



AN IMPORTANT UPDATE FROM FULLER FITNESS REGARDING NOVEL CORONAVIRUS (COVID-19)

As the novel coronavirus (COVID-19) continues to evolve within Australia and abroad, Fuller Fitness wishes to update all clients as to the precautions we are undertaking.

While the overall risk of contracting COVID-19 in Australia is currently very low, the emotional and physical health of our employees and families, clients and the broader community remains of utmost importance.

Remaining fit and healthy (both mentally and physically) throughout these times is crucial.

Fuller Fitness continues to closely monitor the COVID-19 situation and will enact upon any measures directed by our government.

As is currently a directive of the government, anyone who has returned from overseas as of midnight, 15th March is required to self-isolate for 2 weeks.

We have actioned several measures to enhance and protect the health and wellbeing of our people and clients using the gym and to assist in minimising any potential disruption to our services.

Some of these actions include:

- Hand sanitisers at front reception and in bathrooms
- An increase in frequency of cleaning all equipment and bathrooms – **we have employed a dedicated cleaner for an additional 20 hours per week**
- Increased focus on hygiene management including additional signage around all areas of gym
- Sanitising wipes located around the gym for clients to wipe equipment
- Communication with our employees if they feel unwell, think they may have been in contact with a person carrying COVID-19, and/or what to do if they suspect they have or do contract COVID-19
- Encouraging employees who feel unwell to stay at home and seek medical advice
- No staff have any current overseas or interstate travel leave planned in the short to near future
- All staff potentially affected by COVID-19 will require a medical clearance upon returning to work.

Most importantly we have an overall emphasis on supporting the emotional and physical wellbeing, health and hygiene of our people and clients and will continue to have open lines of communication.

We will remain vigilant in actioning any measures required to assist in containing the spread of COVID-19.

Throughout this uncharted time, we will continue to assist you with your health and fitness goals.

We extend our best to all managing the effects of this outbreak.

If you have any concerns, please call Matt Fuller on 0410 440 747.