



UPDATE: COVID-19 ATHLETE ESSENTIALS

Release Date: 28/3/20

WE ARE AVAILABLE

During this challenging time, we are remaining open to continue supporting your health and high performance needs.

For in clinic services, we have stepped up our COVID-19 vigilance in line with government hygiene and distancing recommendations.

We will continue to provide on-line personalised programs to assist you with maintaining a high level of fitness and performance readiness, tailored for social distancing and self-isolation at home.

You will be looked after by Dr Simon Sostaric, a distinguished exercise physiologist and sports scientist, who has extensive experience managing international professional athlete programs in a remote context.

HOW WE HELP

1. **REVIEW & REVISE** assessment of your current training programs taking into consideration your current circumstance and access to equipment.
2. **EDUCATE** teaching you innovative performance enhancing methods for use in the home that have been validated by professional athletes.
3. **MONITOR** our high-tech program utilises data from your wearable device to monitor your progress towards your goals.
4. **SUPPORT** tele/video links to plan and implement ongoing strategies to ensure optimal adaptation, ensuring you don't lose your competitive edge.

IN-CLINIC POLICY

Ideally we are moving all our services to remote support. However, if you need an in-clinic assessment, athletes are required to self assess their health prior to any appointments.

Let us know if you have any signs or symptoms of illness; or have potentially been in contact with anyone who has, so we can advise on the best way to proceed.

In order to comply with distancing recommendations, only one person is permitted in the clinic at one time. (unless you need a parent or guardian present).

We will also require you to follow our hygiene protocols whilst in the practice.

CONTACT US

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