

# Returning to Gymnastics at Zodiacs



With the winding back of COVID-19 restrictions we are preparing for when gymnastics classes will be given the green light to return. To ensure our gymnastics club remains a safe and COVID-19 free space, we will be operating under the return to sport health and hygiene protocols set out by the Tasmanian Government in conjunction with the Australian Institute of Sport, Gymnastics Australia, and Gymnastics Tasmania. Please familiarise yourself and your child/ren with this fact sheet prior to returning to gymnastics at Zodiacs.

*Within this fact sheet the terms 'you' and 'member' refer to the returning member – this includes the parent/guardian who attends classes with a PlayGym, Mini Movers, KinderGym, or Open Gym child.*

## Prior to Returning

If any of the below scenarios apply to you, you are not permitted to enter the gymnastics facility until you have gained medical clearance (i.e., a negative COVID-19 test); been declared medically recovered from COVID-19 and have satisfied the Communicable Diseases Network Australia (CDNA) criteria (if you tested positive for COVID-19) and; are completely free of any cold/flu symptoms.

1. Previously or currently tested positive for COVID-19;
2. Had contact with someone within the past 14-days who has tested positive or is suspected of COVID-19;
3. Been overseas or had contact with someone who has been overseas in the past 14 days;
4. Currently have cold or flu symptoms such as a cough, sore throat, fever (e.g., night sweats or chills), or shortness of breath.

### At risk individuals:

If you are considered a vulnerable or at-risk individual which includes:

- Individuals who are Aboriginal or Torres strait islanders
- Elderly
- Individuals with a chronic illness, disability, or medical condition (e.g., diabetes or heart disease/conditions)

We recommend that you seek advice from a medical professional regarding your participation in gymnastics and any risks this may have on your health prior to returning.

## Attending Gymnastics Class/Training

The greatest preventative measure Zodiacs Gymnastics Club has against a potential outbreak or the spread of COVID-19 is to ensure every person who enters the gym takes responsibility for personal hygiene and upholds the rules and procedures listed below and in our COVID-19 Policy. We also recommend that our members download the Australian Governments COVIDSafe app to help with contact tracing.

1. The following must be completed prior to returning for gymnastics lessons:

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- a. Return via email the Previous and Current Health Check Questionnaire form (Appendix A of the COVID-19 Policy);
  - b. Agree to uphold the requirements for gymnastics participation outlined in the section *Members and Participants COVID-19 Requirements* of the COVID-19 Policy.
2. The below daily check will occur each time a member participates in class. If a member answers yes to feeling unwell, they will not be allowed to participate in class and they will need to be collected from the gym.
  - a. Who dropped you off today?
  - b. Who is picking you up?
  - c. Do you feel unwell (do you have a sore throat, cough, feel hot/stuffy, blocked/runny nose, sore chest)?
3. All members must arrive prepared for gymnastics which means:
  - a. Having your own drink bottle of water – cups of water will not be provided and drink bottles are not to be shared;
  - b. Arriving dressed in appropriate gymnastics attire (Crop tops on their own are no longer appropriate attire due to greater skin exposure leading to hygiene and sanitisation issues. Appropriate attire is a leotard or tight-fitting top with shorts/tights/trackpants). Avoid using the bathrooms to change clothing;
  - c. Eating any food before entering the gym. No food is permitted in the building;
  - d. Hair that is chin-length or longer is tied up securely. Coaches will not fix hair during class time;
  - e. Arriving with socks, warm clothes to wear, shoes, and any training aid equipment that is required for your gymnastics class such as grips, wrist bands, ankle weights, resistance bands, gloves, loops and chalk. The aforementioned items are not to be shared. Class coaches will advise class members of any required training aid equipment.
4. The spectator area is closed to spectators. Members must be dropped off and collected from the gym entrance/exit.
  - a. Members in our PlayGym, Mini Movers, KinderGym, and Open Gym classes are allowed to have one accompanying parent/guardian attend with them.
  - b. Members who arrive more than 5 minutes early for their gymnastics class must wait in their car.
5. All members must adhere to the following personal hygiene requirements:
  - a. Hands must be washed with soap or sanitized upon entering the gym, after having a drink, between each apparatus rotation break, after touching another person, prior to leaving the gym, and any other time it is requested.
  - b. Hands must be washed with soap and water if a member coughs or sneezes, touches their face, or uses the bathroom. Coughs and sneezes must be into the elbow or a tissue that is immediately discarded in the bin.
  - c. Hand washing hygiene is as follows: wet hands, rub soap into all areas of the hands for a minimum of 20sec (sing happy birthday twice), rinse hands with water, turn tap off with paper towel, discard paper towel in the bin.
  - d. Hands must be sanitized and socks must be worn for each turn on a trampoline.

- e. Coaches will be reminding and guiding gymnasts of when they need to wash or sanitise their hands. Posters will also be placed in all bathrooms and around the gym to remind all members of hygiene protocols.
6. All members (including parents waiting to collect their children after class) must adhere to the 1.5m social distancing rule at all times. Within the gym, coaches will ensure children adhere to this rule.

### Development of Symptoms at the Gym

In the event that a member develops cold or flu like symptoms whilst attending class the following steps will be taken:

1. The affected person will be isolated from all other people in the gym in the club's self-isolation room.
2. The parent/guardian of the affected person will be contacted and asked to immediately collect them.
3. The affected member may return to gymnastics:
  - a. After 72 hours, if their symptoms completely clear within 24 hours of initial presentation; or
  - b. Once symptoms have completely cleared if they persisted or worsened after the initial 24 hours. The member must also have sought medical advice/treatment for their symptoms and have had possible COVID-19 infection ruled out. A signed declaration (Appendix B of the COVID-19 Policy), indicating that the affected person has done this must be emailed to the club prior to the members return.

### Development of COVID-19

In the event that you or someone in your household contracts COVID-19 after you have returned to gymnastics, the club must be notified immediately via phone or email. You must self-isolate for a minimum of 14 days and are not permitted to return to the club until you satisfy the CDNA criteria and are medically cleared to return to the sport. You must provide a signed declaration (Appendix C of the COVID-19 Policy) that you have recovered from COVID-19 to the club prior to returning.

For more detailed information regarding our procedures for operating in the current COVID-19 environment, please read our COVID-19 Policy. It is a requirement of membership going forward that you agree to abide and uphold the COVID-19 Policy.

If you have any questions or concerns, please email the club [zodiacsgym.burnie@gmail.com](mailto:zodiacsgym.burnie@gmail.com).