



GYMNASTICS NOVA SCOTIA

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November 24, 2020

Covid-19 Restrictions Memo

Today the Province announced further changes to Public Health Regulations related to COVID-19. These changes are applicable to the zone of Western and Central Halifax Regional Municipality (HRM), which is defined as HRM from Hubbard's to (and including) Porters Lake and the communities up to Elmsdale and Mount Uniacke/Hants County including businesses. As it relates to sport, the Province will be shutting down all sport activity in this area beginning on Thursday, November 26th for a period of two weeks, ending on Thursday December 10th. At that time, the Province will be re-evaluating the epidemiology and determining next steps.

During this time period, people residing in the impacted zone will not be permitted to travel outside the zone to take part in any sport activities. This would include anyone residing in the zone who may participate on a team/group that is outside the zone. For those living outside of the impacted zone, sport activities can continue while continuing to pay close attention to the public health guidelines.

For Gymnastics Nova Scotia member clubs, this means that the following 5 GNS clubs are required to close under the new restrictions for Covid-19:

- Gymnasion Gymnastics and Trampoline Club
- Halifax Alta Gymnastics Club
- Jump2It Trampoline Club
- Taiso Gymnastics Training Centre
- Titans Gymnastics and Trampoline Club

This closure is as of Thursday, November 26th at 12:01am until midnight December 9th with a possibility of an extension. As outlined above, this also means that people from the Halifax area are not allowed to travel to other clubs that are still open, to train.

It is important that we follow all guidelines and restrictions in order to best slow down the spread of this virus and keep people safe. Please feel free to contact me if you have any questions.

Stay safe!
Angela Gallant
GNS Executive Director

