



Flyaway Gymnastics

A l b u r y W o d o n g a

Infection Control Procedures

The following procedures must be followed by all people who enter the Flyaway Gymnastics venue. They have been developed to adhere to public health guidelines with regard to the COVID-19 pandemic.

Screening

Staff and athletes to stay home if unwell. Anyone who has had symptoms of any illness may return to our facilities only when they have had 72 hours of no symptoms.

You must not enter Flyaway Gymnastics if you (self-assess):

- Feel unwell, have any flu like symptoms or have a temperature above 38°.
- Have been in contact with a known or suspected case of COVID-19 in the last 14 days.
- Have had any respiratory symptoms (e.g. cough, sore throat, runny nose, shortness of breath) even if mild, in the last 14 days.
- Are at a high-risk perspective, including the elderly with pre-existing medical conditions

Staff or members who answer yes to any of the above statements must notify the Club Manager. Contractors who must attend on site are to be screened via telephone prior to attending.

Groups and their supervisors who are booked to attend a session must self-screen using the above criteria prior to attending.

Staff or members who become exposed to someone who is being tested for or diagnosed with COVID 19, must immediately notify Flyaway Gymnastics to enable appropriate action to be taken.

All staff will be asked to consider having a flu vaccination.

Anyone exhibiting signs of flulike symptoms must immediately self-isolate and seek medical advice. If these symptoms become evident whilst on site, this person will be isolated and parent/carer will be called to come and pick them up.

Cleaning Guidelines

Facility will be cleaned according to the Gymnastics Victoria Cleaning Guidelines and Flyaway Gymnastics Cleaning Schedule.

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Personal Hygiene and Social Distancing

Staff and athletes will be responsible for their own hygiene practices.

Practice good cough hygiene. Cover sneezes and coughs with a tissue or the crook of your elbow, dispose of tissue in bin immediately. Wash elbow immediately.

Staff and athletes will be encouraged to take regular breaks to wash hands.

Avoid touching eyes, nose, or mouth.

Do not use handshakes, high fives, hugging and kissing as greetings.

Staff and members are to use their own labelled drink bottle. Sharing of drink bottles is not permitted. Cups will not be provided for use by members.

Take responsibility for physical distancing measures. Maintain 1.5 metres apart between training efforts. Spotting will only be done where necessary. When staff interact with adults, always maintain 1.5 metres apart.

Athletes will be required to sanitise hands upon entry, during class at regular times and upon leaving after class.

Athletes will not be allowed to eat on premises. Staff will be encouraged to eat off site. However, if using the kitchen facilities, all staff are to wash their hands after eating and clean any kitchenware used.

Toilet breaks will only be taken at staggered intervals to avoid overcrowding in bathroom area.

COVID-19 Requirements

Those who have returned from overseas or been in contact with a person known to have coronavirus (COVID-19) in the last 14 days, including in the 24 hours before the person became symptomatic, must self-isolate.

If there is a confirmed COVID-19 case from any participant or staff member the venue will become subject to a full three-day shutdown for deep clean and close contact tracing, effective immediately.

Anyone in close contact with this person must self-isolate for 14 days.

Flyaway Gymnastics will follow all requirements and advice from NSW Health.

Athletes and staff who have recovered from COVID-19 must satisfy the Communicable Disease Network of Australia (CDNA) criteria before returning to training.