



Executive Officers prepared statement for  
guidance to our members

Thursday 19th March 2020



## CORONAVIRUS

As of today's date all County, Inter Club matches, other team matches and our Junior Coaching mornings are postponed until further notice.

However, the Club will remain open for those members who wish to keep fit, agree to play friendly and internal league matches on a one to one basis.

Ryan Heath will continue to offer and arrange one to one personal training and should be contacted for other activities such as "contact free" circuits & metafit etc.

ALWAYS PROVIDED that the NHS & Government guidelines on Social distancing etc are adhered to. See the following.

- *Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough.*
  - *Avoid non-essential use of public transport, varying your travel times to avoid rush hour, when possible.*
  - *Work from home, where possible.*
  - *Avoid large gatherings, and gatherings in smaller public spaces such as pubs, cinemas, restaurants, theatres, bars, clubs.*
  - *Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media.*
  - *Use telephone or online services to contact your GP or other essential services*
- AND
- *Wash your hands with soap and water often – do this for at least 20 seconds*
  - *Always wash your hands when you get home or into work*
  - *Use hand sanitiser gel if soap and water are not available*
  - *Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze*
  - *Put used tissues in the bin immediately and wash your hands afterwards.*

Everyone should be trying to follow these measures as much as is pragmatic.

We strongly advise you to follow the above measures as much as you can and to significantly limit your face-to-face interaction with friends and family if possible, particularly if you are over 70 or have an underlying health condition

The Executive Officers [Guy, Lorna & GSJ] are always available by email or mobile phone

Regards,

*Graham S. Jackson*