

# KETTERING GYMNASTICS CLUB

To all members,

Following the recent Covid-19 spikes in the Northamptonshire area safety guidance has recently been updated and applies to several towns in our area. As such we are now recommending everyone to adhere to the following points as a minimum, this is not a definitive list.....

The key points to note are:

- Avoid car sharing
- Maintain 2m distance at all times
- Follow guidance on face coverings strictly
- Limit contact with anyone outside your household or bubble
- Any covid symptoms stay at home and get a test
- If you are contacted by track and trace and told to isolate, please stay at home for 14 days.

Whilst we recognise the gym operates in an indoor space, we continue to strictly adhering to 2m rule throughout the gym, with coaches NOW advised to wear face coverings at all times.

We have had a fantastic 2 weeks back at the gym, if we all follow the local enhanced guidelines, we can look forward to seeing you all on a continued basis.

Stay safe,  
Purcell Management Team

*9<sup>th</sup> August 2020*