



Warragul Gymnastics Club Inc

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COVID-19 – Return to training plan

PURPOSE

The purpose of this document is to outline Operational strategies and actions that will be implemented in response to the COVID-19 health risk. Implementation of these strategies and policies are controls for this WH&S risk that will remain in place until further notice. The strategies and policies in this document may be updated if and when information and direction is delivered by government and other relevant bodies.

STRATAGIES

These strategies are proposed for consideration, deliberation and/or adoption by all participants in activities held at the Warragul Gymnastic Club; ultimately safeguarding staff, programs, and athletes from the COVID-19 risk.

Policy
Staff and athletes to be responsible for their own hygiene practices: Practicing good cough hygiene (cover sneezes and coughs with a tissue or the crook of your elbow) and regular handwashing. Avoid touching face, handshakes, hugging and kissing as greetings. Dispose of tissues immediately after using them. Take responsibility for physical distancing measures.
Staff and athletes to stay home if unwell: Those with fever or symptoms of acute respiratory infection (e.g. cough, sore throat, runny nose, shortness of breath) are to self-isolate and seek medical advice.
Those who have returned from overseas or been in contact with a person known to have coronavirus (COVID-19) in the last 14 days, including in the 24 hours before the person became symptomatic, must self-isolate.
Staff to monitor health of colleagues and athletes and encourage to stay home.
Temperature guns used on athletes, staff if it is deemed necessary. Athletes or coaches with temperatures above 37.80°C not to be in attendance.
Staff and athletes to wash hands before/after each session, and before/after eating. Eating in the venue to be discouraged except where necessary.
Staff and athletes to use hand sanitiser regularly throughout sessions, before and after contact with another individual or equipment.
Staff and athletes encouraged to take regular breaks to wash hands.
Encourage influenza vaccine.
Encourage staff and athletes to set vehicle air-conditioning to fresh air not recycled.
Encourage download of the COVIDSafe app.
If there is a confirmed COVID-19 case from any participant or staff member located at the Warragul Gymnastic Club, the venue will become subject to a full three-day shutdown for deep clean and close contact tracing, effective immediately. Anyone in close contact with this person must self-isolate for 14 days. Anyone exhibiting signs of flu-like symptoms must immediately self-isolate and seek medical advice.
Individuals encouraged to avoid areas of high traffic to minimise crowding, Keep training groups separate.
Limit visitors onsite (e.g. no parents in building, limit contractors, limit essential visitors). Exclude people at risk (people with compromised immune systems, those with diagnosed chronic medical

conditions, elderly).
Staff to record all participants and anyone they interact with for 15 minutes.
Ban large and minimise small gatherings particularly in enclosed spaces.
Avoid conducting works near vulnerable people.
Coaches to avoid touching athletes. Where possible verbally coach and demonstrate skills. Where spotting is required minimise time spent within 1.5m to less than 15 minutes.
Implement "Get in, Train, Get out" approach.
All rooms/spaces/apparatus areas to be equipped with sanitisation stations at entry/exit points (only sanitisers with 60-80% alcohol content).
Training spaces to be equipped with cleaning supplies (alcohol wipes and spray).
Ensure the availability of running water, soap and hand towels.
Victorian Government Signage (hand and cough hygiene) in bathrooms and throughout venue.
Display educational materials.
Classroom, office and meeting space chairs marked on floor, one person per 4m ² .
Office spaces provided with wipes and an antibacterial spray to clean their workspaces.
Staff to take ownership of their working spaces by cleaning commonly touched surfaces daily (drawer handles, desks, benches, phones, keyboards and regularly used stationary).
Ensure each visitor uses hand sanitiser after each use.
Contactless payments.

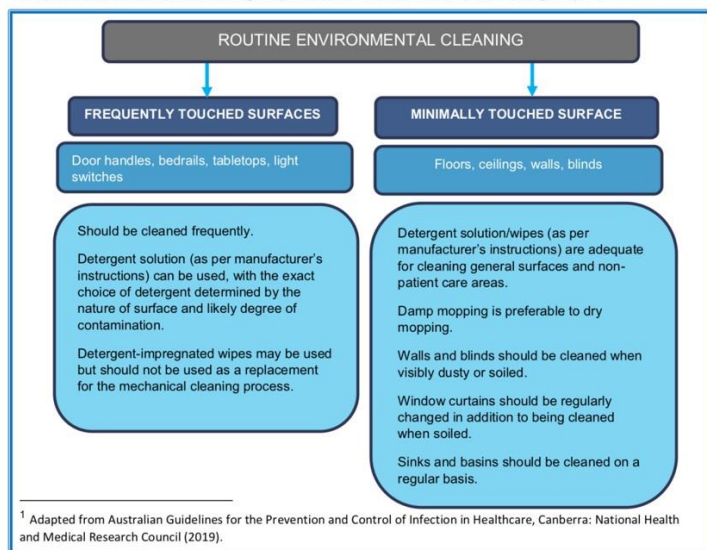
Kitchen

Ensure the availability of hot water, surface disinfectant spray, detergent, hand soap, hand towels.
Ban the use of tea towels and surface cloths and replace with single use hand towels / paper towel. OR Replace and wash tea towels and surface cloths daily.
Limit or ban the use of kitchenette facilities.
No more than two people permitted in the kitchenette area. When sharing kitchenette areas, bench spaces are not to be shared, and individuals must remain 1.5m apart.
Any touched surfaces must be wiped with disinfectant and single use paper towel.

Environmental Cleaning

Carpets and mats cleaned vacuumed daily.
Carpets and mats steam cleaned annually (regularity pending health advice).

Routine environmental cleaning requirements can be divided into two groups¹:



¹ Adapted from Australian Guidelines for the Prevention and Control of Infection in Healthcare, Canberra: National Health and Medical Research Council (2019).

Removal of germs (such as the virus that causes COVID-19) require thorough cleaning, followed by disinfectant (cleaning will reduce the organic matter, allowing the disinfectant to work).

Training Equipment

Crashmats wiped down with a detergent solution fortnightly and disinfected between rotations using disinfectant spray and wipe.
Shared equipment (e.g. parallel bars, handweights) to be cleaned with alcohol wipes / spray after each use.
Hand sanitiser to be used before and after the use of any piece of training equipment or touching of any apparatus.
Apparatus cleaned according to health/safety recommendations and manufacturer guidelines. Any exceptions should be justified by a risk assessment.
All strength and conditioning machinery to be wiped down before and after use with supplied wipes – focusing on detail wiping where the equipment is gripped.
Athletes will be provided with their own magnesium chalk and container where needed.
Training Floor Management
Where possible gymnasts are asked to wear clean clothes into the gymnastic club.
Athletes and coaches to wear appropriate full-length clothing where possible, minimising skin-skin contact.
Food Hygiene
Consider the risk of serving food. Avoid food preparation and consumption except where absolutely necessary.
Clean the surfaces that will come in contact with food and the utensils used.
Wash and dry your hands thoroughly before preparing or serving food.
Hand sanitiser, hand soap, surface disinfectant, single use hand towels must be available.
First Aid
Usual first aid protocols must be followed with the additional assumption that any situation could be possibly infectious.
Minimise the possibility of spread by practicing good hygiene practices, PPE (gloves must be worn), appropriate handling of clinical waste, and cleaning practices.
Implementation
Coaches to ensure hand sanitiser use for participants and coaches to use throughout close contact activities (only sanitisers with 60-80% alcohol content).
All staff to participate in the promotion of good hygiene and the implementation of hygiene and distancing practices.
Staff, programs and athletes to participate in an updated induction.
Implement a staff roster to assist with additional cleaning responsibilities.
Communications
Train staff in new procedures, expectations and good hygiene.
Signage (one-page instruction sheets).
Email of expectations to programs via SGC admin.
Formal brief to all programs and athletes.

Staff Questionnaire

A weekly questionnaire will be taken before any staff who participate in onsite activities (over phone where possible):		
Have you been overseas in the last 3 weeks?	YES	NO
Have you been in contact with anyone who has?	YES	NO
Have you been in contact with anyone with a known or suspected case of the COVID-19 virus?	YES	NO
Has your doctor suggested you get tested or self-isolate?	YES	NO
Do you have any flu like symptoms? (List the ones you are experiencing).	YES	NO
If you answer YES to any of the questions above, you must NOT attend the site for 14 days, or until you have written evidence of a 'negative result' and are feeling well.		