



# MOVEMENT ESSENTIALS

## COVID SAFETY ACTIONS



**ALL PERSONS ENTERING THE PREMISE MUST COMPLETE THE MOVEMENT ESSENTIALS ELECTRONIC CHECK IN BEFORE ENTERING**  
 SCAN THE QR CODE (or type in link) TO COMPLETE OR CLICK THE LINK FROM OUR WEBSITE  
[www.movementessentials.physio](http://www.movementessentials.physio)

[http://tiny.cc/ME\\_check-in](http://tiny.cc/ME_check-in)

**AS PER THE PUBLIC HEALTH ORDER IN PLACE - GROUP SERVICES ARE ONLY AVAILABLE TO THE FOLLOWING PEOPLE - FULLY VACCINATED | WITH MEDICAL EXEMPTION | UNDER 16 WITH PARENTS FULLY VACCINATED & PRESENT FOR DURATION OF SERVICE**

We ask that you appreciate Movement Essentials need to follow the Public Health Order. If you have questions, please **CALL US BEFORE ENTERING**

### TODAY WE ARE OPERATING ON THE ORANGE PLAN

#### ORANGE PLAN

- All staff & clients/visitors are to be in masks at all times (except eating/ drinking)
- Masks for class participants also (ME4SPORT & Pilates)
- 1 per 4sqm rule in place

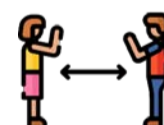
**Please ensure you continue to adhere to our requirements of entry**



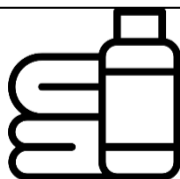
Wash / Hand Sanitise on Entry/Exit



If you arrive early (more 5mins) please wait in car



Maintain 1.5m social distancing as much as possible



Use your own towel and drink bottle



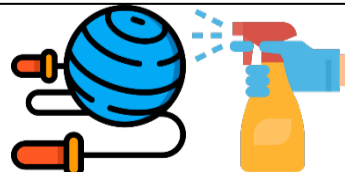
All belongings placed in your own box



Minimise unnecessary contact including hand shaking



If you feel unwell, stay home & reschedule (note: telehealth also available)



Wipe down all equipment after use



Communicate!  
(Any questions, concerns etc - speak to our friendly staff)

 **(02) 9602 4721**