



Phone/Fax 9450 8888
1/460 Canning Hwy COMO WA 6152
contact@comofitness.com.au

Dear Como Fitness 24/7 Members and Clients,

With the continued escalation in COVID-19 cases in Australia, we would like to provide an update to our clients. Como Fitness 24/7 have been continuing to monitor the advice from the government and health agencies with regards to the current corona virus situation and wish to provide an update to clients in regards to the policies we have in place, as well as outlining some additional travel-related information that you need to consider if going overseas.

OUR OPERATIONS

Appointments, classes and gym opening hours will continue as normal unless advice from the government calls for cause to change. Our supplies of hand sanitizer and disinfectant wipes at the gym have not been significantly impacted but we are conscious that this may change, given the current panic buying that is occurring. In response to this, we are in the process of pre-ordering essential items particularly hygiene products in preparation for any disturbance to our usual orders.

Depending on government action and the further spread of the virus in WA, it is plausible that we may experience some disruptions to classes and opening hours/operations, however we are actively monitoring this and will provide further updates if things change.

HYGIENE

It is expected that people are aware of the importance of personal hygiene and preventative measures. Not only in the face of this virus, but in general day-to-day life.

Please be mindful that among our gym members and clients, we have a number of individuals and family members with compromised or vulnerable immunity due to autoimmune disease, congenital heart problems, asthma, pregnancy and other medical issues. We need to maintain a safe zone within the gym facilities to protect ourselves and others from illness as best we can.

We pride ourselves on our cleanliness here at Como Fitness 24/7 but we have been stepping up our cleaning efforts in the gym and ask that everyone play their part in maintaining good



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personal and general hygiene.

Whilst you use the gym please observe strict personal hygiene, for example;

1. using a towel on all machines at all times, No exceptions.
2. wiping down these machines with the disinfectant wipes provided
3. using the sanitising gel provided. (Panic buying may affect our stock levels).
4. Washing your hands with soap after visiting the bathrooms.
5. As an Exercise Physiologists, our protocol is to sanitize our hands between appointments with clients and to wipe down the treatment table after each use.

IF YOU ARE FEELING SICK?

It seems likely that we will see more cases detected in Australia. It is imperative that if you feel sick, you follow the health guidance which can be found here: https://ww2.health.wa.gov.au/Articles/A_E/Coronavirus

The simple message is that if you feel in any way sick, stay at home and follow the advice of the health authorities as to how to get checked. Please do not come to the gym if you are coughing or sneezing. You will be requested to return home.

GOING OVERSEAS?

There are plenty of great travel deals out there, for obvious reasons, and we are aware some of you have signed up for these in the coming months or have had trips planned for some time. Please follow the Australian government's travel advice here: <https://www.smarttraveller.gov.au/news-and-updates/coronavirus-covid-19>

Be mindful when you are planning your holidays, that you have may have an increased risk of: (i) contracting the virus overseas; or (ii) being subject to the government health authorities-imposed quarantine requirements (depending on where you've visited).



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RETURNING FROM OVERSEAS

If on returning from holiday, you or an immediate family member, experience cold or flu like symptoms, please stay away from the gym until symptoms have gone and a negative COVID-19 result can be supplied.

In line with the WA Health expectations, individuals who have visited high-risk countries are required to self-isolate and we ask you do not return to the gym for a minimum of 14 days after your return.

Individuals who have visited moderate-risk countries are to monitor their health closely and isolate themselves immediately if symptoms arise.

OUR PRIORITY IS YOU

The health and wellbeing of our members, clients and staff will always be our top priority and we will take the necessary steps and continue our best efforts to ensure the virus stays away from your gym.

We all need to co-operate together to make sure we keep the hygiene and safety of Como Fitness 24/7 our top priority.

We do believe that regular exercise and working out keeps you healthier and provides you with a more robust immune system than being idle and sedentary.

Thank you in advance for your understanding and co-operation on this matter

GYM MEMBERSHIP SUSPENSION / CANCELLATION

Como Fitness 24/7 encourages all members and clients to continue with their exercise and fitness regime however we do understand that some of you would seek the option to self-isolate. In light of this, Como Fitness 24/7 is more than happy to suspend your membership.

We would ask that you attend the gym in person during staffed hours to complete a suspension form and we will process your request.



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Our staffed hours are:

Monday – Thursday	8am – 7pm
Friday	8am – 1pm
Saturday	8am – 12noon

FURTHER READING

ESSA Guidelines for Exercise Physiologists:

https://www.essa.org.au/Public/Information_about_coronavirus_COVID-19.aspx?WebsiteKey=b4460de9-2eb5-46f1-aeaa-3795ae70c687

How to wash your hands effectively below provided by the World Health Organisation.

https://www.hha.org.au/downloads/Hand%20Hygiene/What%20is%20Hand%20Hygiene/HHA_How_To_HandWash_Poster.pdf