

16 March 2020

Dear SAGF Provinces, Districts and Clubs

Following the declaration by the President of South Africa that the COVID-19 pandemic is a national disaster, we would like to make the following recommendations to our Clubs, Districts and Provinces:

1. At a general level, the President advised us not to panic. We recommend that gymnastics happens as far as possible within the national guidelines set by our government. We expect, club, district and provincial leaders to use their common sense and act responsibly.
2. Please familiarise yourselves with as much information as possible. We advise that you assign somebody in your organisation to stay abreast of developments. We anticipate that this may change on a daily basis as this pandemic unfolds across South Africa and the world.
3. Due to the prohibition of mass gatherings of more than 100 people, no club, inter-club, District or Provincial events can take place for the foreseeable future. We suggest all events until the end of April at minimum are postponed to later in the year. We anticipate that this maximum number of participants may change, so again please keep abreast of information as it unfolds. The national office will attempt to share as much information as possible.

As per the national guidelines, we suggest all clubs implement strict hygiene measures in their places of operation and educate their members and parents with regard to these measures.

Please visit the World Health Organisation's website www.who.int to keep up to date with all relevant information and advise.

How can you ask parents to help?

- Please keep their child at home if he/she displays any cold or flu symptoms as a precautionary measure:
 - High temperatures, flu- like symptoms such as sore throat and fatigue and shortness of breath
- Please remind their children about hygiene and particularly washing of hands before and after their class.
- Please remind their children to follow hygiene protocol when coughing or sneezing.
- If they are planning to travel overseas, please inform you and self-quarantine their children for 2 weeks afterwards.

We would please like to remind you that **this virus is not an airborne virus**, it is transmitted with contact. Thus, gymnastics classes should resume and coaches should do their best to reduce contact with the children as much as possible, whilst still ensuring the activities are fun and safe.



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15th African
Gymnastics
Championships



INNER EXEC MEMBERS:

Donny Jurgens (Acting President); Clive Naidoo (Vice President);
Richard Marshall (Inner Exec Member); Caron Henry (Inner Exec Member); Anne Vermaak (CEO);

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The national office will also be providing resources on the online platform offered to clubs through the Business Accelerator Course which will provide you with resources to support you through this challenging time, including videos of home lessons that can be used to support your members should they be required to stay at home.

At this time, we appeal to the gymnastics fraternity to work together in the national and international interest so that we can fight this pandemic together and return to normal life as soon as possible. Please share any examples of best practice out there so that we can learn from each other, including any resources you wish to share. Sharing of information is caring.

We would like to thank you for your co-operation, we believe with changes to our behaviour and protocols we can assist in curbing the spread of this virus and continue to have fun, get fit and continue the development of gymnastics together.

Yours in gymnastics,

Donny Jurgens
Acting President
South African Gymnastics Federation

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