



## 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 kept by coaches for all members entering the gym.
- No Spectators. We ask that parents and care givers drop their children off and pick up from outside the gymnasium at Alert Level 2. Coaches to 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.