



Brentwood Gymnastics Club

COVID POLICY

1. INTRODUCTION

In response to the COVID-19 situation, and the subsequent restrictions put in place, Brentwood Gymnastics Club (BGC), the Club, has created a **COVID Safe Policy** to ensure the safety of all our members & staff.

This policy outlines the new protocols the Club has adopted, as well as the responsibilities for those involved in BGC (including staff, gymnasts, parents, and volunteers).

In addition to the COVID Safe policies, posters will also be placed around the centre to promote good hygiene protocols and COVID Safe practices.

- Parent/ Guardian must be contactable for the duration of the class, in case of any emergencies
- All gymnasts must bring their own filled water bottle/bottles to the classes
- No access to water filling will be available at the Centre
- No parents are permitted within the Centre during classes in accordance with requirements from Victorian Gymnastics Association and City of Monash Halls Management
- Parents are not to congregate at the front door – keep at least 1.5m separation

2. BGC COVID-19 SAFE PROTOCOLS

2.1 Health Management

- **IF YOU ARE UNWELL, STAY HOME**
- Any members involved with Brentwood Gymnastics Club should not attend the centre if they are unwell or have flu-like symptoms (including high temperature, cough, sore throat, runny nose or shortness of breath). You will be denied admission.
- Members who have returned from overseas or have been in contact with a confirmed or suspected case of COVID-19 in the last 14 days must self-isolate and if necessary, seek medical advice. You will be required to confirm that you have self isolated in these circumstances to ensure the safety of all members and staff of BGC
- All coaches will be required to complete a Wellness Checklist upon arrival at the Club prior to entering the gymnastics training area.
- A space will be allocated in the Centre for isolating unwell gymnasts, where they will be supervised awaiting immediate pick up by a parent or guardian
- Upon notification parents/guardians must ensure they attend **immediately** to collect their child/children
- Everyone arriving to BGC must be wearing shoes & socks to gain admission.
- Everyone over 11 years old **must** be wearing an approved style mask. Optional under 12.
- Everyone arriving at BGC must bring their own filled water bottles as no access is available at the centre to fill empty bottles. By direction of Monash Halls Management.
- Say goodbye to your caregiver/parent at the front door



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2.2 Personal Hygiene

- All items brought into the gym need to be clearly marked with the gymnast's name
- **NO FOOD IS TO BE CONSUMED WITHIN THE CENTRE**
- All gymnasts are strongly encouraged to be dressed and ready for class on arrival. There will be limited access to the change rooms
- All gymnasts must wear shoes and socks when entering the Centre
- **All gymnasts over 11 years of age must be wearing a mask**
- All BGC gymnasts will be responsible for their own hygiene practices, which includes practicing good cough/sneeze hygiene, and regular handwashing/sanitization. Members should also avoid touching their face and take responsibility for physical distancing measures
- Sanitization stations will be set up throughout the Centre for gymnasts to use before, during and after classes. However, we encourage members to bring their own hand sanitizer to class
- If any gymnast has allergies to particular brands of sanitisers, they must supply their own

2.3 Training Processes

- Staff and gymnasts will be required to sanitize their hands before and after each session. There will also be breaks during the session for members to sanitize their hands and/or use hand sanitizer
- Brentwood Gymnastics Club will be implementing the '**GET IN, TRAIN, GET OUT**' Strategy – this means gymnasts arriving at their designated start time and leaving the centre at the conclusion of the class
- To limit the number of persons onsite, and to ensure that we adhere to the 'group size' restrictions, we advise unnecessary gathering in and around the outside of the Centre, before and after gymnastics classes is not permitted by direction of Monash Halls Management.
- Due to the current restrictions put in place by Monash Halls, only essential participants will be allowed to enter the centre. This means, until further notice, parents will be unable to attend and spectate their child's class
- We ask that coaches come to class prepared (including arriving at the centre in the correct uniform and with a full drink bottle)
- Upon entering the sports hall, gymnasts will be separated into their training groups, who they will remain with for the duration of their session
- Until further notice, the magnesium chalk will not be available for use by gymnasts and staff
- Lesson plans will be modified to reduce the inclusion of skills requiring spotting. Where possible, verbally coach and demonstrate the skill. In circumstances where spotting is necessary, ensure that it is done safely with minimal contact.
- Gymnasts will be advised not to break distancing requirements, not touch other gymnasts and endeavour to not touch their faces during class sessions
- For those gymnasts who require to use the toilet facilities, they will be required to put on their shoes, sanitise their hands and proceed to the amenities. They must thoroughly wash their hands before returning to the gym. Shoes must then be removed to rejoin the class. Gymnasts must sanitise their hands before rejoining the activities.



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2.4 Equipment Cleaning

- At the end of each rotation, the level coach will sanitize the equipment used by their group
- At the end of each training session, all equipment will be disinfected with sanitizing wipes and spray. This will be done by the coaches responsible for the nightly pack up
- At the end of each rotation, gymnasts will sanitise their hands
- For more frequently used and shared equipment, such as the Bar sets, the level coach will clean the equipment with sanitizing wipes after use by each gymnast
- In addition, Monash Halls will be undertaking interim cleaning of the facility throughout the day, after each individual hire group, at their discretion.

2.5 Screening and Entry/Exit Procedure

- An attendance register for all individuals will be maintained of who enters the Centre.
- On arrival each Coach will be asked the following wellness questions
 - Had any COVID-19 symptoms? · -
 - Been in contact with any confirmed/suspected COVID-19 case? · -
 - Travelled internationally? - Have you downloaded the COVIDSAFE APP? – Have you had the flu vaccination this year?
- Coaches must not enter if they: -
 - are unwell with flu-like symptoms, such as a cough, sore throat, runny nose, shortness of breath, or fever
 - have had known contact in the last 14 days with a person who was a confirmed case of coronavirus (COVID-19)
- Coaches must bring their own water bottles and other equipment into the gym
- For children in a “Junior” class their parent/guardian will be asked to confirm wellness questions, listed above. “Senior” gymnasts can answer on their own behalf
- A coach will register each attendee and perform a temperature check at the main entrance and to direct them to the waiting area in the foyer
- At the conclusion of the lesson gymnasts will leave the Centre via a side door to waiting parents/guardian. The Head Coach’s phone number will be displayed on the front entry to allow the parent to advise that they are present to collect their child. Coaches will walk gymnasts to the exit door. Gymnasts may only leave the facility when their parent/guardian arrives outside the door to collect them

2.6. Other Procedures

- Usual First Aid procedures must be followed with the additional assumption that any situation could be possibly infectious. The First Aid kit has been restocked to include more gloves, sanitizer and disposable ice packs
- The attending coach must first wash their hands before approaching an injured the gymnast
- The attending coach must wear gloves to attend the gymnast
- The coach must wear their mask
- A note of any injury or situation must be kept and, if necessary, the parent contacted to immediately come and collect an injured gymnast



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- Upon the arrival of the parent, the gymnast will be escorted to the door by either their session coach or the attending coach for handover

3. REFERENCES

This document has been prepared using information available from the following sources:

Gymnastics Australia Rebooting Gymnastics

http://gymnastics.org.au/Ga/Club_Development/Rebooting_Gymnastics.aspx

Gymnastics Victoria Return to Gymnastics

https://vic.gymnastics.org.au/VIC/Posts/News_Articles/2020/May/Return_to_Gymnastics_Toolkit_and_FAQs.aspx

Sports Australia Return to Sport

<https://www.sportaus.gov.au/return-to-sport>



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VERSION CONTROL

Record details of the latest revision of the Policy here

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0.1	10/09/2020	Initial Draft
1.0	1/11/20	Approval