COVID SAFETY GUIDELINES

UPDATED 24.1.2022

COVID SAFE TRAINING AND VIEWING POLICY

GYMNAST & SPECTATOR HEALTH

- Please ensure your own physical health and wellbeing
- You must not enter the premises if in the last 7 days you:
  - Have been unwell or had flu like symptoms.
  - Have been diagnosed with Covid.
  - Have been a close contact of a person who has tested positive COVID.
  - Have had any respiratory symptoms (even mild).
  - Are at high risk.
- Please notify the office if your child tests positive to COVID or has to isolate, because they are a close contact. Gymnasts and Spectators need to isolate for a full 7 days from Day 0 (the test day) and preferably have a done a RAT or PCR test with a negative result and be symptom free before returning to gymnastics.
- Make-up classes for Recreational gymnasts can be booked through the office

ENTRY INTO THE BUILDING

- Anyone entering the premises **(18 years +) must be Fully Vaccinated** (minimum 2 doses) and must show acceptable proof of your Covid vaccination status. Unless a Medical Exemption applies – which must be shown together with photo ID.
- **Spectators are required on entry to wear a facemask, use the QR Code, show Vaccination Proof and hand sanitise.**
- Anyone entering the premises (8 years +) must wear a fitted facemask at all times inside the building. If you are unable to wear a facemask, you will not be able to enter the building. This includes staff, gymnasts, parents (including PIT A PAT parents) and any other visitors. This is in place for the health, safety and wellbeing of everyone on the premises.
- To enable social distancing, we will maintain a limit of only 15 spectators in the foyer for viewing. Please line up at the place marked on the wall in the undercover area.
- We have 10 chairs for seating and 5 standing room allowed in the foyer.
- We have restrictions on entry and exit times which will be announced by COVID Marshall/office staff.
- **NO food or drinks to be brought into or consumed in the foyer except for water bottles.**
- Only one spectator per gymnast permitted.
- Any child accompanying a parent to view must sit on the parents' lap.
- There will be one reserved seat for one parent on the day of a gymnast doing a trial class.
- Foyer viewing will close Monday to Friday 8.15pm and Saturdays 5.15pm for cleaning purposes.
- Unfortunately, we do not have space for prams.
- Gymnasts will be entered first to assemble in foyer ready for their class.
- We apologise for any inconvenience and appreciate your patience.

ARRIVAL

- Gymnasts must be able to enter the building confidently and independently.
- Parents will not be permitted to enter the building until gymnasts have moved into the gym (except PIT A PATS Parents)
- Do not arrive more than 5-10 minutes prior to your child's class.
- Maintain Social Distance while waiting in under cover area outside until staff member takes your child in through the Foyer entrance. Gymnasts will be required to hand sanitise and attendance will be recorded.
- Staff will invite gymnasts into the gym when ready.
- If you wish to wait in your car, please park on the street to allow space for parents dropping off and picking up children.

WHAT TO BRING TO GYM

- **Coaches, Gymnasts 8 years + and Pit A Pat parents must wear a facemask and have a spare one with them.**
- Your own named, filled water bottle. Drink bottles cannot be held if left in the gym and will be thrown out at the end of the day.
- Arrive in appropriate clothing for training (uniform for Tumblers, Flippers, Squads, Competitive). It is preferred that gymnasts do not change at the gym.
- Footwear must be worn to and from the gym. Preferably footwear that is easy to slip on and off.
- Strapping tape if required (Gymnast will need to be able to put this on without assistance).

WE WILL SUPPLY

- Hand sanitiser (or you can bring your own if you wish).

TRAINING

- Coach will dispense hand sanitiser to athletes prior to using apparatus.
- Follow the instructions of your Coach for a cautious and methodical return to full training.
- Be patient, it will take time to regain strength, flexibility and skills.
- In line with the current Government regulations: **Facemask's must be worn by all people 8 years and older in indoor settings. Gymnasts (8 years and older) must wear a facemask upon entry into the foyer and during training. The facemask can only be removed if given permission by their coach because they are out of breath or if it is deemed unsafe to wear a mask for a particular skill.**
- **Gymnasts are required to supply their own facemasks. Gymnasts must have at least 2 facemasks with them at every training session.**
- Maintain Social Distancing, 1.5m distancing during training and while waiting to use an apparatus.
- Toilets will be available for gymnasts to use.

PICK UP

- Once training has concluded gymnasts will exit the gym immediately through the side door (next to roller door). Do not congregate near the building or in the carpark
- **Do Not** arrive more than 5 minutes prior to pick up
- **Please ensure that you child takes home all of their belongings, we no longer have a lost property and are unable to keep items left behind – especially drink bottles, masks, clothing etc.**