

- IMPORTANT HEALTH AND WELLBEING MESSAGE -

Dear Members,

Thank you to all those members who have been participating in the outdoor classes, it has been wonderful to see you all. We are excited to welcome back all our families to our indoor classes on the 22nd June. You can now go to our website www.energeticgym.com.au and log on to the parent portal to re enrol in the class of your choice.

At Energetic Gymnastics the health and wellbeing of our staff, gymnasts and families is a priority. We have a number of measures in place year-round to maintain cleanliness, promote good health and hygiene. These include;

- A regular cleaning schedule for the gymnasium, kitchen and bathrooms
- Provision of soap and hand towels in the bathrooms
- Provision of hand sanitizer and tissues at the front counter
- Encouraging gymnasts to stay home and rest if they are unwell
- Suspended fees and place holders for gymnasts that are away for long periods of time
- Ongoing promotion of healthy lifestyles for children and families
- Teaching gymnasts and staff about the importance of looking after their bodies and minds

In response to the COVID-19 pandemic and advice from the Victorian Government we will be following these additional measures to maintain cleanliness, promote good health and hygiene;

- In line with government policy we will only have 20 children per enclosed space
- Parents/siblings/carers will not be allowed inside the gym (with the exception of the parent baby class as parents/carers will be included in our 20 person limit)
- All gymnasts (every age group, every class) are required to BYO gym / hand towel
- All gymnasts (every age group, every class) are required to BYO full drink bottle
- All gymnasts (every age group, every class) are required to BYO hand sanitizer
- Staff and gymnasts are required to wash / sanitize their hands upon arrival
- Staff and gymnasts are required to wash / sanitize their hands before leaving
- Food is no longer permitted on-site
- The kitchen area will be closed until further notice
- Shared toys and books will be put away until further notice
- Gymnast's phones must be kept securely in bags and not used during training breaks
- Energetic Gymnastics will increase the frequency of gymnasium and bathroom cleaning
- Energetic Gymnastics will increase the frequency of disinfecting high traffic surfaces
- Additional hand sanitisation and tissue supplies will be available
- The children will be required to wipe down their stations after use.

- Please ask your child/dren to use the toilet at home before class. We will still have the toilets open however we would like to minimise use.
- Children should be prepared for class in their training clothes as we will not allow the toilets to be used as changing rooms.

These measures will take effect immediately and we thank you in advance for your support and understanding.

We are also pleased to let you know that we will be **introducing make up classes**. This means that your child can stay home if they are unwell and you can book into another class so that they don't miss out on their time at gymnastics.

Our staff will be promoting the following important health messages to all children, and we ask that you support us in educating your children about their health and hygiene;

- 1. Please stay at home if you are sick. It's ok to miss gymnastics.**
- 2. Wash your hands with soap and water for at least 20 seconds**
- 3. Try not to touch your eyes, nose or mouth**
- 4. If you need to sneeze or cough, use a tissue or your elbow and then wash your hands**
- 5. You can be healthy and strong by eating fruit and vegetables, drinking water, doing exercise and getting a good sleep every night**

Please note the following changes to arrival and departure.

- ARRIVAL: Parents/siblings/carers are not allowed to come into the gym. Please walk your child to the front door and staff will be waiting to meet you and mark the roll as the children enter the gym. Please be patient.

-DEPARTURE: Parents/siblings/carers are not allowed to come into the gym. Please walk to the back roller door where your child will be waiting to be collected. Staff will be waiting to meet you and mark the roll as you leave. Please arrive on time. Please do not leave without having your child marked off the roll. Please be patient.

-All children regardless of age must be walked to the foyer door on drop off and picked up by an adult at the back roller door. Please do not arrive more than 5 minutes early

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and do not leave your child unattended out the front. Please do not arrive late. Please do not collect your child late.

-Please be mindful of cars in the car park and on the road. Take extra care when driving and go slowly as this is a children's facility.

We ask you to support us with the additional measures we are taking and welcome any questions or feedback that you may have. If you have any questions about payments or classes or another matter our on site office will reopen on the 22nd June. Please call 51740131 between 3-5pm on Monday, Wednesday or Friday. And on Saturday between 8:30-11:30am. Alternatively you can email us on info@energeticgym.com.au at any time.

We also encourage you to look after yourself and your family at this stressful time ahead. We will do everything that we can to provide a safe and clean environment for children to enjoy gymnastics and our coaching team will be working extra hard to ensure that everyone is developing their skills and enjoying time with their gym friends.

Please take care and look after your health.

Elise Edgar
Head Coach

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