

# Altitude Gym Sport

# COVID19 POLICY & PROCEDURES



**POLICY NAME:**

**POLICY ISSUED:** October 2021

**CONTROLLING BODY::** Altitude Gym Sports – Managing Director – Michelle Mason

## **INTRODUCTION AND OBJECTIVES:**

As we look forward to the re-opening of our gymnastics centre, we are committed to protecting the health and safety of staff, customers and the community and will be adhering to the NSW Government Public Health Order.

Altitude Gymsports wants to make sure that we are following all procedures and guidelines that have been set to keep us COVID safe and this policy is set so members understand their roles and responsibilities when they attend classes.

These will include:

- Vaccination Requirements
- Face Masks
- Stages of re-opening
- Pick up and drop off
- Stay home if unwell
- Hygiene
- Administration
- Social Distancing
- Inductions

## **VACCINATION REQUIREMENTS**

### Complying with the Public Health Orders:

- All athletes aged 16 and over must be fully vaccinated or have a medical exemption to enter the facility for class. This also includes adults attending kinder-gym.
- You will need to provide proof of Vaccination before entering the facility which can be found through the myGov website.
- All Staff will be required to be vaccinated to commence work at the facility.
- If you are a parent attending your trial class you MUST be fully vaccinated to be able to enter to watch the trial class
- There are currently no requirements in place for those under 16 to be vaccinated in order to attend a gymnastics club but it is preferable that they are also vaccinated.

We strongly encourage our staff and our broader community to educate themselves on the benefits and risks of vaccination and to make an informed decision.

### **Ways to get your proof of vaccination**

- COVID-19 digital certificate can be accessed through the Express Plus Medicare mobile app or Medicare online account through myGov.
- The COVID-19 digital certificate can be added to a smartphone wallet or similar. Visit Services Australia for instructions.
- Printed version of the COVID-19 digital certificate or immunisation history statement (available through myGov)
- COVID-19 digital certificate can also be added to a Service NSW app and shared as part of a QR check-in. Visit [nsw.gov.au](http://nsw.gov.au) for details.

### **Medical Exemption Proof**

- If you have a medical reason for not receiving the COVID-19 vaccination, speak to your medical practitioner about getting your medical contraindication added to your immunisation history.
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### **FACE MASKS**

- All students 16 years and over are required to wear a mask at temperature testing when entering/exiting the premises and while not actively exerting themselves in physical activity. This includes drink breaks, going to the bathroom, waiting for turns, spotting and matting.
- All students 12 years and over are required to wear a mask at temperature testing when entering/exiting the premises and while not actively exerting themselves in physical

activity. This includes drink breaks, going to the bathroom, waiting for turns, spotting and matting.

- All students under 12 years of age in competitive classes are required to wear a mask at temperature testing when entering/exiting the premises and while not actively exerting themselves in physical activity. This includes drink breaks, going to the bathroom, waiting for turns, spotting and matting. This is required as they are mixing with students who are over 12.
- All students under 12 years of age in recreational classes are encouraged to wear a mask at temperature testing when entering/exiting the premises and while not actively exerting themselves in physical activity. This includes drink breaks, going to the bathroom, waiting for turns, spotting and matting. As per the NSW government face mask rules *"children 12 years and under are exempt but encouraged to wear masks where practical"*

### **STAGES OF RE-OPENING**

- Our recreational classes (Including development) will be notified of commencement date via email.
- At this stage, we will not be opening Kindergym or adult gym classes until further notice. We are hoping to open these classes again as soon as we can but please be patient and keep an eye on your inbox for further information.

### **PICK UP AND DROP OFF:**

- There will be a procedure set for pick up and drop off that everyone will have to follow, please see the website for details.
- There will be NO parents nor siblings permitted in the premises.
- Members will be temperature tested before entering premises.
- Members and staff 16 years and over will be required to QR code check and show proof of vaccination before going into the premises. There is no requirement for under 16's to QR code.
- Parents should remain in their cars, when dropping off and picking up.

### **STAY HOME IF UNWELL:**

- If you have any symptoms of any type of illness, you will not be granted access to the premises.
- If you are attending class unwell you will be putting other members and staff at risk and will be sent home.
- Parents are to contact reception to inform if your child isn't participating in gymnastics that day/week due to illness.
- If you are unwell with Covid19 symptoms, it is preferable that a negative Covid test is provided before coming back to gymnastics.

### **HYGIENE:**

- Members are to come in clean clothes (no school uniforms allowed)
- Members will be asked to sanitize hands and feet before entering and will be sanitizing throughout the gymnastics session.
- Dirty socks are not permitted and students will be asked to remove them.
- No water bottles are to be shared, students are required to bring their own water bottle.

### **ADMINISTRATION**

- If you are not booked into the class, you will not be allowed access into the premises.
- Members will be required to agree to the terms and conditions set by Altitude Gym sports before entrance to the premises.
- Members will need to ensure that their fees are up to date at the time of attending class.

### **SOCIAL DISTANCING:**

- All members will be kept to the 1.5m rule at all times in the premises unless the member needs to be spotted on a skill by a coach if necessary.
- Kindergym will have to stay with their own families and still keep the 1.5m distancing rule.
- In order to ensure safety some programs may be changed to abide by the public health order requirements to limit spotting of athletes as much as possible by the coach.

### **INDUCTION:**

- Prior to entering the gym, every member will have to go through the induction procedure and agree to the terms and conditions. The induction will go over all procedures and guidelines. If not complete members will not be permitted to enter the premises.
- Parents are responsible for discussing the terms of the induction with their children.

