

Prior to attending Gym sessions:

Before participating in any gym sessions, participants should not attend if in the past 14 days they have:

- Been unwell or had any flu-like symptoms
- Been in contact with a known or suspected case of Covid-19
- Or had any sudden loss of smell or loss of taste
- Are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.

At all times:

Any children attending sessions are to be cared for by their parent/guardian. This includes making sure they are following COVID-safe guidelines.

Sign In:

- Sign in table will be placed outside of the front left hand door of the gym.
- Everyone will be required to fill in Covid-19 form as well as sign in sheet
- Encourage download of COVIDSafe app
- Everyone will be required to use hand sanitiser before entry
- Door will be propped open during group entering gym

During session:

- All activities and equipment will need to be placed so that individuals have a 1.5 metre radius around them.
- Individuals: No hugs and handshakes- elbow bump instead. Don't share drinks or food
- Sharing of equipment is allowed, however continue to maintain cleaning and disinfectant measures

After session:

- All equipment to be wiped down
- Toilets to be cleaned
- Any bibs or similar items to be washed prior to next session
- All equipment to be packed away
- Exit via side door near kitchen
- All lights off and doors locked, alarm on.

General Safeguards

In addition to the conditions outlined in the above document, it is recommended that everyone continue to follow good practices of hygiene by implementing the following measures:

Hygiene- School

- Ensure spaces at each facility, surfaces and objects are regularly cleaned with disinfectant
- Provide hand washing guidelines to all participants and volunteers
- Promote regular and thorough hand washing by volunteers and participants
- Provide sanitising hand rub dispensers in prominent places around the venue
- Ensure sanitising hand rub dispensers are regularly refilled
- Ensure soap dispensers in toilets are regularly refilled
- Ensure bins are provided around the venue

Hygiene- Individuals

- Gym participants, trainers and volunteers are encouraged to use good hand washing practices
- If using tissues, place them directly in bin, and use hand sanitiser afterwards
- Seek to avoid using the public toilets, however if necessary, ensure hands are thoroughly washed
- Each participant is to provide their own drink bottle that is clearly labelled and is only used for that individual. No sharing of drink bottles
- Each participant is encouraged to bring their own towel to use during workout session.

Behaviour

- Cover mouth and nose with a tissue or elbow (not your hands) when you cough or sneeze
- Wash with soap and water often
- Use hand sanitiser gel if soap and water is not available
- Do not touch your eyes, nose or mouth if your hands are not clean
- No spitting at any time
- Wipe down all surfaces and objects with appropriate anti-bacterial/disinfectant wipes or soap, particularly those frequently touched. This includes door handles, light switches, kitchen surfaces, bathroom surface, phones, remote controls, sound system, and any other high touch areas.
- Do not share drink bottles
- Practise social distancing. If someone comes and stands next to you, move further away and ensure you implement social distancing requirements



To further aid the fight against Covid-19, Snug Primary School supports the Australian Government's COVIDSafe app and strongly encourage all members and participants to get behind this initiative

The app can be downloaded from the Apple App store and Google Play.