

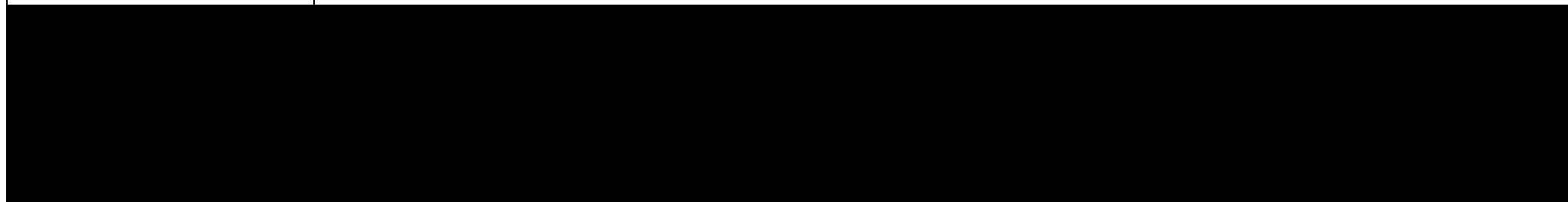
- These strategies are proposed for consideration, deliberation and/or adoption by all participants in activities held at the Artistry AGG Training Sessions; ultimately safeguarding staff, programs and gymnasts from the COVID-19 risk:

Artistry AGG	POLICY
Health Management	
	Staff and gymnasts 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 gymnasts 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 gymnasts and encourage to stay home.
	Daily health checks with all gymnasts, staff and contractors including temperature checks and questionnaires.
	Temperature guns used on gymnasts, staff and contractors daily. Athletes or staff with temperatures above 37.5°C not to participate.
	Identify staff and gymnasts at high risk (people with compromised immune systems, those with diagnosed chronic medical conditions, elderly).
	Staff and gymnasts to wash hands before/after each session, and before/after eating. Eating in the venue to be discouraged except where absolutely necessary.
	Staff and gymnasts to use hand sanitiser regularly throughout sessions, before and after contact with another individual or equipment.
	Staff and gymnasts encouraged to take regular breaks to wash hands.
	Encourage influenza vaccine.
	Encourage staff and gymnasts 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 training venue, 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 flulike symptoms must immediately self-isolate and seek medical advice.
People Management	
	A return to work timeline to be arranged with your employer for anyone planning to travel or living with people in isolation. Those who are living with someone self-isolating should stay in another room and are not required to isolate (unless in close contact with a confirmed case or returning from overseas in the last 14 days).
	One person permitted per 4m ² .
	All participants to complete contact tracing questionnaire on arrival and show coach completed form on entry.
	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).
	Limit the number of people onsite.
	Minimise participants in training sessions (e.g. maximum of 10 participants per class)
	Designate entry and exit only doors to manage traffic.
	Staff to record all participants and anyone they interact with for 15 minutes.
	Ban large and minimise small gatherings particularly in enclosed spaces.
	Coaches to avoid touching gymnasts. Where possible verbally coach and demonstrate skills.
	Implement “Get in, Train, Get out” approach.



Venue

	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 .
	Markings on floor (foyer, training space, eating spaces) ensuring physical distancing of 1.5m is adhered to.
	Rearranging the layout to allow for physical distancing.

Office

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 deliveries. Contactless payments.

Environmental Cleaning

Carpets and mats cleaned vacuumed daily.

Carpets and mats steam cleaned regularly (regularity pending health advice).

Daily spot checks and cleans of carpets and mats.

Additionally, staff to take ownership of their working spaces by cleaning commonly touched surfaces daily (drawer handles, desks, benches, phones, keyboards and regularly used stationary).

Training Equipment

Acro Mats wiped using disinfectant spray and wipe.

Shared equipment (e.g. 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.

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.

Gymnasts to purchase and use their own equipment and not share any equipment between gymnasts.

Training Floor Management

Gymnasts are required to bring their own yoga mats (4mm recommended) and/or body length towel.

Conditioning/stretching performed on own yoga mat/towel, laid on top of tumble runs/floors.

Gymnasts and coaches to wear appropriate full-length clothing where possible, minimising skin-skin contact.

Gymnasts and coaches to wear only clean clothes – hot water and detergent.

Externally worn shoes to be left at entrances of the gym. Gymnasts are to change before entering the gym and no outside clothes are to be worn in the gym.

Gloves worn for close contact training activities where safe.

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.

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 gymnasts 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.

Ongoing reminders and support to staff.

Email of expectations to training leaders

Formal brief to all programs and gymnasts.

Questionnaire COVID 19			
	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
	Temperature check:	_____ _____	°C
	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 'no result' and are feeling well.		