

Gungahlin Gymnastics Adult Gymnastics Return Plan – COVID-19



With the lifting of restrictions on indoor sports in the ACT to allow up to 20 participants, Gungahlin Gymnastics will recommence our popular adult gymnastics program from Tuesday 9 and Thursday 11 June 2020 at the usual time of 8pm – 9.30pm. In light of the on-going public health risk presented by COVID-19, changes will be made to our adult gymnastics program to accommodate new hygiene and social distancing protocols. All people entering our facilities will also be required to sign in on entry to our facilities.

Bookings

Effective immediately, you must be booked in to attend adult gym by no later than 5pm on the night you are attending using the booking tool on our website at <https://gungahlingymnastics.com.au/Adult.html>. **No walk ins on the night will be permitted under any circumstances. Bookings must be completed via our website by no later than 5pm on the day of the class.** Class numbers are restricted to a maximum of 20 per day and this will not be exceeded under any circumstances. If you have a booking, you must arrive no later than 8.15pm for the class or your booking will be cancelled and you will not be able to gain entry to our facility. Our main entry doors will be locked at 8.15pm to prevent any further entry to our facility.

Our booking tool requires you to provide all relevant information to enable appropriate contact tracing and also requires you to provide a declaration that you are healthy and have not been overseas in the past 14 days and you have not been tested for or exposed to someone who has been tested for COVID-19 (or any other virus) in the past 14 days. You may return once any tests you have had or someone you have had contact with return a negative result.

Application / Conditions of Membership

Booking to attend our adult gymnastics class indicates acceptance of the guidelines and directives listed in this document. All conditions listed within this document forms part of our General Enrolment Terms and Conditions effective immediately. Entry to our facilities assumes acceptance of these conditions.

Gungahlin Gymnastics COVID-19 Safety Coordinator

In accordance with the Sport Australia COVID-19 Return to Sport Toolkit, Gungahlin Gymnastics has appointed a COVID-19 Safety Coordinator. The coordinator is responsible for completing relevant checklists, overseeing the development, implementation and monitoring of our return to sport plan and being the point of contact for members, their families, our state and national sporting organisation and Government / public health authorities.

You can contact our COVID-19 Safety Coordinator at any time as follows:

COVID-19 Safety Coordinator: Megan Moss

Direct mobile: 0411 099 033

Direct email: megan.moss@gungahlingymnastics.com.au

Payment of Class Fees

Payment is not required at the time of booking via our website and customers with existing 10 class passes will be able to utilise their passes for classes. Customers attending for their first, second or third casual visit must pay via contactless EFTPOS on arrival (\$19.00 per session). Our usual conditions of requiring purchase of a 10 class pass for \$150.00 following your third casual visit remains in place and will be enforced.

GUNG AHLIN GYMNASTICS & DANCE PTY LTD

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Management of Risk

Through completion of the various checklists, templates and considering the immense amount of information, directives and recommendations received by Gungahlin Gymnastics through this time, we are confident that our new policies and procedures will support a safe return to gymnastics. Our Management team will continue to assess risks and the implementation of our new procedures to ensure they remain appropriate, relevant and practical and that the safety of our members remains our number one priority.

The New Environment – Guidelines & Conditions of Entry to our Facilities & Participation in Classes with Gungahlin Gymnastics

Your Responsibilities / How we will manage illnesses

Do not come to class or attend our facilities if:

- You, your child or anyone in your immediate family is not well. This extends beyond any cold or flu like symptoms (runny nose, fever, cough etc) to include gastro symptoms. Stay home and rest up.
- Anyone you have had contact with in the past 2 weeks has been tested for or been diagnosed with COVID-19 OR is unwell with cold or flu like symptoms, even if you, your child or others in your immediate family are feeling well.
- If your child or anyone within your immediate cohabiting family (i.e. from within the same household) has travelled overseas in the preceding 14 days.

Gungahlin Gymnastics reserves the right to immediately quarantine and remove any person from our facility that displays any symptoms of illness or who discloses that they have had contact with a person who is ill, has been ill in the past two weeks or has been tested for or diagnosed with COVID-19.

Patrons, including gymnasts, who have had symptoms of any illness may return to our facilities only when they have had 72 hours of no symptoms. For example, if you wake on Monday morning with a runny nose, you are required to be symptom free (i.e. no runny nose) for 72 hours before returning to gymnastics.

If you become aware of your personal exposure to someone who is being tested for or diagnosed with COVID 19, you must immediately advise Gungahlin Gymnastics in writing to enable appropriate action to be taken.

New Procedures for Coming to Class

These new procedures apply to ALL members of the public entering our facilities for our Adult Gymnastics classes:

- Our facility will be closed and will not admit patrons for Adult Gym until 7.55pm due to cleaning and hygiene practices that need to occur on departure of the earlier classes. Please remain outside until you are invited to come in.
- Use the mantra "Get in, train, get out" to guide your participation. There is to be no gatherings within or outside of facilities of groups of people – for example, hanging around at the end for a social chat is not permitted.
- No spectators are permitted under any circumstances. Only those with a confirmed booking will be admitted into our facility.
- On arrival, ensure you sign in on the sign in sheet located at our entry and pay your class fees.
- Patrons must utilise our sanitiser on arrival, before, during and after touching equipment, after using the bathroom and when leaving the gym.
- Patrons must come dressed ready to train. No getting changed at the gym / in our bathrooms / change rooms.
- Bring a labelled drink bottle – our water fountains will be closed. Any drink bottle left behind will be discarded the following day.

What we will do to provide a COVID Safe Environment at Gungahlin Gymnastics

Hygiene

- Alcohol based sanitiser will be provided to all people entering our facility and gymnasts must use sanitiser before commencing each apparatus. Sanitising stations will be located through the gym to enable easy access.
- Limited sharing of equipment will occur where possible with appropriate use of hand sanitiser required for high touch apparatus.

Social / Physical Distancing

- We will maintain the required ratio of 1 person per 4 square metres at all times within our facilities.
- Where possible, gymnasts must remain 1.5 metres away from each other when waiting for class, in the gym and after class. This must be followed at all times, particularly when waiting for your turn on an apparatus.
- No contact is permitted between gymnasts and coaches including hugs, high fives etc.
- Coaches will not be spotting gymnasts for skills during class. If you were previously learning a skill that required a coach to spot you, you may not perform this skill or seek the coach to spot you. Speak with the coach about alternatives.

Cleaning Protocols

- Prior to and after you use of a piece of fixed equipment such as bars, rings, pommel etc, ensure you have sanitised your hands and feet. Where necessary and particularly on equipment that you may have transferred sweat to, wipe over using the alcohol spray provided.
- Gungahlin Gymnastics will follow guidelines released by Gymnastics Australia regarding cleaning and hygiene standards to minimise the risk of a COVID-19 outbreak within our facilities.
- These protocols and guidelines are implemented daily with on-going cleaning and disinfecting being undertaken before, during and after classes of frequently touched surfaces in line with manufacturers protocols, particularly for gymnastics equipment.
- Where gymnastics equipment cannot be suitably cleaned due to the potential damage cleaning solutions may cause to the equipment, gymnasts and coaches will be required to sanitise the part of the body that comes into contact with the equipment before using the apparatus.
- As we cannot routinely and thoroughly sanitise and disinfect our foam pits, they will remain covered with other mats that can be cleaned daily until the risk is deemed appropriate. You must not remove any mats covering our foam pits.

Contact Tracing

- Gungahlin Gymnastics strongly encourages all attendees involved with our club to download and activate the COVID Safe app.
- Gungahlin Gymnastics will maintain accurate attendance records for all classes with coaches and supervisors conducting double checks of attendance records to ensure accuracy in the event of contract tracing being required.

Use of Chalk / Gloves / Loops

- Our chalk bins will NOT be available and you are required to supply your own chalk in a labelled plastic container.
- If intending to use our metal bars for high bar training, you must provide your own cotton gloves and loops. Our club gloves and loops will not be available for us.

Cancellation of Adult Gymnastics Classes

Gungahlin Gymnastics reserves the right to cancel adult gymnastics classes due to government restrictions or if the program becomes unviable due to low patronage.

Incident Management

In the event of a COVID-19 positive result within the club (either a gymnast, staff member or another person who has accessed our facility), Gungahlin Gymnastics will follow all protocols required by Government to perform contact tracing and cleaning / sanitisation immediately.

Recovery

When public health officials determine that the outbreak has ended in the local community, Gungahlin Gymnastics will consult with relevant authorities to identify criteria for scaling back its COVID-19 prevention actions. Gungahlin Gymnastics will also consider which protocols can remain to optimise good public and participant health.