



CENTRAL GAUTENG FIGURE SKATING ASSOCIATION

11 October 2020

Dear all,

It has been almost two months since most of the lockdown restrictions were lifted and level 2 implemented by SA Government.

It is a month since training was resumed.

Life seems to be getting back to normal but unfortunately, the pandemic is still with us and we all will have to stay very alert.

In order to prevent the virus spreading we all have to adhere to certain rules which we all are very well aware of:

- Clean your hands often. Use soap and water, or an alcohol-based hand rub.
- Maintain a safe distance from anyone who is coughing or sneezing.
- Wear a mask at all times, when outside your home.
- Don't touch your eyes, nose or mouth.
- Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.
- Stay home if you feel unwell.
- If you have a fever, cough and difficulty breathing, seek medical attention.

But somehow along the line we very often forget how important it is, to inform your organisation, as soon as possible when you start experiencing flu-like symptoms; and/or if you or a family member were in contact with somebody who already experiencing flu-like symptoms.

COVID is a disease and there nothing to be ashamed of, we are all in the same boat.

We cordially appeal to you to take the highly infectious COVID Pandemic very seriously.



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Please advise your Coach or CG COVID Officer-Sue Burston, **straight away**:

- if you or one of your family members are not feeling well, or ill;
- if you or one of your family members have been in contact with COVID positive person;
- if you, or someone in your family, have been tested positive for COVID.

Please remember, if you tick “yes” to one of the e-screen questions on the CG Website, **you will not be allowed into the rink.**

If you have been exposed to COVID, you will have to self-isolate yourself.

- a) *You may return to practice after 5 days of self-isolation if you don't show symptoms and your test for COVID is negative. You will have to submit recent COVID Test Results to the CG COVID Officer when returning to training.*
- b) *You can return to training after 10 days without a test, provided you don't show symptoms.*

Stay Safe and Healthy!!!

Yours in Skating
CGFSA Committee



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