guide to help you prepare for your next visit.

## Before You Leave Home

- Book your session via our online portal
- Refrain from visiting if you have been or are feeling unwell
- Pack your sweat towel, equipment and water bottle (no communal equipment available)
- Check you have your EFTPOS card and photo ID
- Dress in appropriate attire
- Leave any personal items at home (Lockers temporarily unavailable)

## When You Arrive

- Arrive no earlier than 5 minutes before your scheduled session time
- Look for and follow all social distancing markings
- Check in with our friendly team at reception
- Sanitise your hands using the provided station
- Follow all staff directions and head directly to the stadium

## Throughout Your Session

- Avoid sharing equipment with people who are not part of your group
- Continue to follow all social distancing and hygiene measures

## Leaving Your Session

- Exit the stadium when directed by staff
- Leave via the directed exit
- Sanitise your hands using the provided station

**Remember, everyone has a role to play in stopping the spread.**

**Cardinia**  
Leisure

**Cardinia**

**4 ALIGNED  
LEISURE**

Managed in partnership