

# COVID-19 RESTRICTION PROTOCOLS

## Artistry AGG

### COVID-19 Restriction Protocols for Artistry AGG

All participants in Artistry training sessions must adhere to the following under the current Restrictions. Artistry AGG advises that any non-compliance will result in access to the training being reconsidered.

#### MASKS

- Gymnasts and coaches will wear masks when appropriate when travelling to and from the gym
- Coaches will wear masks at all times when they are inside the facility, apart from during physical training (to allow enough airflow and prevent other safety risks).
- Masks should be discarded and changed every four hours, or if they become damp or soiled.

#### DISTANCE

- Physical distance of 1.5m to be observed at all times.
- This includes when training, when entering and exiting the centre, when moving to areas of the gym or bathrooms.

#### HYGIENE

- Gymnasts and coaches will pay close attention to hand sanitizing, and personal hygiene.
- Hands must be washed regularly – before and after training
- Gymnasts and coaches must continue to clean their training “zone” and necessary equipment.

## TRAINING

- Training will be performed in monitored group sizes based on Government recommendations.

## EQUIPMENT

- Where possible, gymnasts will use their own equipment.
- Any permanently installed equipment should be cleaned between use by different gymnasts.

## ENTRANCE AND EXIT

- Every person entering the centre will have their temperature checked daily.
- You must follow the “Get in, train, get out!” approach.

## RESPONSIBILITY

- Keep each other accountable. We all have a responsibility to ensure the safety of everyone in our community.
- What you do in your personal life directly affects the risk to everyone in the community.
- Increased exposure to other people outside the centre will increase the risk of infection and transmission within the centre. Where possible, we ask that gymnasts and coaches minimise exposed interactions with the wider community and follow government guidelines.
- As recommended by the Victorian government, we recommend wearing a mask in situations where it is difficult to maintain physical distance.
- If we have a case of Covid-19 in the centre we will have to close the facility. Taking all possible precautions as an individual contributes to lowering the risk of this outcome.