



COVID POLICY

Southport Gymnastics Club Return to Play in a Covid Safe Environment Plan

Introduction & Purpose

Southport Gymnastics Club is a club founded on the values of fun, responsibility, respect and equality. These values, along with our vision and mission, inform our planning and decision making as a club. Throughout this time of COVID-19, we have constantly referred to these values to ensure that all decisions refer back to our core values with the goal of putting the club in a position to recover and work through any disruption and get back to doing what we do best.

This plan has been developed to ensure that our key values of fun, responsibility, respect and equality 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 Southport Gymnastics Club 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 QLD Government directives and guidelines along with the following reference documents:

- QLD 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
- Sport Australia COVID-19 Return to Sport Toolkit
- Gymnastics Australia Rebooting Gymnastics Fact sheets
- General fact sheets and information from the Australian Government Department of Health

This plan will remain flexible, fluid 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 conditions within it, applies to ALL people accessing our facilities as a student, parent / guardian, member, spectator / visitor, contractor or employee. All conditions listed within this plan form part of our General Enrolment Terms and Conditions effective immediately. Entry to our facilities 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.**

Southport Gymnastics Club COVID-19 Safety Coordinator

In accordance with the Sport Australia COVID-19 Return to Sport Toolkit, Southport Gymnastics Club has appointed a COVID-19 Safety Coordinator. The coordinator is responsible for completing relevant checklists, overseeing the development, implementation and monitoring of our return to sport plan and being the point of contact for members, their families, our state and national sporting organisation and Government / public health authorities.

You can contact our COVID-19 Safety Coordinator at any time as follows:

COVID-19 Safety Coordinator: Sharon Jux

Phone: 07 5571 0736

info@southportgymnastics.com.au



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Southport Gymnastics Club
P O Box 7091 GCMC Bundall Q 9726
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Re-commencement of Classes

Southport Gymnastics Club will at all times follow QLD Government directives regarding restrictions relating to the recommencement and on-going operation of indoor sports.

Southport Gymnastics Club will communicate with all members regarding the commencement dates, timetables and associated fees payable based on restrictions and taking into consideration our ability to maintain a COVID safe environment at all times. 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 sanitizing to occur between classes and reduce overlap of attendees.

We ask for your continued support and patience. Southport Gymnastics Club will constantly monitor all Government directives and should tighter restrictions be re-introduced, decisions about the continued or restricted operation of classes will be communicated to members as soon as possible.

Members at a Higher Risk

We understand there are members of our club who are at higher risk of complications of an illness such as COVID-19 due to other health conditions. While appropriate action will be taken at all times to minimise the risk to such members, should your medical support personnel recommend against returning to classes in the short term, we undertake to hold the member's place for them until it is deemed safe for them to participate. We do request written medical confirmation from your Doctor (as per our Policy) of this recommendation to enable appropriate planning for our class numbers.

What is your role

Gymnasts – understand and follow our guidelines and conditions and Coaches instructions listed within this plan at all times, before, during and after accessing our facilities.

Parents / Guardians / Responsible Adults – understand and follow the guidelines and conditions listed within this plan at all times, before, during and after accessing our facilities. Ensure any children under your care who are accessing our facilities have read (or been briefed) on their requirements for them to safely access gymnastics in our Club

Visitors / Spectators / Contractors – confirm acceptance of the terms and conditions of entry into our facilities as presented at our entry points and enter only when logging in via our COVID Safe QR App.

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.

Management of Risk

Through completion of the various checklists, templates and considering the immense amount of information, directives and recommendations received by Southport Gymnastics Club through this time, we are confident that our policies and procedures will support a safe return to gymnastics for our members and their families. Our Management team will continue to assess risks, and the implementation of our procedures to ensure they remain appropriate, relevant and practical and that the safety of our members remains our number one priority.



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Office / Reception Opening Hours

Our office / reception opening hours will change based on the number of staff in our facilities at any one time. Based on this, we encourage all members to utilise their parent / customer portal as much as possible. Our parent / customer portal will have information on your child's class time and level, your current account balance and you can also pay invoices easily online. If you have any questions, we recommend you email us on info@southportgymnastics.com.au or text the Club mobile on [0481 739 771](tel:0481739771) so that we can assist remotely. Likewise, if you have any questions for your child's coach, please email us and we will arrange to chat with the coach on your behalf and will get back to you.

The New Environment – Guidelines & Conditions of Entry to our Facilities & Participation in Classes with Southport Gymnastics Club

Your Responsibilities / How we will manage illnesses

Do not come to class / bring your child to class / attend our facilities 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.
- If your child or anyone within your immediate cohabiting family (i.e. from within the same household) is a close contact.
- In order to attend class after a COVID diagnosis, a Doctors Clearance Certificate / negative R.A.T. will be required to be provided.

Southport Gymnastics Club reserves the right to immediately quarantine any person in 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 facilities only when they have had 48 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 48 hours before returning to gymnastics. Suspension / extension of your membership will be granted for periods of two or more consecutive weeks (or more) of injury or illness when a Doctor's certificate is provided to The Club, within one week of the 'start' date indicated on the certificate. (Certificates will be accepted via email)

Certificate needs to state 'date to date' of expected absence and how this injury/illness directly affects the member's ability to participate.

If you become aware of your gymnast being exposed to someone who is a close contact who is being tested for or diagnosed with COVID 19, you must immediately advise Southport Gymnastics Club in writing to enable appropriate action to be taken.

New Procedures for Coming to Class

These new procedures apply to ALL members of Southport Gymnastics Club and their responsible adults, siblings and associated visitors.

- Unless your gymnast is enrolled in our parent / guardian led of Gym Tots and Tumblers program, arrive at the gym NO MORE than 5 minutes before your class start time and collect your gymnast promptly at the conclusion of their class from our outdoor waiting area that will be supervised by



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staff.

- Unless participating in a Kindergym class (where an adult is required on the floor with the gymnast) or if your child has a known medical condition / separation anxiety, parents/ guardians / responsible adults are required to drop and go at the entry doors. Spectating of classes will not be permitted. Our staff will be on hand to assist with the arrival of children for class. Please ensure that your contact number is up to date and your mobile is on so that we can call you if necessary.
- Gymnasts must utilise our sanitiser on arrival, when directed by a coach, after using the bathroom and when leaving the gym.
- Gymnasts must come dressed ready to train. Please avoid getting changed at the gym / in our bathrooms / change rooms.
- Bring a labelled drink bottle – our water fountains will be closed, and children will not be permitted to use the bathrooms for a drink.

What we will do to provide a COVID Safe Environment at Southport Gymnastics Club

Hygiene

- Alcohol based sanitiser will be provided to all people entering our facility and gymnasts will be directed to use sanitiser before commencing each apparatus. Sanitising stations will be located through the gym to enable easy access as and when directed by staff.
- Limited sharing of equipment will occur where possible with appropriate use of hand sanitiser required for high touch apparatus.

Social / Physical Distancing

- We will maintain the required ratio of 1 person per 2 square metres at all times within our facilities, unless directed otherwise.
- Where possible, gymnasts must remain 1.5 metres away from each other when waiting for class, in the gym and after class.
- With the exception of skills spotting, no contact is permitted between gymnasts and coaches including hugs, high fives etc.
- As part of our class grouping, classes will be spaced appropriately across the gym and circuits for each apparatus will be operated in a manner to support physical distancing (e.g. Gymnasts will be spread out for explanations, stop points implemented to ensure gymnasts are not queuing at stations)
- With the limiting of spectator numbers for classes (with the exception of Gym Tots and Tumblers classes and other special cases), we further reduce risk within our facilities and adhere to social distancing and controlled groupings.
- Coaches spotting gymnasts executing skills using their hands is a significant part of our program and ensures the safety of gymnasts as they learn skills. Spotting will be minimised as much as possible with coaches sanitizing their hands between gymnasts to ensure their hands are clean if spotting is required.
- If your child suffers from a known medical condition that may require your support (e.g. Diabetes, anaphylaxis) or has been diagnosed with a behavioral condition that requires you to be present, this must be communicated to the club in writing PRIOR to attendance at class. This will enable us to manage numbers appropriately and access to our facility for you and your child.

Cleaning Protocols

- Southport Gymnastics Club will follow guidelines released by Gymnastics Australia regarding cleaning and hygiene standards to minimise the risk of a COVID-19 outbreak within our facilities.
- These protocols and guidelines are implemented daily with on-going cleaning and disinfecting being



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undertaken before, during and after classes of frequently touched surfaces in line with manufacturers protocols, particularly for gymnastics equipment.

- Where gymnastics equipment cannot be suitably cleaned due to the potential damage cleaning solutions may cause to the equipment, gymnasts and coaches will be required to sanitise the part of the body that comes into contact with the equipment before using the apparatus.
- As we cannot routinely and thoroughly sanitise and disinfect our foam pits, they will remain covered with other mats that can be cleaned daily until the risk is deemed safe and appropriate.

Contact Tracing

- Southport Gymnastics Club strongly encourages all families involved with our club to download and activate the COVID Safe app, however this is your choice. We encourage everyone to check in.
- Southport Gymnastics Club will maintain accurate attendance records for all classes with coaches and supervisors conducting double checks of attendance records to ensure accuracy in the event of contact tracing being required.

Use of Chalk

- The use of chalk in our facility will be restricted to competitive levels only. Packs are available from admin. Please ensure your gymnast's chalk container is clearly labelled with their name.
- Gymnasts will not be permitted to share their chalk and hand grips under any circumstances.

Make up Classes

We are introducing these protocols to manage illness and infection within our facilities. The following guidelines and processes must be followed to enable access to a make up class:

- Make up classes may only be booked when a gymnast is ill or is prohibited from attending class due to the restrictions we have listed above under our heading "Your Responsibilities / How we will manage Illnesses". Management reserves the right to request evidence to confirm eligibility.
- Availability for make up classes is at the discretion of Southport Gymnastics Club. This means that we will have limited days / time slots that we can book you in for a make up class based on our timetable, class sizes, venue capacities based on restrictions and availability in alternative classes. We cannot guarantee a make up class will be available on your current day or at a similar time. Be prepared to be flexible. For example, if you attend class on Monday afternoon at 3.45pm, we may only be able to offer a make up on a Friday at 4.45pm and this is solely at the discretion of Southport Gymnastics Club. Please refer our Handbook.
- All term fees must be paid in full prior to access being granted to a make up class. Families on payment plans must ensure that their payment schedule is up to date, and all remaining payments remain due in full, regardless of missed classes.
- A maximum of 1 make up classes will be permitted per gymnast per term and are not transferrable. No carry over of missed classes in any term or in 2021 will be permitted to carry through to 2022 and so on.
- No credits / refunds will be issued for missed classes, missed make up classes or due to your inability to attend the offered make up class.
- Make up classes must be booked with our administration team in writing within one week of the missed class and make up classes must be taken within 2 weeks of the missed class. If your child misses their class due to illness / exclusion in line with our new conditions, you are required to email info@southportgymnastics.com.au within one week of the missed class to book a make up. Our administration team will advise the day and time we have available for you to attend your make up class and this must be taken within 2 weeks of the missed class. For example, if you miss class in week 2 and we confirm availability of a make-up class for you, this must be taken by week 4 of term or your entitlement to a make up class is cancelled.
- Make up classes will not be offered to gymnasts who are removed from class as a result of unacceptable behaviour.



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Incident Management

In the event of a COVID-19 positive result within the club (either a gymnast, staff member or another person who has accessed our facility), Southport Gymnastics Club will follow all protocols required by Government to perform contact tracing and cleaning / sanitisation immediately.

Recovery

When public health officials determine that the outbreak has ended in the local community, Southport Gymnastics Club will consult with relevant authorities to identify criteria for scaling back its COVID-19 prevention actions. Southport Gymnastics Club will also consider which protocols can remain to optimise good public and participant health.

Refund of Fees

Southport Gymnastics Club follow the guidelines as set out by the Australian Consumer Laws.

If a shutdown occurs, because of a Government Directive, or forced close contact shutdown, Southport Gymnastics Club will implement Zoom classes to replace normal training times. It will not be possible for all hours to be replaced. If this is the case, your fees will be apportioned (credited) for the hours not trained for that month.

No credits for missed classes will be given without the provision of a Medical Certificate. No refund will be given for missed classes for any other circumstances.

If a competition has had to be cancelled because of a Government shutdown, then a refund will only be provided, should the Club holding the competition refund these fees. The competition fee will then be credited to your account, less a \$22.00 administration fee.