



## **Dear all current families & members of the Time 2 Train Aspergers Program,**

This is an important update on behalf of everyone involved in the Time 2 Train Aspergers Program regarding the changes and updates to your programs / training sessions.

As we know, these are extraordinary unprecedented times we are dealing with, however we are quickly adapting our Time 2 Train service to continue to operate and provide you with continued support and ongoing training. This means our current program may need to be structured and facilitated slightly differently to operate during this time and we ask for your understanding. As we know currently health clubs have been advised as part of a stage 1 shutdown here in victoria.

All current sessions will now be altered to a temporary outdoor location to be negotiated at the discretion between you and your current Time 2 Train Trainer. Our other alternative is to set up online training sessions.

Families choosing to continue through an online approach will need to download, open or log into an existing video link account from one of the following existing platforms:

- SKYPE
- ZOOM
- MESSENGER
- WHATSAPP
- Or other online video link service.

You will need to work with your trainer in organising suitable day, time to set up online training. Your trainer will advise you on which above online platform to use. Online sessions may last a minimum of 45mins - 1hour. Please note that online sessions may be more effective with your parental involvement.

Should you decide to cancel any future home, outdoor or online sessions and reject any alternative approaches, we will unfortunately not be in the position to make up these sessions or provide any refund. A reminder that all programs paid in full receive 2 make up sessions for any session cancelled due to sickness, other event or appointment, other legitimate reason. Anxieties or stress of covid-19 infection transmission is not recognised as a suitable reason to cancel your outdoor, home or online session with your trainer. We understand the concerns revolving around the spread of this virus but we must continue to focus on the alternative styles of training to continue the consistency of the program. As we know and have been advised, It is important to continue with all updated health measures that are currently in place, from keeping up healthy hygiene to appropriate distancing during outdoor, home training sessions. This does not apply for online sessions.

On a personal note, I would like to encourage all families to please continue to practice the basic exercises/activities from your exercise DVD'S for 5-15 minutes per day from home. Work with your trainer carefully to follow their guidance and further instructions on any activities they may present and offer.

We understand this is a stressful, difficult time for everyone so we please ask for your full co-operation, understanding and support. We here at Time 2 Train want to continue to work with you, your family and loved ones on the spectrum in delivering a safe, comfortable environment and approach in providing you with a service altogether.

If you do have any further queries, concerns regarding your sessions or program, please speak with you trainer or contact us at : [time2train@live.com.au](mailto:time2train@live.com.au)

Please be safe, look after yourselves and take good care,

Yours Sincerely

Jeremy Samson

Managing Director Time 2 Train Aspergers Program