



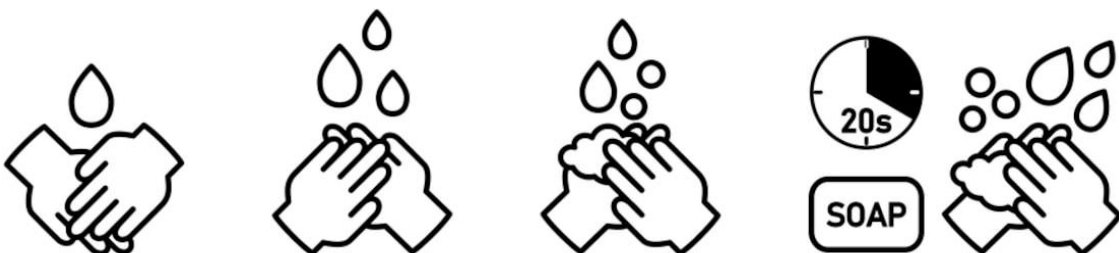
Health & Safety: COVID-19

Health precautions and risk mitigation is a high priority. Our health and safety measures include (but are not limited to):

- ❖ Before reopening, the Bentleigh McKinnon Youth Centre has been fully cleaned and staff have completed the COVID Safe Sports Coaches and Officials Certificate and completed the Hand Hygiene training course.
- ❖ Regular hand washing with warm water and soap will be promoted.
- ❖ Hand sanitiser will be available at all entry points and within the main hall.
- ❖ Full cleaning of bathrooms will occur prior and after each session with regular spot cleaning undertaken.
- ❖ High touch areas will be thoroughly cleaned regularly, including door handles and equipment.
- ❖ The kitchen is only accessible to refill water bottles. Gymnasts are asked to sanitise their hands prior to and after leaving the kitchen.

General Hygiene Practices

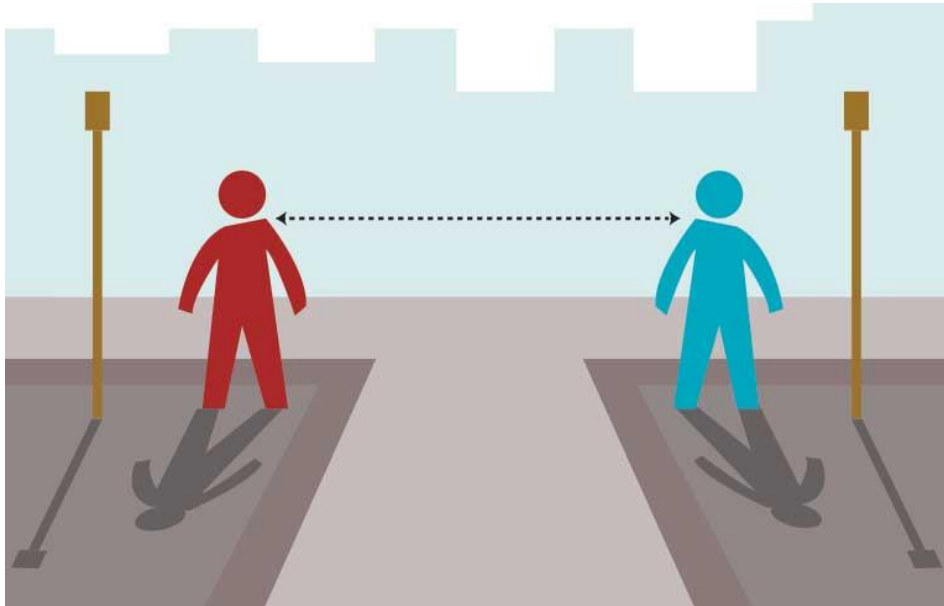
- ❖ Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitiser.
- ❖ Patrons will be asked to use hand sanitiser prior to entering and on exiting the Youth Centre.
- ❖ Avoid touching your eyes, nose and mouth.
- ❖ Avoid close contact with people who are sick.
- ❖ Stay home and seek medical treatment when you are sick.
- ❖ Cover your mouth with your elbow to cough or sneeze.
- ❖ No high fives, handshakes, hugging, sharing of water bottles or other physical contact.
- ❖ Any student that has any underlying health conditions or is considered a vulnerable person, should consult with their healthcare professional prior to returning to their class.





BENTLEIGH MCKINNON GYMNASTICS CLUB Inc

RE-OPENING TO GYMNASTS –



Social Distancing:

Students, teachers, coaches, staff and parents over the age of 18 must maintain social distancing of 1.5m at all times. Where possible, training spaces will be modified to support physical distancing.

Class Sizes – up to 20

The Youth Centre will be adhering to the State Government's current guidelines which permits group classes at Community Centres to operate.

For the school age gymnastics classes, we will be allowing up to 20 students in the hall at the one time. Our gymnasium will be allocated into 2 separate zones with up to 10 people in each space, which is in accordance with the State Government's guidelines for large indoor venues.



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Booking a Position

You must complete the required forms on our website, email the Club or phone to guarantee a position is available for your child. You cannot arrive on the day without a booking.

2021 - returning gymnasts - Due to strict student/staff ratios, we require a booking deposit of \$40 to be paid into the gym bank account prior to starting. This is a non-refundable deposit. However, the \$40 will be deducted from term fees, if your child continues throughout the term. No child will be permitted entry into the class, if this payment is not received a minimum of 24 hours prior to class.

2021 - beginners new to the Club - complete the form on line and we will be in touch about a position. A \$10 fee will be required for a trial lesson.

Arrival & Departure Procedures

Entry in and out of the Youth Centre will be via the main entrance. Please ensure that you arrive no earlier than 5 minutes prior to the start of your class.

Parents/carers will not be allowed to enter the premises. A 'drop and go' approach will be required. A staff member will meet your child at the main entrance where a temperature check and hand sanitising will be completed. For this reason, we ask parents to wait outside until their child has entered, before leaving.

Parents will not be able to sit and watch a class at this stage of the Covid-19 restrictions. If your child is suffering with anxiety an exemption can be made after speaking with the Manager.

At the end of each class, children will wait in the foyer with a staff member. Please drive up to door and your child will be sent out to get in the car. Entry to the driveway or carpark must be via the western driveway and exit will be through the eastern driveway. (look at the map attached)

If you choose to park your car, please wait outside gym door for your child, keeping 1.5m from any others at door.

Observe the green arrows for parking in carpark, blue arrows for express drop off & pick up (please approach gym from west direction so the Higgins Road is not blocked)

School aged Students – no school bags allowed

(A small bag may be brought to class – Mobile phones must stay in the bag)

A staff member will meet your child at the main entrance where a temperature check and hand sanitising will be completed.

Gymnasts must be able to answer these questions on entry – 'do you have any 'flu-like' symptoms; have you or a family member been in contact with someone with Covid-19; is anyone at home in current isolation?

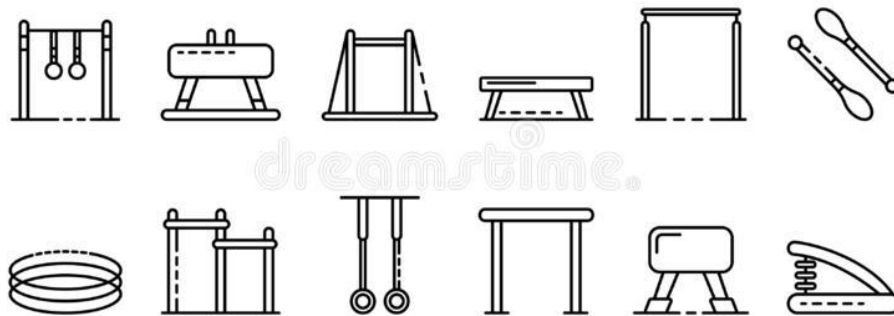


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PLEASE ensure your child can answer these questions. If 'yes' is answered to any questions, the child will be excluded for 72 hours after symptoms disappear or until a negative Covid-19 test is received.

Sickness During Class

If a child appears to be unwell during class time, they will immediately be taken to a separate, supervised isolation zone. Parents will be called and asked to collect the child. We ask that medical advice is sought and that unwell persons do not return to the gym until they have been well and without symptoms for 72 hours. If a member suspects that they themselves, or a household member, has Covid-19, we ask that you do not attend until cleared with a negative Covid-19 test.



Equipment

Any equipment used throughout the class will be sanitised before and after each use.

We will be following cleaning guidelines from Gymnastics Australia. Cleaning of high touch surfaces such as mats, boxes, wedges, hoops and strength equipment will be completed between groups. Vacuuming of carpeted surfaces, mopping of vinyl mats and cleaning of metal uprights on bars, beam and vault will be completed each session. Some specialised gymnastics equipment cannot be easily cleaned without damaging the equipment. We have been advised by the Gymnastics Australia Chief Medical Officer, that such equipment poses a very low risk if proper hand hygiene is observed by all.



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Equipment Set Up & Pack Away

Setting up and packing away of equipment will involve all children in the first or last session of the day. A distance of 1.5 metres between children, staff and adult volunteers, needs to be maintained, if possible.

'A', 'B' or 'E' group parents may enter the gym only to assist with equipment pack away but will be temperature checked and asked a series of health questions - 'do you have any 'flu-like' symptoms; have you or a family member been in contact with someone with Covid-19; is anyone at home in current isolation?

Parents' hands must be sanitised on entry and exit. Names and phone contact details must be recorded on entry.

'A' Group Only

All gymnasts must use their own chalk on bars. Each gymnast will be given a named, sealed plastic bag including chalk, which will be kept at the gym for individual use. Hand washing is required before and after using the bars.

'A' group can choose to bring their own plastic skipping ropes – to be kept in your small bag – you must not share the rope with anyone else - we have limited plastic ropes and these ropes will be sanitised after use.

Siblings

No siblings are allowed into the gym during 'class time'.

Any child who needs to accompany a parent, during set up or pack away of equipment, must have their hands sanitised on entry and exit.

Food & Drink

No food is allowed to be eaten in the gym

Each gymnast must bring a named drink bottle, which can be refilled. No excuses for not having your own bottle. When refilling a bottle, hands must be sanitised before and after entering the kitchen or bathroom.



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Change rooms

There will be no access to the change rooms at the back of the stage. Gymnasts must come dress appropriately and 'ready to go'. Easy shoes (eg thongs, slippers, ugg boots) should be worn to limit the time to take off and put back on. Shoes will be left in the foyer.

Toilets within the Centre will remain open. The front foyer toilet is not to be used.

Gymnasts must sanitise hands before and after using bathrooms.

('A' group only - must wear runners as gymnasts may return to supervised running outside)

Up to Date Personal Details

Please ensure your personal details including mobile numbers and email addresses are up to date. All gymnasts must complete a new updated enrolment form which can be found on our website – www.bmgc.org.au

Payments & Enquiries

Invoices will be emailed to parents at the commencement of each term.



Cheryl Vosatka – Covid-19 Safety Officer & Manager



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