

Dear All

## **Coronavirus Update for Enable Health and Wellbeing Participants**

COVID-19 (Coronavirus) is a current public health matter and we wanted to update you following our previous communication.

Following Government guidance on limiting the spread of COVID-19, Enable Leisure and Culture are taking the necessary steps to keep our communities safe. This includes the structure of Guys Get Active, which has been modified to incorporate face to face as well as virtual sessions.

The following measures have been implemented at the face to face session:

- Social distancing measures are still in place and we ask that you please adhere to these rules throughout the session.
- Please use the hand sanitizer provided before and after every session.
- You will be allocated your own sets of equipment for the duration of the session.
- All equipment used will be cleaned prior to the class and straight afterwards by staff.
- Please do not come to the session if you are showing any symptoms.
- Please continue to follow public health guidelines for hygiene to prevent placing yourself and others at risk.

For more information about the structure of our upcoming course, please visit <https://enablelc.org/guysgetactive>

We will also continue to update our website [www.enablelc.org/healthandwellbeing](http://www.enablelc.org/healthandwellbeing) and social media channels @enablehw (Twitter, Facebook, and Instagram). If you would like to know further information about COVID-19 please visit:

[www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response](http://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response)

[www.nhs.uk/conditions/coronavirus-covid-19/common-questions/](http://www.nhs.uk/conditions/coronavirus-covid-19/common-questions/)