



ST BERNADETTE'S GYMNASTICS CLUB

stbernadettesgymnastics@gmail.com



Update on COVID 19 – St Bernadette's Gymnastics Club

Latest Covid-19 Information:

Ministry of Health - <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus>

Health Information - <https://www.healthinfo.org.nz/Southern/index.htm?home.htm>

Message from the Club:

Please help us keep our gymnastics community and their families healthy.

We encourage you to keep your gymnasts away from sessions if they are showing any kind of illness such as coughs and colds. It is fundamental to the nationwide efforts to contain the spread of COVID-19 is to avoiding putting yourself or others at risk if you are unwell.

It is important to be informed, vigilant about hygiene practices but to also ensure we do not alarm our children. Everyone needs to focus on good hygiene practices when attending the gym.

ALL ST BERNADETTE'S GYMNASTS, COACHES, PARENTS AND GUARDIANS MUST WASH AND THOROUGHLY DRY THEIR HANDS BEFORE ENTERING GYM CLASSES.

(There is a bathroom along the corridor in the main King Edward Court building opposite the RASA dance room).

Prevention – how to protect yourself and others (taken from the MOH website)

- Cough or sneeze into your elbow or by covering your mouth and nose with tissues.
- Put used tissues in the bin or a bag immediately.
- Wash your hands with soap and water often (for at least 20 seconds).
- Try to avoid close contact with people who are unwell.
- Don't touch your eyes, nose or mouth if your hands are not clean.
- Avoid personal contact, such as kissing, sharing cups or food with sick people.
- Clean and disinfect frequently touched surfaces and objects, such as doorknobs.
- Stay home if you feel unwell.
- Call Healthline on [0800 358 5453](tel:08003585453) if you have any symptoms and have been to any [countries or territories of concern](#) or have been in close contact with someone confirmed with COVID-19.

St Bernadette's Cleaning Regime

- We have increased the cleaning regime to 'High touch' surfaces in line with the Ministry of Health website recommendations.
- High-touch surfaces include door handles, light switches, computer keyboard and mouse, chair handles, taps, stair rails and the gym phone, we will endeavour to disinfect these daily.
- Our crash pads will be wiped down regularly as well as other high touch equipment.

Classes and Cancellations

Classes will continue to run as usual for the time being. We will be closely following Ministry of Education recommendations and if schools are to be closed then we will follow suit.

Announcements will be made on our website, via email and on our facebook page:

<https://www.facebook.com/groups/332278526867521/>

Sincerely;

St Bernadette's Gymnastic Club