

COVID POLICY ATHLETE & STAFF HEALTH & SAFETY POLICY



Athlete and Staff Health and safety

Athlete health and safety remains our most important priority. Roleystone Gymnastics Club must follow government policies during operation. We do not want an outbreak of COVID-19 in any gymnastics club. In an environment of community transmission of COVID-19, any individual with respiratory symptoms should be considered a possible case of COVID-19. Roleystone Gymnastics club has a clear and strict COVID-19 policy. Any unwell athlete or staff member is a potential COVID-19 case until it has been excluded and they have been medically cleared by a doctor to return to the club. Athletes and staff must not attend the club if they are unwell with any of the following symptoms, even if these symptoms are mild:

- Cough
- Sore throat
- Fever (e.g. night sweats or chills)
- Shortness of breath

A doctor must make decisions about investigations, treatment and management. Unwell athletes or staff must always call ahead before attending for assessment. Importantly, an athlete with a possible respiratory tract infection should refrain from training (even at home) until they have been cleared to do so by a doctor, given the potential for worsening illness. Successful implementation of the management plan includes effective communication to ensure athletes and staff understand the importance and implications.

Return to Work or Training - An athlete or staff member must not join the training environment if in the last 14 days they have been unwell or had contact with a known or suspected case of COVID-19. Roleystone Gymnastics Club ensures all athletes/staff have been medically cleared before returning to the training environment. Clearance and management procedures for those affected by COVID-19 must always comply and be aligned with the advice of Federal, State/Territory and/or Local Public Health Authorities. Any special arrangements for deviation from standard clearance and management procedures must be prospectively agreed to by relevant Federal, State/Territory and/or Local Public Health Authorities.

The following guidelines should be adhered to by athletes and staff;

Returning to work after contact with a suspected case, the individual must:

- Self-quarantine for 14 days (unless cleared by negative swab test)
- Contact a doctor before attending workplace/training facility (telehealth) •

Returning to work after contact with a confirmed active case, the individual must:

- Self-quarantine for 14 days (REGARDLESS OF negative swab test)
- Have regular contact with a doctor (telehealth) during this period, and before attending workplace/ training facility

Returning to work after a respiratory illness (whether or not the team member has been tested for COVID-19), the individual must:

- Allow at least 10 days to pass from the start of the illness
- Have clearance by a doctor (this may include in-person assessment and swab test)

Ongoing Management - Once training has resumed, a structured monitoring process must be in place to ensure early detection of illness within the training group. Athletes/staff should be educated regarding the early reporting of respiratory symptoms.

COVID POLICY ATHLETE & STAFF HEALTH & SAFETY POLICY



Managing a Suspected COVID-19 Case In Australia, currently, most respiratory tract infections will be tested for COVID-19. If an individual is being tested for COVID-19:

- They must immediately self-isolate and discontinue training until COVID-19 has been excluded and they have been medically cleared by a doctor to return to training
- Isolation of close contacts will be a decision for medical staff, based on case-specific details
- Definition of close contacts: – Face-to-face contact in any setting with a confirmed or probable case, for greater than 15 minutes over a week, in the period extending from 48 hours before the onset of symptoms in the confirmed or probable case, or
 - Sharing of a closed space with a confirmed or probable cause for a prolonged period (e.g. more than 2 hours) in the period from 48 hours before the onset of symptoms

Managing a Confirmed COVID-19 Case - COVID-19 is a notifiable disease and local public health authorities must be informed. Roleystone Gymnastics Club may be closed on the instruction of the local Public Health Authority or the CMO. Re-opening of the club should only occur after close consultation with the local Public Health Authority.

Key Tips

1. If an athlete or staff member has a cough, sore throat, fever or shortness of breath, they are not permitted in the club and must be tested for COVID-19 and cleared before returning to the club.
2. Athletes and Staff members are not permitted in the club if they have been in contact with someone who has or suspects they have COVID-19. They need to get tested and cleared before returning to the club.
3. If an athlete or staff member is being tested for COVID-19, they must self-isolate until they have received the results. Their GP may also ask close contacts to also self-isolate.
4. If an athlete or staff member has tested positive for COVID-19 satisfy the Communicable Disease Network of Australia (CDNA) criteria before entering the facility.
5. If an athlete or staff member who has been in the facility has tested positive for COVID-19, the club must notify the local Public Health Authority and follow their instructions which may include closing the facility.
6. Vulnerable groups (such as the elderly, those with compromised immune systems or chronic health conditions) should consider not attending programs and classes. Gymnastics Australia recommends that all its members download the Australian Government COVID-19 contact tracing app (COVIDSafe).
7. Entering of Roleystone Gymnastics club - Members over 16 years must sign in or use the SafeWA app QR code.

Roleystone Gymnastics Club COVID policy

1. *Basic protective measures against COVID-19*

Stay aware of the latest information on the COVID-19 outbreak. Most people who become infected experience mild illness and recover, but it can be more severe for others.

- a) **Wash your hands frequently** – Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands. Hand Hygiene Australia provides online training which is recommended for individuals to complete to assist with protecting themselves
- b) **Maintain social distancing** – **Maintain at least 1.5-metre distance between yourself and others.** When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain the virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease
- c) **Avoid touching eyes, nose and mouth** – Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.
- d) **Practice respiratory hygiene** – Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth or nose with your bent elbow or tissues when you cough or sneeze. Dispose of the used tissue immediately. Droplets spread the virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.
- e) **If you have a fever, cough and difficulty breathing, seek medical care early** – stay home if you feel unwell, if you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of the Western Australian Department of Health. This will also protect you and help prevent the spread of viruses and other infections.

Protective Measures posters that will be displayed the Roleystone Gymnastics Club building.

2. *Who should not attend Gymnastics Activities:*

- a) **Anyone who has been informed by public health authorities that they have been in close contact with a confirmed case of coronavirus. They must isolate themselves for 14 days after the date of the last contact with the confirmed case.**
Anyone who has been tested for COVID-19 must follow the advice of the Department of Health. They should also **notify the Roleystone Gymnastics Club immediately.**

3. *COVID-19 Community Sport Guidelines*

For community sports to open, a club has strict guidelines to follow. These must be fulfilled to keep our staff, athletes and members safe and healthy.

2 square metres of floor space per person, and no contact and maintain the 1.5m distance.

- Equipment sharing kept to a minimum
- the 2 square metres per person rule must be applied with attention to shared facilities and other communal areas
- change-rooms remain closed, but the toilets remain open.
- Regular hand washing

COVID POLICY ATHLETE & STAFF HEALTH & SAFETY POLICY



4. Roleystone gymnastics Club

- All office and staff areas are cleaned before and after classes.
- Athletes are to arrive at their scheduled class time and place belongings in the athlete area and line up ready for class.
- Equipment is regularly cleaned per class shifts.
- Roleystone Gymnastics Club will comply with the Government's position on the limitation of people adhering to the 2sqm per person rule
- Hand Sanitiser stations and wash sinks are cleaned before each day and after each day
- Hand Sanitiser is available for athletes, coaches, spectators and cleaning staff
- Toilets are cleaned before each session

5. Drop off and pick-up procedure

To keep in line with the government's limited numbers inside a building and maintain social distancing, Roleystone Gymnastics Club are limiting the number of spectators inside the building. Athletes that are in Kinder, Gym Fun, Gym Challenge and Junior Free G are permitted with a maximum of 2 spectators per family.

Any persons entering the building must sign in or scan using your QR SafeWA app, as directed by the Western Australian Government regulations.

All other Roleystone Gymnastics Club members must drop off and pick-up athletes at the entrance. Athletes must wait in the foyer for a guardian to collect.

6. Safety of the Staff and Athletes

We are following the cleaning protocols and limiting the number of classes and staff inside the Gymnastics building and size of these classes. Roleystone Gymnastics club coaches have completed appropriate understanding and training of hygiene and cleaning as per the Australian Institute of Sport, Gymnastics Australia and Australian Government education and courses. The staff will monitor any people coming into the building and anyone unwell will not be able to enter and will be isolated.

7. Events at Roleystone Gymnastics Club

All events held at Roleystone Gymnastics Club will require a pre-purchased ticket (these will be free) and members must adhere to the number of spectators per athlete or family. Members must sign in or use QR code from the SafeWA app. All spectators and guests must follow physical distancing and remain in the spectator area. Any spectators attending Roleystone Gymnastics club must follow part 1 and 2 of this policy.

8. Breach of conditions

Roleystone Gymnastics Club staff are applying a strict guideline to all members. Breaching these conditions will result in further actions and eliminating access to the Gymnastics Club for athletes and spectators.