

UPDATED MARCH 2022

## **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.

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



# ENTRY REQUIREMENTS

## **VACCINATION REQUIREMENTS:**

- All our staff must be fully vaccinated.
- Members are not required to be vaccinated but encouraged to do so.

## **MASKS:**

- Masks are no longer compulsory, however mask wearing is strongly encouraged given the nature of our venue.

## **QR CODES:**

- QR codes are no longer required. Class rolls are kept for contact tracing purposes.

## **SPECTATORS:**

- Spectators/parents are not permitted in the gym unless you are accompanying a child to a Kinder Program (Kinder Minis, Kinder Gym or Kinder Rec class).

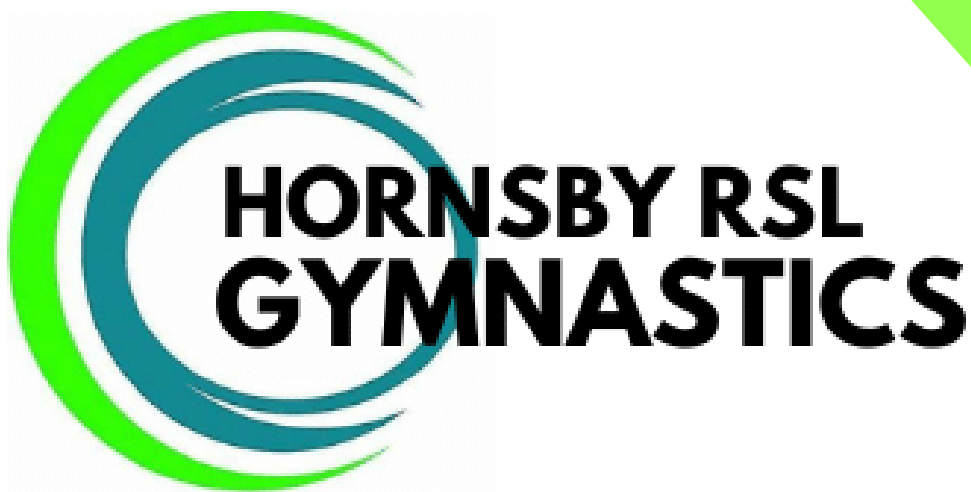


## PICK UP & DROP OFF

**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. The only exception to this is the Kinder Gym program (Kinder Minis, Kinder Gym and Kinder Rec classes), where one parent/carer is permitted inside during the class.

**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 are not permitted to leave this area until collected. This area will be supervised by staff. Parents are required to socially distance and wear a mask whilst waiting outside.

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



# HORNSBY RSL GYMNASTICS

## GYMNASTS

**Arrive 5 minutes early:** Gymnasts should arrive a maximum of 5 minutes early for class.

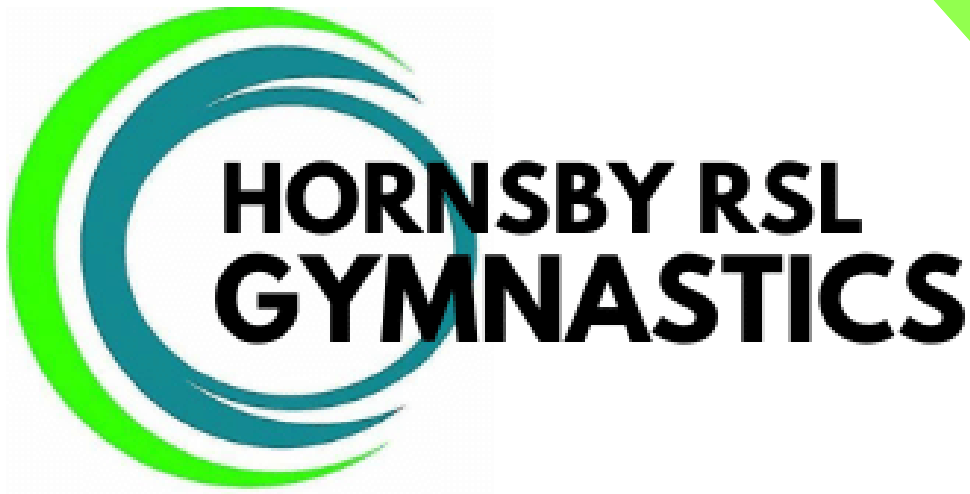
**Arrive ready for class:** Gymnasts should arrive in their gym gear ready to participate. Change room use should be limited.

**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 with soap and water and sanitise, on entry and exit to the gym.



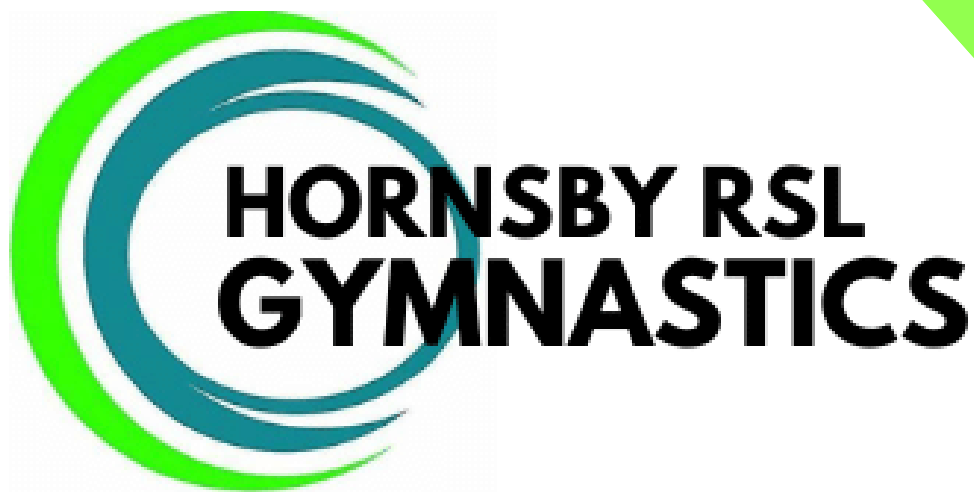
## ON ARRIVAL

**Attendance:** Gymnast attendance will be taken prior to entry into the gym. This record will be kept for contact 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.

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



## COACHES AND CLASSES

**Social distancing:** Coaches will encourage 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 where possible.

**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.