



WAGS Covid Alert Level 2 Safety Plan

- Please do not come to training if you are feeling sick. If anyone appears to be exhibiting signs of illness or looking unwell, they will be asked to **go home** by a staff member or coach. The athletes' parent or caregiver will be contacted to pick them up.
- Contact Tracing: Rolls will be kept by coaches for all members entering the gym.
- No Spectators. We ask that parents and caregivers drop their children off and pick up from outside the gymnasium at Alert Level 2. Coaches will release athletes in a staggered manner once classes are finished.
- If a parent or caregiver needs to come into the gym please use the sanitiser and scan or sign in.

Masks

- Masks are to be worn in the public areas of the gym by all staff and gymnasts. This includes the entrance area, spectator area and toilets.
- Coaches are required to wear a mask when spotting. Keep them handy.
- Masks are not required when exercising.
- Gymnasts may wear a mask if they want to.

Distancing:

- Athletes are required to keep a distance of **1m** within their groups
- Groups to maintain a 2m distance within the gym and when moving between apparatus.
- Coaches to spot only if it is necessary to keep the gymnast safe.
- Gymnast numbers within the building will not exceed 50.
- When entering and leaving the building a 2m distance between people is required.
- Once inside each STEP or Level group will have their own marked designated waiting area upstairs. Each group will have a chair (at 1 metre distances) to sit on and store their school bag under while they are waiting for their class to begin.
- Classes returning will have staggered times and the number of classes will be limited. This is to ensure everyone becomes familiar with all procedures, including coaches and athletes.

Cleaning and Hygiene

- Surfaces will be disinfected daily with a food safe disinfectant. This includes toilets, taps, doors and door handles in used areas

- Coaches and gymnasts will be required to use the hand sanitiser once in the gym.
- Gymnasts to sanitise hands before and after each apparatus.
- Gymnasts will be reminded by coaches to not touch their faces.
- Bottle filler out of operation. Gymnasts to bring their own water in a bottle.
- Windows will be open to allow for extra ventilation. Gymnasts may want to wear extra clothing to allow for the cooler temperature.

Protocol for Gymnasts entering WAGS

- Enter through the front doors wearing mask
- Stand on marks of 2m distance if there is a queue for the hand sanitiser
- Sanitise hands upon entering the gymnasium and when leaving
- Keep a 2 metre distance from anyone else in the building.
- Maintain good hygiene, particularly hand hygiene and good cough/sneeze etiquette. Cough or sneeze into your elbow.
- Place your school bag in your designated area and wait there until called by your coach to start warm up.
- Take your gym bag with you and keep it in the designated apparatus storage area. There will be storage areas at each apparatus.
- Gym bag to contain drink bottle clothing and any strapping, braces, hair ties etc
- At bar – chalking up – one gymnast at a time.
- Sanitise hands before and after each apparatus rotation.
- Toilets and changing room etiquette – 1 in 1 out. Don't forget to wash and dry your hands.
- Stay with your group at each apparatus.
- Coaches will only spot athletes if there is an immediate health and safety need. You may not be able to work all of your skills at Alert Level 2.
- At the end of each training session athletes will be released once a text is received from a family member that they are outside waiting.