

- IMPORTANT HEALTH AND WELLBEING MESSAGE -

Dear Members,

We trust you are well and enjoying the warm weather this week. It is timely for us to provide an update from the club about the measures we are taking to help everyone to stay healthy and well.

At Energetic Gymnastics the health and wellbeing of our staff, gymnasts and families is a priority. We have hundreds and children and families visiting our facilities every week and already 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 emerging advice from the Victorian Government we will be introducing the following additional measures to maintain cleanliness, promote good health and hygiene;

- 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 drink bottle
- Staff and gymnasts are required to wash / sanitize their hands upon arrival
- Staff and gymnasts are encouraged to wash / sanitize their hands before leaving
- Food is no longer permitted on-site (with the exception of birthday parties)
- The kitchen area will be closed (with the exception of birthday parties) 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

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**

COVID-19 has significant media and information from the Victorian Government is being updated every day. We are paying close attention to what is going on and have plans for various scenarios. We will continue to keep everybody informed about what is happening at the club. We will also be posting on a regular basis on Facebook and Instagram, sharing factual information that is being provided by the Victorian Government and the Better Health Channel.

In the meantime, we ask you to support us with the additional measures we are taking and welcome any questions or feedback that you may have.

We also encourage you to look after yourself and your family at what might be a 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.

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