

# COVID PROCEDURES IN THE GYM: STAGE 2

## OFFICIAL

We have assigned an official 'Covid Safe Officer' which is Kerry.  
A 'Return to Play Readiness Checklist' has been completed as per government requirements.  
We have devised a Covid plan for Athena designed to keep our athletes safe but allows us to return to training.  
Only 20 athletes will be permitted in the gym at one time. Timetables already sent out address this.  
Staff have been informed of Covid procedures and will be trained ahead of classes commencing in readiness.  
These procedures will remain in place through until Stage 3 (when we will consider & revise).

## THE GYM

The gym has been thoroughly cleaned; all hard surfaces and vinyl matting disinfected, floors mopped, bathroom walls, tables, chairs, light switches etc. all wiped down. Cleaning will be attended to daily and hard surfaces like door handles & light switches will be wiped down after each team exits the gym.

## ARRIVAL

On arrival, athletes need to come around the side of the gym and through the back gate. There is space out back for us to social distance, it is completely fenced in and safe from vehicles. Athletes will only be able to come into the gym via the back door when the previous class has departed. Please wait for the coach to invite you in.  
*In the event of rain, please keep your athlete in the car until the last minute and simply send them in as you see the previous group leave.*

## DEPARTURE

When class is over, athletes will be released out the main front office door. It is important that someone is there to pick them up on time. Please seek help from another parent if you are running late & do need your child to wait around for a little bit. We cannot keep them in the athlete area as it will run our numbers over what is allowable in the gym.

## HYDRATION

All athletes need to bring their own CLEARLY NAMED water bottle. They can refill these from the drink fountain but won't be permitted to drink directly from the tap. In the case of emergency, we will supply a disposable cup (which we will name with a marker) but please do not make this an everyday thing. Cups will be thrown out after use, not rewashed.  
The vending machine will also be stocked with water (\$2 bottle).

## FOOD

Please send plastic cutlery with your child if they need it. We will stock some emergency disposable cutlery but again request this is not relied on as a regular thing.

## HANDS

All athletes will be required to use sanitiser as they enter the gym. Coaches will arrange for this to happen. Effective hand washing in the bathroom will also be requested with signs and directions displayed.

## A TYPICAL TEAM SESSION

**During Stage 2, we will not be stunting.** A typical lesson will look something like this:  
Warm up/Strength/Conditioning: all individual activities/no partner work (with social distancing)  
Jumps: drills & skills (with social distancing)  
Tumbling: basics, equipment based & skills the athlete can do without spotting: one athlete per strip or piece of equipment & one waiting their turn  
Choreography movement patterns: learning the movement and placements for the routine  
Stretching: all individual activities (with social distancing)  
*Sunday Tumbling Sessions: as described for tumbling above*

## THE OFFICE

The office will be open. Please observe social distancing signs & procedures.

## ILLNESS

No athlete, parent or staff member will be allowed in the gym if they are showing and signs of cold/flu/covid. Please message via the closed Facebook page for your team & keep your child home. Arrange to have a covid test done. If an athlete tests positive, it is mandatory to contact Kerry immediately so we can take appropriate action.