



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 14 days you:
 - Have been unwell or had flu like symptoms.
 - Have been diagnosed with Covid-19.
 - Have been in contact with a known or suspected case of COVID-19.
 - Have had any respiratory symptoms (even mild).
 - Are at high risk.
- Please notify the office if your child is required to isolate due to close contact with a Covid case at school/elsewhere. Children will be required to follow the government/school guidelines regarding when they can safely return to the gym.

ENTRY INTO THE FOYER

- Anyone entering the premises (**16 years +**) **must be Fully Vaccinated** (2 doses) and must show acceptable proof of your Covid-19 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 (12 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.
- It is highly recommended that children 8-11 years also wear a facemask.
- Density limits allow only 15 spectators in the foyer for viewing.
- We have 10 chairs for seating and 5 standing room only 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 12 years + and Pit A Pat parents must wear a facemask.** It is also recommended for gymnasts 8-11 years.
- Your own named, filled water bottle.
- 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.
- Facemask will need to be worn for training. It may be removed if exercising strenuously and out of breath or if it is unsafe to do so for certain skills.
- 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.**