



Ottawa Gymnastics Centre
UPDATE - Ottawa Public Health Mask Recommendations

Please be advised that due to the increase in RSV, Influenza, and Covid-19 in the community, Ottawa Public Health (OPH) **recommends** that individuals wear masks in indoor settings, particularly in situations where physical distancing may be difficult or impossible (i.e. during peak training times at the facility). For additional info please refer to the OPH website [here](#).

If your child is sick please do not bring them to class. If a child comes to class and presents with visible signs of illness, such as a continuous runny nose and/or a persistent cough, or complains of any illness over the course of their class, they will be asked to go home, and/or, to put on a mask.

Masking is currently not mandatory at the Ottawa Gymnastics Centre, but is highly recommended.

Thank you for your continued support and please contact us at info@ottawagymnasticscentre.ca if you have any questions or concerns.