



EUREKA GYMNASTICS COVIDSAFE HANDBOOK

Policies for training

Version 3.0

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PURPOSE

Our Mission Statement says:

To provide a fun and safe recreational and competitive gymnastics experience which is welcoming to all and inspires excellence in everyone who is associated with Eureka Gymnastics Club.

The health and safety of our athletes is a priority. All decisions, policies and procedures are made in the interest of our athletes' physical and mental health. Eureka Gymnastics Club will not make any decisions that favour financial needs at the expense of safety.

THIS DOCUMENT CAN CHANGE AT ANY TIME

Our plan and procedures to address how classes are run at Eureka Gymnastics Club must be adaptable, effective, and comply with all regulations put in place by state and federal governments. To achieve this, we will constantly evaluate our policies and procedures, seek out new information, and adjust our responses accordingly. We will alter any and all of this handbook as needed to fulfill these goals.

EVERYONE'S SITUATION IS DIFFERENT

In navigating this situation as best we can, we recognise that each of us has had to find a unique plan for the unique circumstances of our family and environment. While we will try our best to create the best environment for everyone, we respect families who must make the difficult decisions around their children's sport.

THESE POLICIES ARE MANDATORY

In the interest of protecting the health and safety of children entrusted to our care, Eureka Gymnastics Club will be enforcing all policies and procedures listed in this document. Families, athletes, or employees who are unwilling to abide by these policies and procedures will not be permitted to enter the Eureka Gymnastics Club facility.

OVERVIEW

To create a safe environment for all, each person must do their part for all of us to be as healthy as possible.

Responsibilities

Staff (including committee)	Athletes	Parents
<ul style="list-style-type: none"> • Facility cleanliness • Own health • Travel • Stay safe outside of work 	<ul style="list-style-type: none"> • Following policies in this handbook • Following directions from staff • Supporting one another 	<ul style="list-style-type: none"> • Ensuring their family is following good hygiene habits • Follow all exclusion policies • Supporting the staff and club with understanding

It is only possible to create a safe environment through the work and cooperation of all our staff, athletes, and parents. We need every family to do their part so once we re-open we can stay open. With that in mind, we thank you in advance for your cooperation.



PREVENTION POLICIES

To help prevent the spread of the coronavirus, Eureka is adopting the following policies. We are adopting the approach of **Get In, Train, Get Out**. Because the coronavirus spreads by close contact, the spread can be limited by reducing contact.

Policy type	Red (Heavily Restricted)	Yellow (Less Restricted)	Green (Open and CovidSAFE)
Family	<ul style="list-style-type: none"> • No in-person contact with admin staff, via phone or email only • Children to be dropped off and picked up at the door 	<ul style="list-style-type: none"> • In-person contact permitted with admin staff, phone or email recommended • Children dropped off and picked up at the door or from inside the gym 	<ul style="list-style-type: none"> • Usual contact with admin staff face-to-face, by phone or email • Good hygiene habits encouraged at home and at the gym
Athlete	<ul style="list-style-type: none"> • Must not come to training if in the last 14 days they have been unwell or had contact with a known or suspected case of COVID-19 • Must bring own water bottle • Must use their own chalk supply (provided if required), Theraband, leg weights, etc • Must sanitise hands when entering the club, and if they leave the gym area for any reason • Must come prepared for class as much as possible: dressed in gym clothes, used the toilet, put hair up, etc at home • Must come to the gym wearing shoes • Athletes 12 and over must wear a mask at all times when not training 	<ul style="list-style-type: none"> • Must not come to training if in the last 14 days they have been unwell or had contact with a known or suspected case of COVID-19 • Must bring own water bottle • Must sanitise hands when entering the club, and if they leave the gym area for any reason • Must come prepared for class as much as possible: dressed in gym clothes, used the toilet, put hair up, etc at home • Must come to the gym wearing shoes • Athletes 12 and over must wear a mask at all times when not training 	<ul style="list-style-type: none"> • Must not come to training if in the last 7 days they have had contact with a known or suspected case of COVID-19 • Must bring own water bottle • Must sanitise hands when entering the club • Must come to the gym wearing shoes • Good hygiene habits reinforced and taught at home

Staff	<ul style="list-style-type: none"> • Must not come to work if in the last 14 days they have been unwell or had contact with a known or suspected case of COVID-19 • Must have received two doses of a COVID-19 vaccine to work • Must sanitise hands when entering the club, between classes, and if they leave the gym floor for any reason • Must socially distance at all times • Must wear a mask when required by government regulation 	<ul style="list-style-type: none"> • Must not come to work if in the last 14 days they have been unwell or had contact with a known or suspected case of COVID-19 • Must have received two doses of a COVID-19 vaccine to work • Must sanitise hands when entering the club, between classes, and if they leave the gym floor for any reason • Must socially distance unless spotting • Must wear a mask when required by government regulation 	<ul style="list-style-type: none"> • Must not come to work if in the last 7 days they have been unwell or had contact with a known or suspected case of COVID-19 • Must have received two doses of a COVID-19 vaccine to work • Must sanitise hands when entering the club • Good hygiene habits encouraged at home and at the gym
Spectators	<ul style="list-style-type: none"> • No spectators are permitted for Gymstar, MAG and WAG classes • Maximum of one spectator per family for Under 5s classes; no other family members older than 12 months • Must have received two doses of a COVID-19 vaccine if age 16 or over • Must check in with QR code if entering the gym for any length of time • Parents/guardians not permitted to be involved in the class • Must wear a mask when required by government regulation 	<ul style="list-style-type: none"> • One spectator per family where possible for Gymstar, MAG and WAG classes • One spectator per family for Under 5s classes • Must have received two doses of a COVID-19 vaccine if age 16 or over • Must check in with QR code if entering the gym for any length of time • Parents and guardians are not permitted to be involved in the class • Must wear a mask when required by government regulation 	<ul style="list-style-type: none"> • No limits on spectator numbers, in line with density limits set by the government • Must check in with QR code if entering the gym for any length of time • Must have received two doses of a COVID-19 vaccine if age 16 or over • Must wear a mask if required by government regulation
Class	<ul style="list-style-type: none"> • Gymstar classes limited to ten • Coaches only coach their assigned class • No physical contact • Spotting discouraged but permitted if necessary • Ribbons and foam blocks, not used in classes 	<ul style="list-style-type: none"> • Gymstar classes limited to ten • Coaches only coach their assigned class • No physical contact • Minimal spotting permitted 	<ul style="list-style-type: none"> • Coaches can work with groups other than their own • Normal physical contact permitted • Usual spotting permitted

Facility	<ul style="list-style-type: none"> • Cleaning of door handles, gates, etc before, during and after each class • Cleaning of hand apparatus (e.g., medicine balls, hand weights) regularly • Cleaning of equipment regularly • Cleaning of bathrooms regularly • One person at a time permitted in each bathroom (members of the same household exempt) • Microwave and kettle not available for use 	<ul style="list-style-type: none"> • Cleaning of door handles, gates, etc daily • Cleaning of mats regularly • Cleaning of bathrooms regularly 	<ul style="list-style-type: none"> • Regular cleaning schedule
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SERVICE VICTORIA APP

Eureka Gymnastics Club uses the Service Victoria QR Code Service. The club advises parents to download the Service Victoria to their smartphone in advance. Children must be checked in by their parents when they come to class.

ATHLETE HEALTH AND SAFETY

Athlete health and safety remains our priority. We do not want an outbreak of COVID-19 in any gymnastics club. If you test positive for COVID-19 you must **immediately isolate**.

In an environment of community transmission of COVID-19, any individual with respiratory symptoms should be considered a possible case of COVID-19. Any athletes or staff member **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

Anyone exhibiting these symptoms should refer to Victorian Coronavirus website for more information (<https://www.coronavirus.vic.gov.au/checklist-cases>). 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.

MANAGING A CONFIRMED COVID-19 CASE

If your child test positive to COVID-19, you must inform the Club. As per the Victorian Coronavirus website, positive cases must tell the social contacts who they spent time with while they were infected.

The club will contact social contacts by email and send an app notification and SMS message. If the club contacts your child must:

- Use a rapid antigen test if they have symptoms, or a PCR test if they can't access a rapid antigen test.
- If they don't have symptoms, they are strongly recommended to use rapid antigen tests every day for 5 days.
 - If they cannot access a rapid antigen test, then they should monitor for symptoms and seek a PCR test if symptoms emerge.

The Department of Health will not tell your social contacts this information on behalf of the club. Informing the club is up to you to take this important action to protect your friends and family.

Only the social contacts your child was with while they were infectious will be notified.

Did you have symptoms?	Your infectious period
Yes	Your infectious period started two days before your child noticed symptoms .
No	Your infectious period started two days before the day your child got tested .

For example:

- If you first noticed symptoms on Friday afternoon, your infectious period is all of Wednesday onwards (i.e., two days before Friday).
- If you didn't have any symptoms prior to your test, and you were tested on Friday afternoon (regardless of when you received your positive result), your infectious period is all of Wednesday onwards.

HOW THE CLUB WILL NOTIFY YOU

If a child tests positive, the club will send an email to children in that child's training group who attended training while the child was infectious (as per the table above). The club will also send a notification through the [ICP app](#) and by SMS. Please make sure you have opted into at least one form of communication.

CLOSE CONTACTS

You are a close contact if you:

- live in the same house as someone who tests positive
- spent 4 hours or longer with someone in a home, or health or aged care environment
- are determined as one by your state or territory health department.

If you are a close contact of someone who has COVID-19 you must isolate for 7 days from the last time you were in contact with that person.

If you have symptoms, you should visit your nearest testing clinic as soon as possible.

If you have no symptoms, you should take a rapid antigen test at home.



VACCINATION AND BOOSTERS

Being fully vaccinated against COVID-19 reduces your risk of severe illness, hospitalisation and death.

Anyone over the age of 5 is eligible to receive a [vaccination against COVID-19](#). If you are not vaccinated against COVID-19, or are eligible for your booster dose, you should make an appointment at a state run clinic or with your GP.

VULNERABLE PERSONS

We want to do our part to protect those in our club and community who are more at risk. We advise elderly persons, those with compromised immune systems or chronic health conditions to consider not attending programs and classes.

REVISIONS

10TH JANUARY

Revision of version 2, and updated as necessary

9TH FEBRUARY

Updated section Managing a Confirmed Case, as per directives on the Coronavirus Victoria website.