

SHOULD I BE TRAINING?

THERE'S A LOT OF TALK CIRCULATING ABOUT THE CORONAVIRUS COVID-19, AND SOMETIMES A LITTLE MORE AMPLIFIED THAN IT NEEDS TO BE. LET US GIVE YOU SOME FACTS TO PUT YOUR MIND AT EASE.

- 1 THE VIRUS IS HIGHLY UNLIKELY TO BE TRANSMITTED BY SWEAT
- 2 MAINTAINING A HEALTHY LIFESTYLE ENSURES YOUR IMMUNE SYSTEM IS STRONG (TRAINING & EATING RIGHT)
- 3 IF GENERAL GYM ETIQUETTE IS FOLLOWED, THE CHANCES OF PICKING UP COVID-19 AT THE GYM IS CONSIDERABLY LOW



WHAT ARE WE DOING ABOUT IT?

A BIG ORDER OF SANITIZER IS EN ROUTE TO ALL CLUBS IN THE NEXT 2 WEEKS (DUE TO HIGH DEMAND).

WHILST FITNESS PLAYGROUND HAS HAD NO CONFIRMED CASES IN ANY OF OUR CLUBS, OUR PRIORITY IS TO ENSURE THAT WE ARE BEING PROACTIVE FOR THE SAFETY OF EACH PERSON.

- 1 INCREASING THE DAILY HOURS OF DEEP CLEANING
- 2 AS ALWAYS, USING ANTIBACTERIAL SPRAY ON ALL OF OUR EQUIPMENT AFTER CLASSES/GENERAL USE
- 3 PROVIDING DISINFECTANT WIPES FOR YOU TO USE
- 4 REMINDING AND ENFORCING ALL STAFF & MEMBERS ON CLEANLINESS AND HYGIENE BEST PRACTICES
- 5 ENSURING ALL FITNESS PLAYGROUND STAFF DECLARE THEIR HEALTH & TRAVEL STATUS



WHAT WE ASK OF YOU.



WE ASK THAT YOU DO NOT ATTEND A CLASS/SESSION FOR **14 DAYS** FOLLOWING ARRIVAL BACK INTO AUSTRALIA FOR THE COUNTRIES CURRENTLY CLASSIFIED AS HIGH RISK BY BOTH THE AUSTRALIAN GOVERNMENT AND WORLD HEALTH ORGANISATION (WHO).

HIGH RISK COUNTRIES INCLUDE: CHINA, IRAN, ITALY, JAPAN, MONGOLIA AND SOUTH KOREA.



IF YOU ARE FEELING UNWELL, ESPECIALLY ANY FEVER/FLU-LIKE SYMPTOMS AND/OR SHORTNESS OF BREATH, PLEASE CARE FOR YOURSELF & OTHERS BY **STAYING HOME**.

IF YOU NEED TO DO SOMETHING WITH YOUR MEMBERSHIP IN THE CASE YOU CANNOT TRAIN, PLEASE CALL OR EMAIL US AND AVOID COMING INTO THE CLUB.

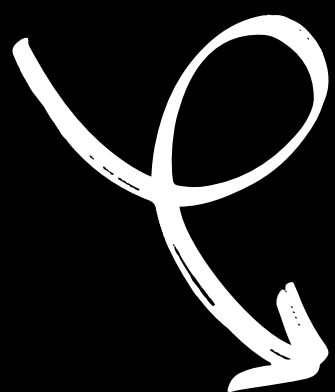


WHAT CAN YOU DO?

TO HELP WITH CLEANLINESS AND HYGIENE BEST PRACTICES, WE'VE CREATED A QUICK CHECKLIST FOR YOU. WE ASK YOU TO WORK WITH US AND EXERCISE THE BEST POSSIBLE GYM ETIQUETTE.

- 1 IF YOU'RE FEELING UNWELL (FEVER/FLU-LIKE SYMPTOMS OR SHORTNESS OF BREATH), CONSIDER YOURSELF & OTHERS BY HEADING HOME TO REST
- 2 PLEASE ENSURE YOU TRAIN WITH A TOWEL
- 3 MAINTAIN A HANDS OFF APPROACH WITH OTHERS WHERE POSSIBLE (YES, SADLY IT MEANS AVOIDING FIST PUMPS & HANDSHAKES)
- 4 IF YOU NEED TO, COUGH/SNEEZE INTO YOUR ELBOW OR A TISSUE, NOT INTO YOUR HANDS
- 5 WASH HANDS FOR AT LEAST 20 SECONDS REGULARLY WITH HOT, SOAPY WATER OR HAND SANITIZER
- 6 PLEASE USE THE PROVIDED ANTIBACTERIAL WIPES TO CLEAN ANY EQUIPMENT YOU'VE USED WHILST TRAINING

No towel?



No play



GENERAL INFORMATION.

A NATIONAL CORONAVIRUS HEALTH INFORMATION LINE CAN BE REACHED BY CALLING: **1800 020 080.**

FURTHER INFORMATION CAN ALSO BE FOUND BY VISITING: **WWW.HEALTH.GOV.AU/NEWS/HEALTH-ALERTS/NOVEL-CORONAVIRUS-2019-NCOV-HEALTH-ALERT**

THANK YOU FOR RESPECTING OUR MEASURES TO MINIMISE ANY RISK OF TRANSMISSION WITH OUR MEMBERS AND STAFF.