

- IMPORTANT HEALTH AND WELLBEING MESSAGE -

Dear Members,

It has been an incredible week for all of us. COVID-19 is impacting every aspect of our society and we expect the world will be a different place on the other side of this.

We want to provide another update from the club so that you all know about the measures we have in place and what we are planning for the weeks and months ahead.

Firstly, we want to acknowledge that this is a very difficult time for everyone. A normal response to the uncertainty we are all facing is to feel worried or anxious. It is important that we all look out for each other and show kindness. It is also important that as adults, we are mindful of how we behave and how we speak in front of children. Kindness, empathy and some good quality fun between parents and children will be good for all of us at this time.

Secondly, we want to say thanks. Since we introduced additional hygiene measures last week the entire club community has been right behind us. Thank you for helping us to look after the health and wellbeing of our gymnasts, staff and community.

In the last week there have been lots more government announcements. Here is what we know;

- The Australian Government has released COVID-19 [guidelines for community sport](#). These guidelines say that gyms, indoor fitness centres and swimming pools are not required to close at this time providing they meet the requirements for social distancing and hand hygiene.
- The Australian and Victorian Government are NOT closing schools at this stage. We are aware that some private schools in Victoria have made the decision to close.
- The Australian and Victorian Governments have ruled that indoor activities or gatherings should have no more than 100 people. At Energetic, even on our busiest night we would not reach this number.
- The Australian and Victorian Governments are now talking about social distancing measures being in place for months not weeks.
- Gymnastics Australia has [created a resource](#) for coaches, gymnasts and parents with tips about looking after your health and wellbeing.

At this point in time, Energetic Gymnastics will continue to provide services to the community, with strict hygiene and social distancing measures in place. The following additional restrictions will be effective immediately;

- The parent viewing area will be closed for the foreseeable future
- Classes will now operate on a drop off/ pick up basis only and during these times parents are asked to strictly follow hygiene and social distancing guidelines
- Children aged 3-5 years old participating in our Kinder Gymfun program will require a guardian to stay on site or just outside the roller door which will be up weather permitting.
- All gymnastics activities will be restructured to allow for the following;
 - No spotting or physical contact from coach to gymnasts
 - No partner or group activities or physical contact between gymnasts
 - Staggered drink and bathroom breaks to minimize numbers in the foyer
 - Gymnasium rotations and circuits updated to create more physical space

Our plan at the moment is to continue to operate in line with advice from the Australian and Victorian Governments. We know that our gymnastics classes are a physical and psychological outlet for children and want to do everything we can to maintain some normality in their daily routines. We also know that gymnastics helps children to build resilience skills, coping mechanisms and friendships - all of which are so important right now.

Like many other businesses we are preparing for the longer term economic impact that COVID-19 will have. We anticipate that at some stage we will need to close, hopefully it won't be for too long and we do not know when this will be.

Now is the time to be preparing for this. We have had to make the difficult decision to reduce our coaching, customer service and administration hours. Our hope is that we can keep all of our staff employed in the long term, but for a little while you may not see some of the familiar faces of our friendly staff around the gym as often as you normally would. We do also ask that you give us a little more time than usual to respond to phone messages and emails as we operate on a reduced number of customer service hours.

We are a small family business that employs just over 20 staff. With the support of our loyal members and the local community we are confident that we can get through this and rebuild on the other side of COVID-19.

19 March 2020

In the meantime, we will be doing everything we can to keep everyone safe and well. We will continue to provide children with a place where they can have fun and learn how to move their bodies and develop their minds.

We live in a wonderful community and we get so much joy from seeing the smiles on children's faces when they arrive at the gym and connect with their friends, or achieve a new skill or experience the feeling of jumping on a trampoline and swinging on a bar.

Thanks for your support and please take care.

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