

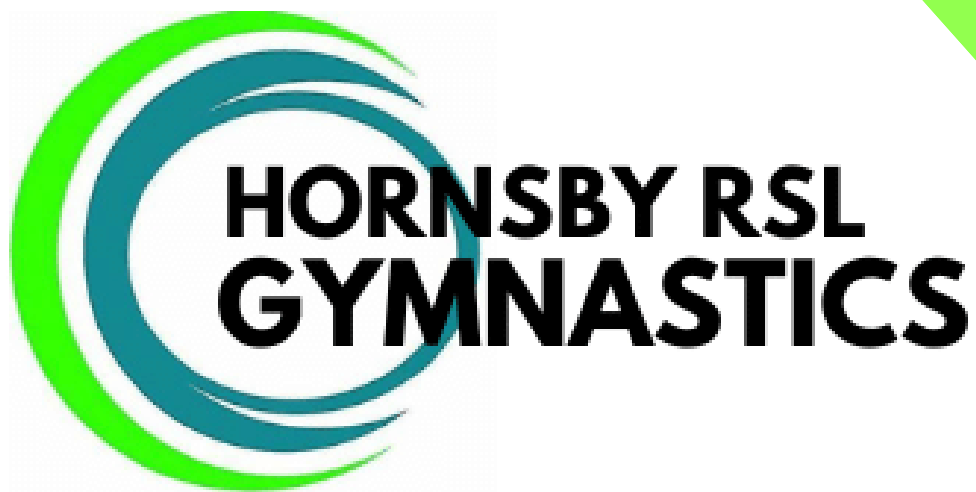
COVID SAFE POLICIES

Hornsby RSL Gymnastics is a registered
COVID Safe business.

With the health and well being of our staff and members
our top priority, our club has implemented carefully
planned policies and procedures during this time.

A summary of these can be found [here](#).

**PICK UP AND DROP OFF
GYMNASTS
ON ARRIVAL
COACHES AND CLASSES
CLEANING**



PICK UP & DROP OFF

No parents/carers permitted in the gym: To reduce the number of people in the gym, parents and carers will not be permitted inside at this time. A staff member will be available outside the gym to meet gymnasts and answer any questions. The only exception to this is Kindergym, where one parent/carer is permitted inside.

Pick Up and Drop Off zone: Parents/carers will need to drop off and collect their child outside the gym entrance (in the gated area). Gymnasts will need to be signed in upon arrival. Gymnasts are not permitted to leave this area until collected. This area will be supervised by staff.

Seperate entry and exit points: Gymnasts will use signed entry and exit points to access the gym along with the gym floor area.



GYMNASTS

Arrive 5 minutes early: Gymnasts should arrive a maximum of 5 minutes early for class. Be signed in and allow time for handwashing and sanitising.

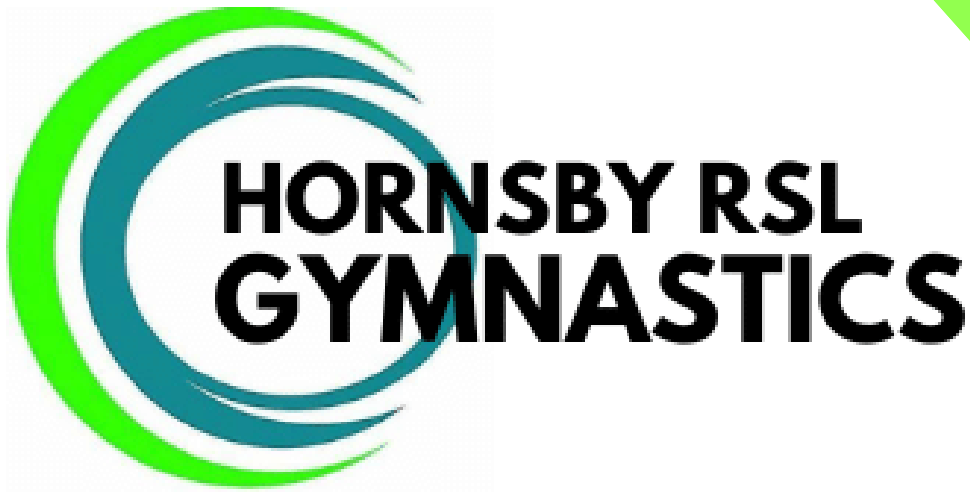
Arrive ready for class: Gymnasts should arrive in their gym gear ready to participate. Change room use should be limited.

Name your drink bottle: All gymnasts must bring their own drink bottle filled with water clearly labelled.

Personal belongings: Gymnasts must bring to class what they need. No sharing. Take everything with you.

No contact during class: No high 5s, no hugs, limited spotting.

Hand hygiene: Gymnasts must wash their hands and sanitise, on entry and exit to the gym.



ON ARRIVAL

Attendance: Will be taken prior to entry into the gym. This record will be kept for tracing purposes if required.

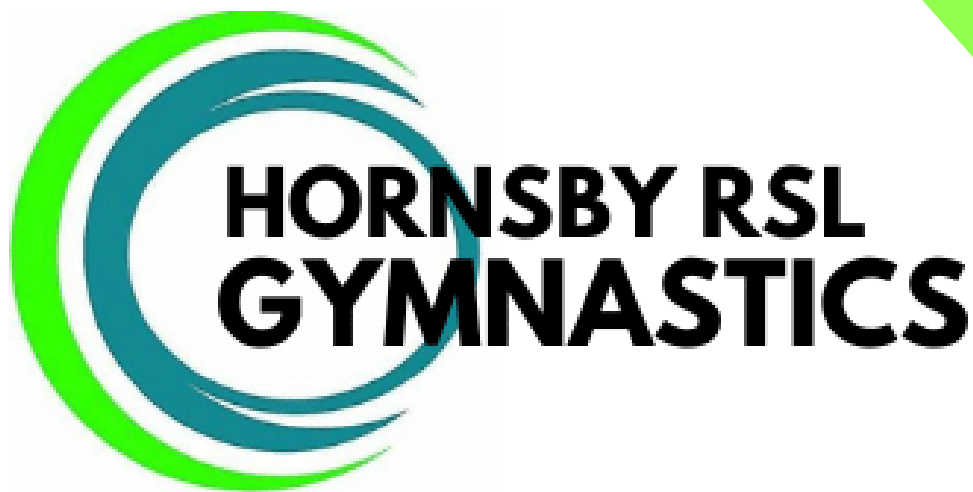
Health Screen: Will be taken prior to entry. Anyone who is not feeling well will not be permitted entry.

Hand hygiene: Hands must be thoroughly washed and dried on paper towel, then sanitised prior to class.

Shoes: Shoes must be worn when using the bathrooms or change rooms at all times.

Personal belongings: To be placed in an individual storage cube or locker (squads), including drink bottles.

Waiting 1.5m apart: Gymnasts will wait for their class to commence spaced 1.5m apart.



COACHES AND CLASSES

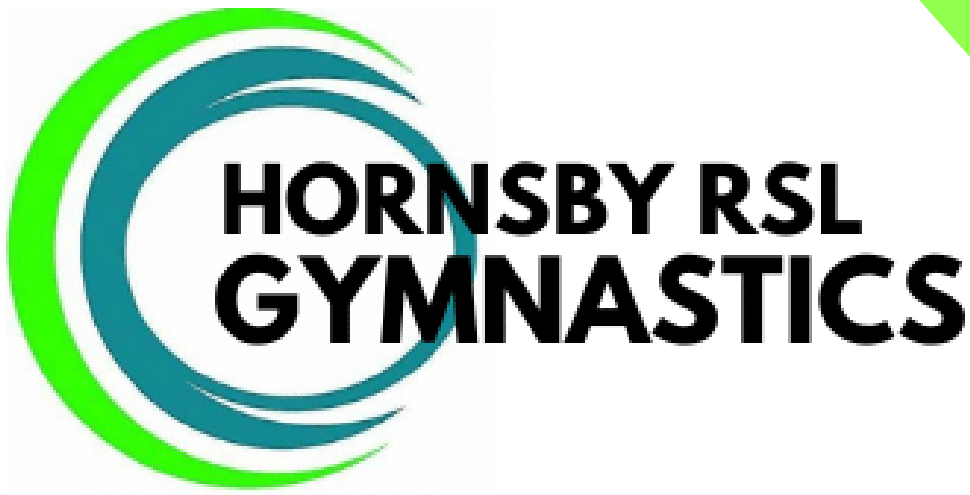
Social distancing: Coaches will be ensuring that all gymnasts and staff remain 1.5m apart throughout their lesson. Visual markers will be used to assist in social distancing at each apparatus in the gym.

Reduced contact: Coaches will reduce the amount of spotting unless there are safety concerns for the gymnast.

Lesson plans: Revised plans have been created to ensure gymnasts can maintain social distancing and work independently.

Equipment: Sharing of equipment will be limited and all equipment will be cleaned after use.

Use of chalk: Chalk will not be available for communal use at bars. Gems and Squads gymnasts must have their own chalk container and spray bottle clearly labelled.



CLEANING

Deep clean: All surfaces and equipment will undergo a deep clean before classes commence each day.

Cleaning in between usage: Any equipment that is used will be cleaned after use.

High touch areas: Staff will clean high touch areas on a regular basis and in between classes.

Ventilation: Wherever possible, all windows and doors will be kept open to allow for ventilation and reduce the need to use door handles.