

Sunday, March 15, 2020 UPDATE ON GYMTRIX PROGRAMS RE: CORONA VIRUS (COVID-19)

GYMTRIX WILL TEMPORARILY SUSPEND ALL PROGRAMS

EFFECTIVE 5 P.M. ON MONDAY, MARCH 16, 2020

From Nicki Chretien-Mills President – North Bay Gymtrix

Dear Gymtrix Families,

All programs at Gymtrix will be temporarily suspended as of 5:00 p.m. tomorrow, Monday, March 16, 2020, until further notice.

We understand that some families whose children were registered for March Break Daycamp may be required to make alternate arrangements. We have therefore decided to stay open for Day Camp tomorrow (Monday) in order to give families time to do so.

Competitive team training will also be paused effective immediately.

For tomorrow, the following protocols remain in place:

- A reminder for all individuals to stay home if they are not feeling well
- A reminder to everyone to cover both their nose and mouth when coughing or sneezing; try to cough into your arm, away from others, or into tissue paper (to be disposed into the toilet), then wash your hands immediately afterwards
- Reminding all participants that they do not share water bottles
- Reminding all participants to wash their hands upon arrival to the gym and at the conclusion of their class
- Asking participants, coaches, administrative staff, volunteers and supporters to self isolate if they or a member of their immediate family travels anywhere outside of Canada (including USA) for the immediate near future until these recommendations are relaxed by the Province of Ontario

We will remain in touch with our members via our various social media platforms.

Thank you for your patience while we navigate this rapidly changing, unprecedented crisis.

Good health to all!

Sincerely,

Nicki