



BALLARAT Gymsports the new environment for kids

We have all missed the gym, equipment, our coaches and our gymsports friends during this time. To make sure you, your family and our entire gymsports family remains safe, we have some new rules and procedures for coming to gymsports that we need you to understand, and follow at all times. If you are unsure about any of these new rules and procedures, please speak with an adult.

Getting back to gymsports is going to be exciting for EVERYONE!

Please **DON'T** come to Gymsports if:

You don't feel well...
 That could be in your throat, head, nose, tummy or you might have a sore leg. Stay at home and rest up.



You have a runny nose, fever, cough or any other flu like symptoms.



Anyone you have had contact with in the past 2 weeks who has been tested for or diagnosed with COVID-19 OR is unwell with cold or flu like symptoms, even if **YOU** are feeling well.



When you **CAN** come to Gymsports:

It is preferred you come dressed and ready to train. **ONLY 1 PERSON** per change room! Bring your drink bottle with your name on it. All our cups have been removed.



Stay **1.5 metres** away from everyone where possible. Keep your hands to yourself & away from others at all times.



Wave bye to your adult carer at the reception & enter the gym by yourself. Only **ACTIVE** participants will be permitted in the gym.



Collect your coloured **wrist band** and **dot** on arrival & follow the arrows that match your colour to store your drink bottle and items.



Sanatize or wash your hands as you **enter**, when **directed** by your coach, after **using** the bathroom & when **leaving** the gym.



Follow the directions of your coach at **ALL** times and stay **WITH** your group at **ALL** times.

