



'COVID-19 SAFETY PLAN'

MEMBER HANDBOOK

Updated 7th October 2021



There are so
many reasons
to smile :)

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**We are a registered
COVIDSafe Club.**

We are following and abiding by the
Gymnastics NSW Return to Sport Plan

View the GNSW Return to Sport Plan
www.gymnsw.org.au/reboot



RETURN TO GYM POST LOCKDOWN

Returning to KSTP after the 2021 lockdown will see some additional requirements in terms of vaccination that we must follow as part of the NSW Government Public Health Order. They will come into effect from 11th October, as outlined below.

We understand our families have the right to choose vaccination or not and hope our families can also understand and appreciate that we are a small family business and for that reason will follow the guidelines we have been given.

Our staff including front desk and coaches are following the guidelines provided to them, therefore we ask they are treated with respect, aggression and disrespect will not be tolerated. Any questions, concerns or complaints should be emailed through to rebecca@kstp.com.au

The wellbeing of our members and our staff is paramount so trust we have the support and understanding.

THREE STAGE TO REOPENING

Following the State Governments Indoor Recreation Guidelines, the following will apply;

70% NSW VACCINATED

- All children are welcomed back to class
- Students from 16 years and parents who enter the facility are required to be fully vaccinated or have a 'Covid-19 Vaccine Medical Contraindication' form from the GP. Proof of vaccination or the form will be required
- ~~Mask will be required by KSTP staff, students aged over 12 years, parents of KinderGym~~ *Mask restrictions for athletes eased 25th October 2021, coaches and parents of KinderGym will still be required to wear a mask, as do all people over 12 upon entering and staying in the foyer.*
- Capacity will be 1 person per 4sqm, groups no larger than 20, (multiple groups in 1 space adhering to capacity limits)
- We will be following the contact tracing and hygiene practises as outlined in this document.

80% NSW VACCINATED

As stated by the NSW State Government and reiterated by Gymnastics NSW, at 80% vaccinated KSTP can;

- Continue operations, following Indoor Recreation Guidelines.

FROM THE FIRST DECEMBER

As stated by the NSW State Government and reiterated by Gymnastics NSW, at 90% vaccinated KSTP can;

- Continue operations, following Indoor Recreation Guidelines
- Allow all members regardless of vaccination status to participate and attend classes.
- Operate at 1 person per 2sqm.

PARENTS AND CARERS, WHEN IS IT OK TO COME INTO THE FOYER?

- You are only permitted to enter the facility if you are fully vaccinated and have shown prior proof of certificate or 'Covid-19 Vaccine Medical Contraindication' form from the GP.
- If you are attending a KinderGym class
- If you have a child under 5 and choose to stay while their class is on. In this case, you must wear a mask and follow the 1.5 metre distancing rule.
- If you are bringing your child in for a Free Trial
- If your child has done their Free Trial and you are signing them up.
- If you want to pay your account by eftpos or cash.
- To speak to a KSTP Team Member
- To use the bathroom



Please remember when you do come in to use the Services NSW QR Code on the door to sign in for contact tracing.

We have found that when a parent comes into the foyer it can cause uncertainty for other parents and carers as to them wondering if it is ok to come in therefore, we ask that if you don't need to come in for the reasons above you continue to use Kiss and Drop.

BEFORE YOU ARRIVE FOR CLASS

- Ensure you and your child meet the vaccination requirements as previously mentioned.
- Have a mask ready if you are required to wear one
- Stay home if your child or someone in your family is sick
- Students are asked to get dressed at home and come ready for your tumbling class
- Wash hands and feet
- Bring clean socks and full drink bottle with you
- Stay in the car, until you see your coach and drive to the drop off spot to meet your coach
- Parents are asked to refrain from coming into the foyer unless needing to do any of the abovementioned

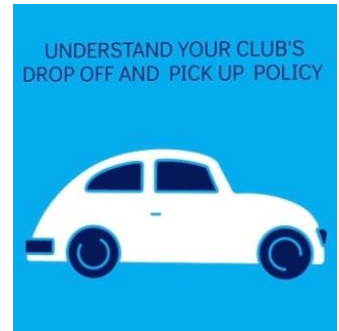
DROP, TRAIN, LEAVE – THE NEW WAY

We will continue to follow the AIS (Australian Institute of Sport) recommended method of **Drop, Train, Leave**. We understand that this may be an inconvenience for some families, however we hope you appreciate continuing this method is the safest way for our students to get into class. *Parents are asked not to mingle in groups in the carpark for long periods of time.* Your cooperation will ensure we keep safe and healthy.

Drop

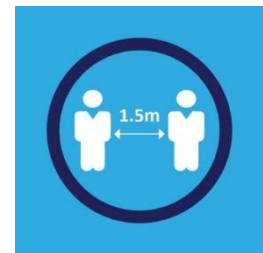
- Parents are asked to use the Kiss and Drop method at the new Drop Off Zone marked at front doors.

- To ensure we get as many people in the drop off zone and limit the line in the carpark, please ensure you drive right to the end of the drop off zone where you will see the Pick up and Drop Off sign, and don't leave big gaps from the car in front of you.
- Remember this is Kiss and Drop and we need to have a flow of traffic to avoid long queues. Please ask your child to be prepared and ready to hop out of the car when greeted by our staff.
- If you need to speak to the coach or staff member please park the car and come into the foyer if you are fully vaccinated or have an exemption form you can show, this will ensure we have traffic moving.



Train

- Students will need to come prepared for class, this means bring clean socks, and a full bottle of water.
- Students will be required to follow the directions of their coach to ensure they are keeping the 1.5 metre rule.
- Students age 12 and above are required to wear a mask when entering the premises, they can be taken off when entering the gym.
- Students who use strapping and chalk will need their own supply.
- To ensure hygiene is at the forefront, students will put hand sanitiser on when entering the foyer, and between every apparatus.
- Students will be required to wear shoes when going to the toilet, wash hands and put hand sanitiser on before entering the gym.



Leave

- After class, students will collect their belongings and put hand sanitiser on.
- Students will wait in the foyer with their coach, parents are asked to drive to the Kiss and Drop area and the coach will bring the student to the car.
- For safety, we will not allow children to leave the gym and walk through the carpark to an awaiting car, parents are asked to wait in their car and drive to Kiss and Drop to collect their child.
- Classes will finish 5 minutes earlier to assist the process.

ENTERING THE FOYER

Following guidelines, KSTP staff, parents or visitors who enters KSTP are required by NSW Health Orders to be fully vaccinated or have 'Covid-19 Vaccine Medical Contraindication' form from a health professional.

The Service NSW QR Code must also be used and can be found on the entry points.



NUMBERS IN THE GYM AND THE FOYER

Based on the square meterage of the gym we are permitted to have the maximum of 100 students in the gym at one time and 40 in the Corinthian Room.

The foyer space allows us to have at any one time. Please refer to the above information regarding parents in the foyer.

TRAINING WILL BE DIFFERENT

With social distancing requirements, training in all classes will look a little different. We will be sanitising before, during and after classes, we will be cleaning the equipment more often and our classes will be social distanced.

We have implemented 'zones' for each group to leave their belongings this helps with the 1.5 distancing rule. As per the guidelines from Gymnastics NSW we will be limiting the amount of spotting, and only do so when necessary, we will have less equipment being used and be wiping down equipment after each rotation.



FOOTWEAR

When arriving for class, student's shoes will be placed neatly in the racks adjacent to the front door.

Clean socks *must* always be worn inside the gym. We will no longer have a sock bucket; therefore, students who don't have socks will be given a new pair which parents can purchase on collection of the child, the cost is \$2.

Shoes must be worn when going to the toilet; it may be easy for children to wear slip on shoes rather than joggers should they need to use the bathroom mid class.

MAKE UP CLASSES FOR ILLNESS

Currently while we are following the Covid 19 requirements and the emphasis is keeping health and safety a priority, student **MUST** stay home if they or a family member is not well. If a child arrives with flu like symptoms, they will be sent home.

At this time, makeup classes will still be offered to all programs, however due to the current restrictions the process will be different.

To be eligible for a makeup class, families must advise prior to their child's class that they are not coming in by texting 0435 155 834.

All makeup classes must be booked through the office by texting 0435 155 834, availability for makeup classes is at the discretion of management. Due to restrictions on class numbers we may not always have the availability on your preferred day. Makeup sessions will need to be done within the term and can be done as per the table below;

<i>Under 5's -KinderGym, Tumble Tots, Tiny Tumblers</i>	<i>Makeup classes within their program on any other day, if due to preschool this cannot be achieved we ask families to contact us. Tiny Tumblers can also use GymFun to makeup a class.</i>
<i>Recreation, GymFun, GymSkills, GymSkills Advanced</i>	<i>Makeup classes are done within their program on any other day.</i>
<i>Stage 1 & 2 State & National Squads,</i>	<i>Makeup classes can be done within their program on any other</i>

<i>Intermediate Levels</i>	<i>day.</i>
<i>Juniors, Advanced and Open Age</i>	<i>Are asked to call management to arrange a suitable makeup class</i>

MORE INFORMATION

For more information please visit the [Gymnastics NSW Website](#).

