



Return to Gym



INTRODUCTION

OUR MISSION

Creating a healthy, fun and safe environment that empowers participants to challenge their mind and body under the guidance of a dedicated and passionate team

As we embark on the re-opening of our club, never has **OUR MISSION** been more important. As always the health and safety of our athletes is paramount and is at the forefront of every decision, procedure and policy. When preparing our plan we have taken into consideration directives from the Victorian Government and guidelines from Gymnastic Australia and Gymnastics Victoria. These plans will remain adaptable as we navigate this next stage of the COVID-19 pandemic. We will continue to educate ourselves and make changes as and when necessary. Any updates or changes will be communicated with CYC families.

Conditions of Membership

This plan and the conditions within it apply to all people accessing our facility as an athlete, parent/guardian, spectator, visitor, contractor or employee. All terms and conditions listed in the document now form part of our general terms and conditions effective immediately. Entry to our facility assumes acceptance of these conditions and it is the responsibility of all parents/guardians and responsible adults involved with our club to have reviewed all aspects of the plan to ensure the safety of everyone.

Members are required to accept the new terms and conditions on the parent portal prior to the first class back at the club. Members will not be able to join a class without acceptance. If you have any concerns regarding this please contact us.

For your reference the new statement added to the terms and conditions is as follows -

We have read and understood the CYC Return to Gym document that outlines the new Conditions of Membership and Conditions of Entry relating to COVID-19. We agree to follow all guidelines within the document and any instructions within the club. We further understand that this information may change in line with the government restrictions and guidelines and we will continue to read and follow all directives made by CYC.

CYC Gymsports COVID-19 Safety Coordinator

In accordance with Sport Australia's COVID-19 Return to Sport Toolkit, CYC Gymsports has appointed a COVID-19 Safety Coordinator. With assistance from the CYC team this coordinator will be responsible for overseeing the development, implementation and monitoring of the Return to Gym Plan and will be the point of contact for members, their families, staff, state and national sporting bodies, and government and public health authorities.

You can contact the COVID-19 Safety Coordinator at any time as follows -

CYC Gymsports COVID-19 Safety Coordinator - Karyn Clancy

Direct Contact Number - 0492 921048

Direct Email Address - karyn.clancy@cyc.net.au

Office/Reception Opening Hours

Our office and reception hours will change depending on the number of people allowed on the premises at any one time. Therefore, we encourage you to use the parent portal and email general enquiries to admin@cyc.net.au and account enquiries to accounts@cyc.net.au.

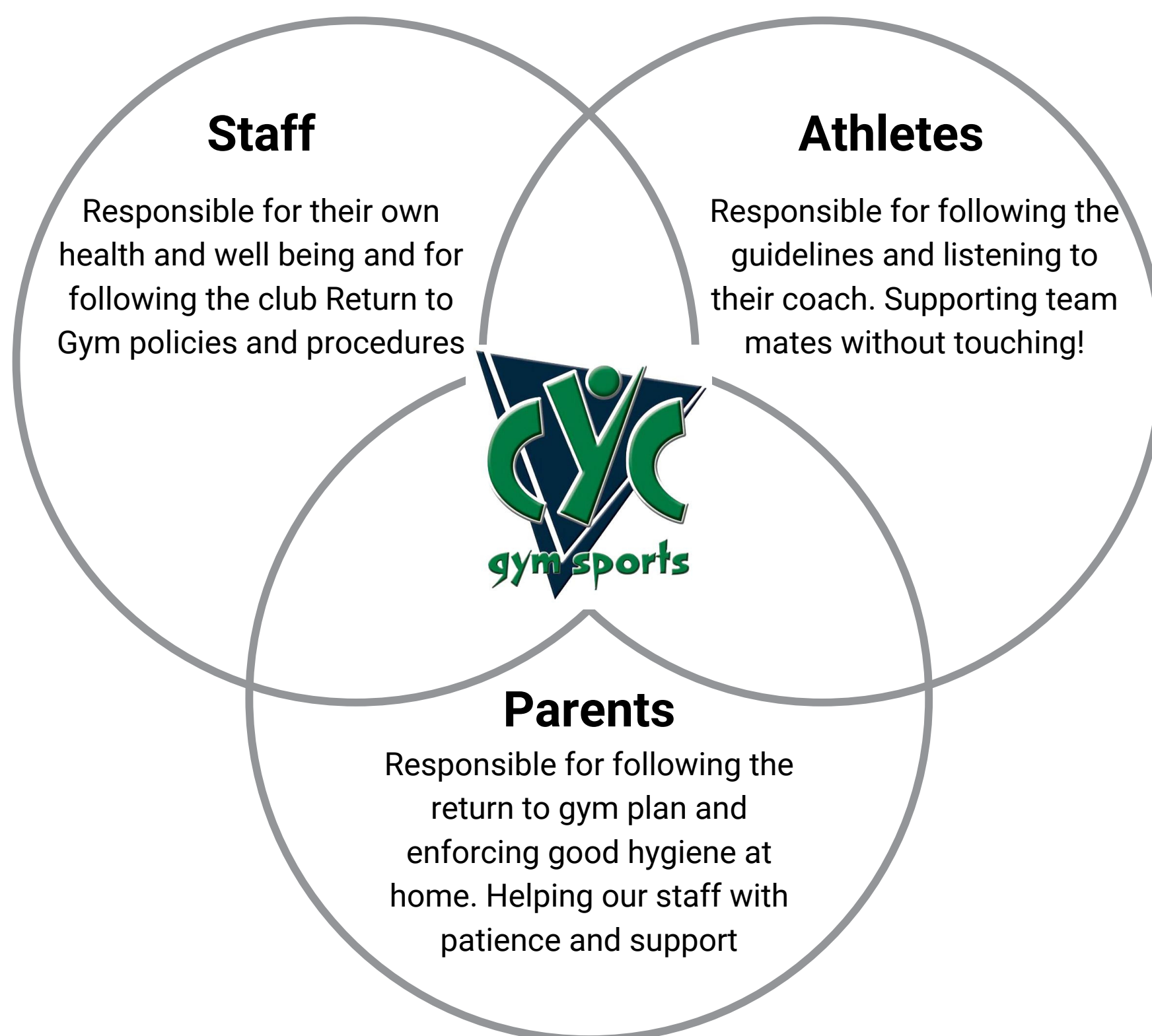
If you need to contact your child's coach please use the admin email address and we will arrange for them to contact you.



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A SHARED RESPONSIBILITY



Members at a Higher Risk

We understand there are members of our club who are at higher risk of complications of an illness such as COVID 19 due to other health conditions. While appropriate action will be taken to minimise the risk to such members, should your medical support personnel recommend against returning to classes in the short term, we undertake to hold the member's place for them until it is deemed safe for them to participate. We do request written medical confirmation of this recommendation to enable appropriate planning for our class numbers.

Athletes

Understand and follow our Return to Gym - Our New Environment poster. This resource has been developed specifically to explain our new requirements in a child friendly, relatable way.

Parents / Guardians / Responsible Adults

Understand and follow the guidelines and conditions listed within this plan at all times; before, during and after accessing our facilities. Ensure any children under your care who are accessing our facilities have read (or been briefed) on the requirements for them to safely access our gym sports using the "Return to Gym - Our New Environment" poster.

Visitors / Spectators / Contractors

Visitors, spectators and contractors must also confirm acceptance of the terms and conditions of entry to our facilities as presented at our entry points and enter only when approval has been granted by Management in writing.

Staff

Understand and follow the guidelines and conditions listed within this plan at all times, before, during and after attendance at work, in addition to our workplace health and safety documentation relating to working in a COVID safe workplace.

Due to the nature of how this virus spreads we all have a shared responsibility to support a healthy and safe CYC. Regardless of what stage we are in, it will take time, effort and cooperation from us all. These are unprecedented times so let's all be patient, kind and supportive.



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A PHASED APPROACH

In line with government restrictions and for the safety of our members, coaches and staff, we will implement a phased approach in the return to gym. CYC have used Gymnastics Australia's National Guidelines - Return to Training document to assist in planning our athlete return timetable. We have considered skill level, training hours and the health and well being of all athletes in our preparations. Online classes will still be available where onsite training is either limited or not available at any stage of our return.

A more detailed timetable will be emailed to parents. Timetables will change inline with Government restrictions and return to training guidelines. Where possible days will remain the same but start and finish times may change slightly as we work through this process.

With the exception of our Junior Gymnastics parents/guardians access for parents, spectators, and visitors will be unavailable or limited until such time as restrictions are lifted or numbers increased. Once again we will follow guidelines regarding this and will communicate with families. If your child requires additional assistance please contact the club for written permission to attend under special circumstances.

OUR NEW ENVIRONMENT

Guidelines and Conditions of Entry

If you are ill or feeling unwell

- Do not come to training/bring your child to class or attend our facilities - If you, your child or anyone in your immediate family is not well - runny nose, fever, cough, sore throat, gastro. Stay home and rest.
- If you have been in contact with anyone in the past 2 weeks that has been tested for or been diagnosed with COVID-19 or is unwell with cold or flu like symptoms, even if you, your child and your immediate family are well.
- If you, your child or immediate cohabiting family have returned from overseas in the last 14 days

CYC Gymsports reserves the right to immediately quarantine and remove any person from our facility that is showing symptoms of illness or has disclosed that they have been in contact with someone who is ill or has been tested or diagnosed with COVID-19.

Members, coaches and staff may return to the club once they have been symptom free for 72 hours. That is 72 hours since the symptoms stopped.

If you become aware of any member that has been exposed to someone who has been tested or diagnosed with COVID-19 you must inform CYC Gymsports in writing so the appropriate action can be taken as soon as possible.

New Procedures

These new procedures apply to ALL members of CYC and their accompanying adults, siblings and associated visitors. They follow the "Get in, Train, Get out" guidelines issued by Sport Australia.

- Athletes should arrive NO MORE than 5 minutes prior to their class start time and must be collected promptly from our outdoor collection area.
- Enter via the side door and exit via the main door. This process will be closely monitored by our staff and athletes will not be able to leave the building until their parent or guardian has arrived to collect them.
- With the exception of Junior Gymnastics classes and where written permission has been provided for parents with special circumstances, adults will be required to drop and go. Spectating of training and classes will not be permitted. Staff will be available to assist with the arrival of children. Please make sure that your contact details are up to date in the parent portal so that we are able to contact you if necessary.
- We have a number of hand sanitising stations throughout the club and at the entrance and exit points. Athletes will be required to sanitise when entering and exiting the club, when using the bathrooms and when directed to do so by their coach.
- All persons entering the club will have their temperature checked
- Athlete attendance will be marked via the usual class roll. Staff and visitors are required to complete a sign in, sign our sheet
- Athletes must arrive ready to participate where possible, access to bathrooms and changing rooms will be limited.
- Bring a clearly labelled full drink bottle, our kitchen will be closed to athletes. Eating on the premises will not be permitted until further notice.



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Masks

- Athletes aged 12 years+ and coaches are required to wear cloth or single use masks travelling to and from CYC.
- Athletes aged 12 years+ and coaches are required to wear masks, unless athletes are physically training (to allow enough airflow and prevent other safety risks). Coaches should wear masks unless they are actively giving directions.
- Single use masks should be discarded and changed every four hours, or if they become damp or soiled.
- Cloth masks should be changed every four hours or if they become damp or soiled and be washed every day with detergent.
- DHHS information on the use of masks can be found via their website

Social/Physical Distancing

- We will maintain the required minimum 1.5m social distance between individuals
- There will be no activities in pairs or high fives for now!
- Athletes will remain with their usual class/squad and will rotate areas of the gym in groups of no more than 10 (excluding coaches)
- Adult restrictions are still in place. With the "no spectator" regulation (except in special cases and Junior Gymnastics) we further reduce our risk and adhere to social distancing and controlled groupings for adults
- The need for coaches to spot athletes skills with their hands is a necessary part of our sport. Coaches will limit this where possible without compromising safety. Where spotting is required coaches will sanitise their hands between athletes.
- If your child suffers from a medical or behavioral condition that requires your support and assistance onsite this must be communicated to the club 48 hours PRIOR to class commencement in writing so that we are able to manage our numbers as required.

Hygiene

- Anyone entering the building will be required to use the alcohol based hand sanitiser provided. There are also a number of Sanitation Stations throughout the club, athletes will be required to sanitise between apparatus or rotations and whenever directed by staff.
- Where possible athletes will use their own equipment and will use the appropriate level of hand sanitation with permanently installed apparatus.
- Athletes will be reminded not to touch their face, mouth, nose and eyes but helping to break this habit at home would assist.

Cleaning Protocols

- CYC will follow cleaning guidelines provided by Gymnastics Australia to minimise the risk of a COVID-19 outbreak at our club
- These protocols and procedures will be followed daily with ongoing cleaning and disinfecting (undertaken before, during and after training sessions and classes) of frequently touched surfaces in line with manufacturers instructions, particularly on gymnastics equipment.
- Where gymnastics equipment cannot be suitably cleaned without the potential damage cleaning products may cause to the equipment the focus will be on sanitising the athletes and coaches.
- As we cannot routinely and thoroughly clean the foam pit we will be covering this area with tarp and mats that can be cleaned.

Contact Tracing

- CYC strongly encourage families to download and activate the governments COVID Safe App
- CYC will implement and maintain an accurate attendance record should tracing be required.

Use of Chalk

- The use of chalk will be limited to our competitive athletes only. There will be no more shared chalk buckets. Squad athletes should bring their clearly labelled container with chalk, provided in June. They must remember to bring their own chalk to every lesson. They will not be allowed to share chalk. Chalk can be purchased through the club \$2.50, please inform the coach if they require more.
- Gymnasts will not be permitted to share grips under any circumstances



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SQUAD - PERSONAL LOCKER

On our return to gym each **squad athlete** will be required to bring a number of items that will be exclusively used by them (no sharing). They will need to store these items in a clearly identifiable labelled bag and this bag must be brought to every session. Each item should also be clearly labelled.

Named Bag

Drink Bottle

Hand Sanitiser

Band Aid and Strapping Tape

Tissues

White Socks

Exercise Band

Chalk in a named container or zip lock bag
(chalk block measures 10x10cm)

Foam Roller



In addition WAG athletes may require the following -

Grips

Wristbands

Wristguards (optional)

Loops and Gloves

Small water spray bottle

Ankle Weights

