



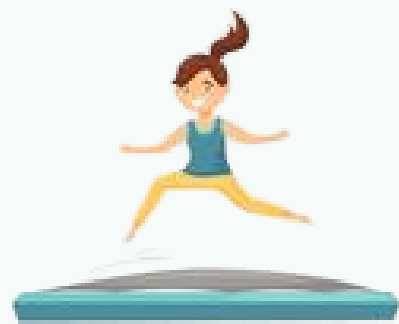
# Return to Gym Our New Environment

## Stay Safe at Gym

We have all missed the gym, the equipment, our coaches and our friends during our closure.

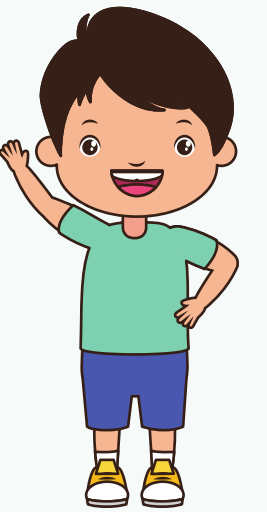
To make sure you, your family and our CYC community stay safe we need to follow some new rules and procedures at the club.

If you are unsure what to do please ask an adult for help.



## Say goodbye outside the gym

Wave goodbye to your adult carer outside the gym and enter on your own. Only athletes will be allowed in the gym for training.



## Hand Sanitise

Sanitise your hands when you enter, as directed by your coach, after using the bathroom and when leaving.



## Stay at home

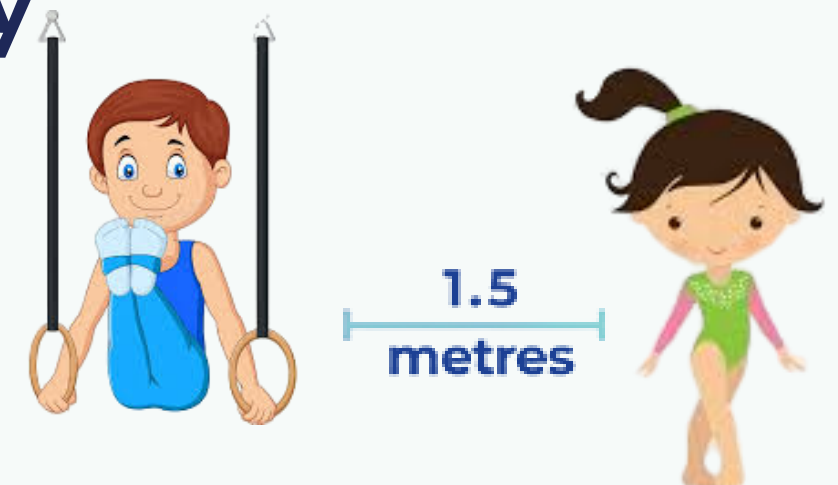
If you don't feel well don't come to gym. Stay home and rest.

*Whether it's a sore throat, runny nose, cough, fever, headache or tummy ache.*



## Stay 1.5m away from others

Stay at least 1.5m away from other people where possible. Keep your hands to yourself.



## Come ready to train

Come dressed ready to train and bring a full drink bottle. Our changing room access will be limited and our kitchen will be closed.



## Follow directions from your coach

Listen to your coach and follow their directions at all times. Stay with your training group.

