



Canberra Trampoline Gymnastics Club

Canberra Trampoline Gymnastics Club's Return to Play in a COVID Safe Environment Plan

Introduction and Purpose

This plan has been developed to ensure that our key values are incorporated into our return to gymnastics in what is a changed environment. Through this plan we aim to ensure that all members of the Canberra Trampoline Gymnastics Club (CTGC) community are aware of their personal responsibility to comply with new requirements to ensure the safety of everyone within our club and our wider community.

Overview

This plan has been developed referencing ACT Government directives along with the following reference documents:

- ACT Government Return to Play in a COVID-SAFE Environment framework
- National Principles for the resumption of sport and recreation activity
- AIS Framework for Rebooting Sport in a COVID-19 Environment
- Gymnastics Australia Rebooting Gymnastics Factsheets
- General factsheets and information from the Australian Government Department of Health

This plan will remain flexible and will be adapted as and when restrictions are changed in a COVID environment over the short and long term.

Application / conditions of membership

This plan and all its conditions apply to all people that are accessing our facility with the purpose of taking part in gymnastics. This includes but is not limited to participants, parents, guardians, spectators, visitors and staff. All conditions listed in this plan are now a part of the general enrolment terms and conditions effective immediately. Entry to our facility for the purpose of gymnastics assumes acceptance of these conditions. It is the responsibility of all parents, guardians and responsible adults involved with our club to have reviewed all aspects of this plan to ensure the safety of everyone.

Re-commencement of classes

Canberra Trampoline Gymnastics Club (CTGC) will, at all times, follow ACT Government directives regarding restrictions relating to the recommencement and on-going operation of indoor sports. CTGC will communicate with all members regarding the commencement dates, timetables and associated fees payable based on the lifting of restrictions. It should be noted that changes will be made to our timetable to accommodate social distancing

and maximum capacity requirements as directed by Government and to enable appropriate cleaning and sanitising to occur between classes.

We ask for your continued support and patience as these changes are implemented. CTGC will constantly monitor all Government directives and should tighter restrictions be reintroduced, decisions about the continued operation of classes will be communicated to members as soon as possible.

What is your role?

Gymnasts: Understand and adhere to all new CTGC rules around social distancing and hygiene. Listen to your coach and club management.

Parents, Guardians and Responsible Adults: Understand and follow the guidelines and conditions listed within this plan at all times, before, during and after accessing our facility. Ensure any children under your care who are accessing our facility have read (or been briefed) on the requirements for them to safely participate in trampoline classes.

Staff: Understand and follow the guidelines and conditions listed within this plan at all times, before, during and after attendance at work in addition to our workplace health and safety documentation relating to working in a COVID safe workplace.

The new environment – Guidelines and conditions of entry to our facility and participation in classes with Canberra Trampoline Gymnastics Club

Your responsibilities / how we will manage illnesses

Do not come to class / bring your child to class / attend our facility 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.

Canberra Trampoline Gymnastics Club (CTGC) 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 facility only when they have had 72 hours of no symptoms. For example, if your child wakes on Monday morning with a runny nose, they are required to be symptom free (i.e. no runny nose) for 72 hours before returning to gymnastics.

If you become aware of your gymnast being exposed to someone who is being tested for or diagnosed with COVID-19, you must immediately advise CTGC in writing (email: canberra.trampoline@outlook.com) to enable appropriate action to be taken.

*Attendance at our facility will be allowed if a negative test result is returned.

New procedures for drop off and pick up

These procedures apply to ALL members of CTGC and anyone coming to the venue associated with CTGC.

- Arrive no more than 5 minutes prior to you / your child's session and pick up your child promptly after the session from our outdoor waiting area.

- Unless necessary, parents, siblings and guardians are asked to drop off and pick up from outside the gym. There will be a very small number of seats in the up-stairs viewing area if absolutely needed. Please talk to club management prior to the day if you have reason to stay and view the session.
- All Coaches, Gymnasts, parents and spectators will have their temperature and contact details taken and recorded on entry to the facility.
- Anyone recording a temperature over the threshold will be told to wait away from the group entering the facility. A second temperature will be checked and recorded 5 minutes from initial reading. If that also shows a high temperature, then the person will be asked to leave the premises and can return again after they have no symptoms for more than 72 hours.
- All persons entering the facility are asked to use the sanitiser available when entering the gym, when directed to by a coach or club management, after using a bathroom and when leaving the facility.
- Gymnasts are asked to arrive dressed, strapped (if needed) and ready for class. Getting changed in our facility is highly discouraged
- Bring a clearly labelled drink bottle, water fountains will be shut and using bathrooms for a drink will not be permitted.
- Sharing of drink bottles is not permitted at any time.

Procedures for 100+ people COVID-19 limit

- When the Government allows 100+ people in an indoor venue, parents, siblings and guardians will be allowed to stay and watch classes.
- Parents, siblings and guardians will be required to sanitise their hands upon entry and maintain social distancing measures as required by the Local and Federal Government.

What we will do to provide a COVID safe environment at CTGC

Hygiene

- We will always maintain a ratio of 1 person per 4m².
- Alcohol based sanitiser will be provided to all people entering our facility and gymnasts will be directed to use it before changing apparatus. Sanitiser will be located in the gym for easy access.
- Where possible all gymnasts will remain 1.5 meters apart, this includes whilst waiting to enter and exit the gym.
- No contact between coaches and athletes will be allowed (excluding spotting for safety reasons), this includes high fives, hugs etc.
- Coaches spotting gymnasts executing skills (using their hands and spotting equipment) is a significant part of our program. Spotting ensures the safety of gymnasts as they learn new skills. Spotting will be minimised as much as possible and coaches will sanitise hands and equipment between gymnasts to ensure good hygiene.
- If your child suffers from a known medical condition that may require your support (e.g. Diabetes, anaphylaxis) or has been diagnosed with a behavioural condition that requires you to be present, this must be communicated to the club in writing **PRIOR** to attendance at class (email: canberra.trampoline@outlook.com). This will enable us to manage numbers appropriately and access to our facility for you and your child.

Cleaning protocols

- Canberra Trampoline Gymnastics Club will follow all guidelines released by Gymnastics Australia and Gymnastics ACT regarding cleaning and hygiene to minimise the risk of a COVID-19 outbreak in our facility.
- These policies and guidelines will be followed daily and equipment will also be wiped down between sessions to minimise the risk.

- Where gymnastic equipment cannot be cleaned without causing damage, gymnasts and coaches will be required to clean and sanitise the part of their body that contacts that equipment prior to commencing training.

Contact tracing

- Canberra Trampoline Gymnastics Club strongly encourages all involved in the club to download and activate the COVID Safe App.
- Canberra Trampoline Gymnastics Club will maintain accurate attendance records for sessions and have club management double check all records.

Use of chalk

- Use of chalk in our facility will be minimised, all competitive athletes that require chalk are asked to bring in a small, secure container to their first training. CTGC will supply a small amount of chalk to each person.
- Please make sure your athlete's chalk container is clearly labelled with their name and comes in and out of the gym with them.
- Sharing of chalk will not be permitted.

Incident management

- In the event of a COVID-19 positive result within the club (a gymnasts, coach or anyone else that has entered our facility), Canberra Trampoline Gymnastics Club will follow all protocols required by Government to perform contact tracing, cleaning and sanitising.