

Altitude Gym Sport

COVID SAFE INDUCTION:



Lets keep our club COVID safe

COVID has greatly impacted the gymnastics community, however our commitment to the safety and well being of all of our gymnasts has not wavered. It is our responsibility to ensure the health, well-being and safety of members and employees including physical and mental wellbeing.

To ensure we are looking out for all of our members, there will be some changes to how our gymnastics classes operate prior to COVID. This document highlights some general changes that you can expect.

On Arrival

Drop-Off Procedure:

Parents are to enter through the back entrance gate staying in their cars, drop off participants and drive through the exit at the front of the venue.

Alternatively, parents may park on the street and walk their children through the gate, but must maintain 1.5 metres from others.

It is imperative that parents allow extra time for drop-offs and are on time for pick-ups.

Daily Health screening:

We will be performing a temperature test on each member as they arrive at the normal entryway, for their scheduled class. When successful temperature reading is complete we will then sign your child in and send them through to the waiting zone.

A coach will assign each participant a storage cube for their belongings; water bottle, footwear and jumper. They will be given sanitiser for both their hands and their feet. Storage cubes will be cleaned before and after use by each participant.

Please note: No bags, no jewellery or fit-bits, no food. Also please be reminded that hoodies are not allowed to be worn at gym as the hoodie is a choking hazard. Please see our dress code policy for further info.

Drop, Train, Leave:

Only participants enrolled in the classes are permitted entry to the facility. Exceptions to this rule is as follows:

- a) one parent is permitted into the venue per Kindergym participant,
- b) one parent is allowed into the viewing room for a participant's first trial class.

We have information and signs up around the gym as reminders to ensure their safety and wellbeing.

Please make sure all contact details are up to date in the event we need to contact you for any urgent matter.

Parents for classes can no longer make payments over the counter, all payment will now need to be online / electronic.

Parking must only be on the street. No parent parking will be permitted onsite. The only exception will be weekday Kindergym parents, accessed via the back gate.

Parents must not gather in groups and "chat" we must ask that parents disperse quickly after drop-off.

Wear clean clothes:

Upon entrance to the club, we ask that the participant is in clean clothing and dressed in appropriate attire ready for training. Participants must not wear School uniforms.

All participants will be required to bring socks. Please wear shoes that are easily taken on and off, thongs, slides, ugg-boots, etc, so that coaches do not need to assist young students with shoes, and also so that they can be worn for toilet visits during class.

Following coach and staff instructions:

As children are being expected to adapt to the changes within society at the same time adults are, it can be daunting and overwhelming. Also there can be differing expectations within different environments which makes it challenging for children to adapt to change at the pace required.

Prior to attending class talk to your child about some of the potential changes that may have been implemented within the club. Encourage them to listen to the staff and follow instructions as directed.

Bring own smaller items:

We request that participants bring their own water bottles which must be labelled. Sharing, even amongst siblings, is not permitted. Water will still be available for sale, if a participant forgets their bottle.

Squad athletes will be required to have their own chalk container and own individual equipment (bands, ropes etc). An outline of this will be provided to squad members prior to recommencement.

During Class

Class structure:

Social distancing, facility restrictions, cleaning procedures, and the financial impact of COVID-19 presents a multitude of challenges for Altitude which have necessitated certain decisions to maintain program delivery.

Parents should anticipate that new class structures will be implemented and may result in changes including but not limited to; small class numbers, separation of friends previously participating in groups, and changes to coaching staff.

We will do our best to communicate any significant change to the program your child was previously participating in. If you have any significant concerns please contact management directly regarding the changes.

Skill training will be different and focus on the safe development of skills:

Safe skill development within gymnastics requires significant physical preparation and regular use of safety apparatus to aid development. We are implementing a 'Return to Training' plan to ensure athletes have a progressive return whilst avoiding overload and injury. This plan is likely to be underpinned by State and National resources and will be dependent on the level of the athlete.

Changes to equipment use may subsequently impact program planning including athlete skill development. Parents should rest assured that coaches will continue to guide athletes through safe skill development in a time-frame appropriate with the athlete's condition, ability, and training environment.

Physical contact will be limited, but your coach may perform spotting for safety:

For the large proportion of gymnastics the sport can be regarded as non-contact and therefore adheres to social distancing principles.

We will be limiting contact between athletes and/or between athletes and coaches wherever possible including avoiding any assisted stretching. Your coaches are still likely to engage in appropriate spotting as a necessary aspect for safe skill development, however, should be developing habits of short contact periods, or, avoiding contact if unnecessary.

Gymsports which engage in group activity such as Acrobatics may become limited following health

advice, however, small group work is not prohibited at this point in time under certain conditions.

Hygiene, hand washing and cleaning requirements:

Like all businesses, new hygiene procedures will now be in place within the club. Participants will be regularly encouraged to wash their hands/sanitise during class. Participants will also be required to also sanitise their feet before using certain gymnastics apparatus.

Remember if your child has any underlying health conditions, including skin conditions, you should notify us and supply your own sanitiser.

Kindergym will look different:

A unique aspect of gymnastics is the inclusion of parent-led activity in Kindergym.

Similar to other programs, necessary changes to class structure, equipment use, circuit activities, and health screening prior to participation should be expected for both parent and participant.

Parents or carers who may be more vulnerable to infection should consider their continued participation within a KinderGym program with their child/grandchild. We will only be permitting one parent in the parent assisted class and the family will have to keep distance between other families.

If your child starts to feel unwell or show flu like symptoms during class, they may be asked to go home early:

In the event that your child presents with flu-like symptoms they may be asked to move to an isolated area within the venue that is supervised by distance until such time you return to pick them up.

After class

Pick-up will be different

We have a new pick-up procedure. Participants will remain inside and will exit via the exit door at the front of the building. These areas are well sign-posted, and will be monitored by staff.

Parents will have two choices for pick up. They can drive-through via the back gate and exit via the front gate OR park in the street and walk in, maintaining 1.5 physical distance from others.

Staff will release children to their parents. Participants who are high-school aged will be allowed to meet parents at street parking if arranged previously with staff.

Parents will NOT be allowed to drive through the front gate at any time for drop-off or pick-up.

Showering after class

Despite the rigorous cleaning procedures we will be implementing, we encourage all athletes to return home and shower to reduce risk of transmission that may occur as a result of the use of any common items, objects or equipment.

If Unwell

If your child presents with any cold or flu-like symptoms following a gymnastics class you should notify management immediately. Keeping our club informed of the health of your child helps keep all children healthy.

If any member of your immediate family is sick, participants must stay at home until their family member has been given the all clear, this is even if the participant does not have symptoms.

If a make-up class is required, please call or email to inform us of the absence on or before the day of absence, and then fill in a "Make-up class form" which can be found on our website.

Remember to:

- Cover your mouth if you cough or sneeze.
- Keep 1.5m distance.
- Regularly wash your hands.
- Stay home if you (or your family) feel unwell.