



'COVID-19 SAFETY PLAN'

MEMBER HANDBOOK

Updated 13th January 2022



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



ISOLATING & TESTING

KSTP will be following the Covid-19 Test and Isolate National Protocols. Please see the diagram below for full details or [click here to download](#). If you require any further clarification please contact us at info@kstp.com.au or 0435 155 839

Australian Government **BE COVIDSAFE**
6 January 2022

COVID-19 Test and Isolate National Protocols

PROTOCOL 1

COVID-19 confirmed by a positive RAT or PCR test

- 1 Isolate at home for at least 7 days from the day you had your test. If you have symptoms at **Day 6**, you must stay at home until symptoms are gone.
- 2 Notify your household, school or employer that you have tested positive.
- 3 If you have **no symptoms** at **Day 7**, you can return to normal living and leave your home. You do not need a further test.

Wear a mask when leaving the home and avoid visiting high-risk settings for at least 7 days following negative test or end of symptoms.

Always seek medical help if you become very unwell.

PROTOCOL 2

Close Contact and have symptoms

- 1 Stay home for 7 days since you last had contact with the person who has COVID-19.
- 2 Take a RAT self-test or PCR test and stay at home while waiting for the test result. If you test **positive** for COVID-19 follow **Protocol 1**. If you test **negative**, continue to stay at home.
- 3 On **Day 6** of isolation, take a RAT self-test. If you test **positive** for COVID-19 follow **Protocol 1**. If your Day 6 test is **negative**, you can leave home and return to normal living after completing the 7 days of home isolation.

Wear a mask when leaving the home and avoid visiting high-risk settings for at least 14 days following exposure to the person with COVID-19.

Always seek medical help if you become very unwell.

PROTOCOL 3

Close Contact with no symptoms

- 1 Monitor for symptoms and take a RAT self-test or PCR test if they develop. If **positive**, follow **Protocol 1**. If **negative**, continue to stay at home for 7 days, monitor for symptoms and follow **Protocol 2** if they develop.
- 2 On **Day 6** of isolation, take another RAT self-test. If your Day 6 self-test is **positive**, follow **Protocol 1** – you do **NOT** need a PCR test for confirmation. If your Day 6 self-test is **negative** and you have **no symptoms**, you can leave home and return to normal living after completing the 7 days of home isolation.

Wear a mask when leaving the home and avoid visiting high-risk settings for at least 14 days following exposure to the person with COVID-19.

PROTOCOL 4

Other contacts

If you have had less contact with someone with COVID-19, such as contact in a social, shopping, education or workplace setting.

- 1 You should monitor for symptoms and have a RAT self-test if these occur. If **positive**, follow **Protocol 1** and stay at home until you no longer have symptoms.

Wear a mask when leaving the home and avoid visiting high-risk settings for at least 14 days following exposure to the person with COVID-19.

*WA, SA, NT & TAS residents should check their state or territory requirements and timelines

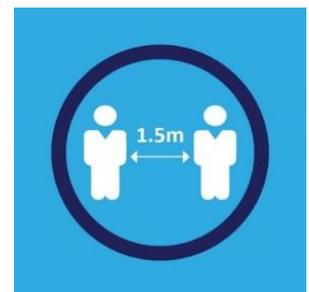
You are a **Close Contact** if you are living with someone who has COVID-19, or have spent 4 hours or longer with someone in a home or health or aged care environment since they developed COVID-19.

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VACCINATION

As stated by the NSW State Government KSTP can welcome all members back to KSTP despite vaccination status. The following will still apply;

- We are following Indoor Recreation Guidelines as provided by NSW Health
- Parents and visitors are required to sign in using the QR code at the front door.
- Masks are required by all people over 12 years who enter the foyer or participate in a KinderGym class.
- Operate at 1 person per 2sqm.

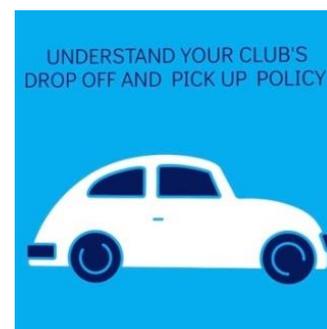


PARENTS AND CARERS, WHEN IS IT OK TO COME INTO THE FOYER?

As we are required to follow the 2 square metre rule to avoid too many people in the foyer we will continue to offer Kiss and Drop. This will assist us in overcrowding and adhering to social distancing.

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

- 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**. From feedback gathered parents are happy for this arrangement meaning they can pull up out the front knowing their child will be walked safely to the car or collected from the car.

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 as possible 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 Pickup 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 with your mask on, this will ensure we have traffic moving.

Train

- Students are asked 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.

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 jogggers 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, Intermediate Levels</i>	<i>Makeup classes can be done within their program on any other 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](#).