



Hi all Gymnastica Families,

This is an update on what we're doing to prioritise your health and safety when you visit Gymnastica Gym Club.

We (Gymnastica Gym Club) have always taken great pride in keeping our gymnastics club clean and well-run for our members, however to make sure we can keep on coaching your children to the quality you expect, we have put in place an updated cleaning and sanitising plan, for both our gymnasts and coaches.

We are keeping an eye on all the information being issued by the Ministry of Health, which recommends regular cleaning both equipment and personal, as two of the most important preventive measures we can take.

To this effect we are asking all families to ensure gymnasts wash their hands thoroughly before entering the gym (for younger members if this can be supervised to ensure the recommended 20 seconds of washing and complete drying of the hands). You will also notice our coaches will no longer 'high five' gymnasts, rather we are implementing a new foot or elbow touch, this will be coach directed.

At this point we will also have an adult (at this point a coach) attend to cleaning duties around high use areas, every hour (this is where as a club, we could really use family support, our volunteer coaches are better helping your gymnast than cleaning).

We are asking families who have travelled overseas recently to not attend gym classes in line with Ministry guidelines. If your gymnast shows **any** sign of illness, regardless of whether they meet the corona virus symptoms, please do not attend class.

Please keep in mind we are keeping an eye on the Ministry of Health website and will respond if any further directives are made.

In the meantime, rest assured we (Gymnastica Gym Club, our volunteer coaches and committee) are doing everything they can to reduce the risk to our members.

For the latest updates on our response to COVID-19 (Coronavirus), go to <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus>

Regards

Jody Le Bas
Club Manager

