



Covid-19 Safety Plan 2021

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Purpose and objectives

Purpose:

Under the Health and Safety at Work Act 2015, organisations must take all practicable steps to mitigate risks and protect people from hazards in the workplace. Minimising the spread of coronavirus (also called COVID-19) is important to keep employees, gymnasts and their families safe and well at the Club.

The purpose of this Plan is to provide Eastern Suburbs Gymnastic Club (ESGC) with practices and guidelines by which to mitigate risks, minimise the spread of infectious diseases, and keep employees, gymnasts and their families who come into the Club safe and well.

This Plan complies with the Minister of Health and Sport New Zealand requirements for the Stage 1 of Alert Level 3 and Alert Level 2 as at 13 October 2021. The Plan does not consider the requirements at the Alert Level 1, 3 or 4.

The COVID-19 pandemic is an evolving situation. The plan will be reviewed regularly and changes are to be made as required.

Key Objectives:

- First and foremost to provide for the safety of staff, stakeholders and visitors
- Provide a guide for the leadership team
- Be a reference point for information important to day to day operations
- Document the short-term operational priorities in terms of continuing operations
- Identify key staff and suppliers who must be noticed in the event of disruption
- Be an easily reviewable document which is not cumbersome to keep current.

Distancing

Alert Level 3 (Outdoor Training)

Guidelines

- Professional coaching can begin outside for sports where this can be conducted within the Step 1 rules.
- Equipment is not shared
- Physical distancing is maintained (e.g. total numbers must be kept under 10).

ESGC Procedures

Outdoor Venue

- ESGC will be training at two different venues, the ESGC Carpark and Glover Park.

ESGC drop off and pick up procedure.

- Gymnasts are to be dropped off and picked up from designated entrances and exits.
- Parents cannot stay and watch due to gathering restrictions.
- ESGC carpark will be closed, but a driveway path will allow car drop off/pick up.
- Parents, Gymnasts and Staff are to maintain 2m social distance.

Class structure and timetabling

- Gymnast to Coach ratios will strictly adhere to the 1:9 coach to gymnast ratio within groups.
- Coaches will mats/markers set 2m distance apart for gymnasts.
- Program managers will ensure all programmes are structured to ensure 2m distance can be maintained throughout the duration of classes.

Lockers and Bathrooms

- ESGC will be closed for bathroom access except for coach use. Gymnasts will have to go to the bathroom before arriving on site.

Office

- ESGC office will be closed for payments and queries
- All payments and enrolments will be taken online through the ESGC Website
- For any queries, questions or feedback – customers are to phone or email the office admin@esgc.co.nz or (09) 5280941 or alternatively fill out the Feedback Form available on the website.

Spotting

- There will be no direct contact with gymnasts at Alert Level 3. Classes will be programmed to ensure this can be adhered to safely.

Alert Level 2

Guidelines

- All indoor facilities will need to restrict participation to a maximum of 50 people at any one time. Excluding coaches and officials.
- Gathering restrictions apply to each separate space.
- Care must be taken to avoid interacting at communal points such as entries and car parks. Phasing of activities could be used to allow time for people to pass through these areas safely.
- Careful measures will be necessary to maintain physical distancing of 2 metres between groups on entrance and exit to the facility, including common areas such as office, family room and entrance

ESGC Procedures

ESGC drop off and pick up procedure.

- Gymnasts are to be dropped off and picked up from designated entrances and exits which will assist the club in maintaining the 50 person capacity whilst also minimizing crowding in entrance ways.
- Parents will be asked not to enter the building to stay and watch classes to ensure the maximum 50 person capacity is maintained. This does not apply for Playgym and Playgym Red classes.
- ESGC carpark will remain open, parents must ensure they take extreme care when driving in shared zones due to higher pedestrian traffic outside of the facility.
- Parents, Gymnasts and Staff are to maintain 2m social distance requirement where contact tracing is not being conducted (i.e. outside of the gym facility). Markers and cones will be set up to assist with this.

Class structure and timetabling

- Gymnast to Coach ratios will strictly adhere to the 1:10 coach to gymnast ratio within groups.
- Class timetabling has been staggered to further reduce the number of gymnasts entering and exiting the building at any point in time.
- Management have mapped out the ESGC facility and marked out 2m distance markers for coaches and gymnasts. The 2m distancing is a generous gauge to help ensure gymnasts keep a minimum of 1m apart.
- Program managers will ensure all programmes are structured to ensure 1m distance can be maintained throughout the duration of classes.

- Clear pathways between apparatuses have been established with social distancing requirements in mind.

Lockers and Bathrooms

- Unless impractical to do so, ESGC requests that gymnasts change for their class prior to entering the facility to avoid using bathrooms as changing rooms – this will reduce traffic in and around the bathroom facilities.
- Downstairs bathroom will be for coaches only. This will reduce congregating around the bathroom entrance and also reduce the number of people coming into contact with the bathroom amenities.

Office

- ESGC office will be closed for payments and queries
- All payments and enrolments will be taken online through the ESGC Website
- For any queries, questions or feedback – customers are to phone or email the office admin@esgc.co.nz or (09) 5280941 or alternatively fill out the Feedback Form available on the website.
- For any purchases of merchandise including leotards, straps, tracksuits and bags, email or phone the office to arrange. Payment is to be made online with the items being handed to the gymnast at the beginning/end of their training session.

Spotting

Under the general guidelines for New Zealand Covid-19 Alert Levels provided by Sport NZ coaches will refrain from spotting gymnasts where possible.

- ESGC management has set up the gym and programming so that gymnasts should not require much if any physical assistance throughout their training session.
- Although the risk is low, in certain situations, it may be necessary for a coach to come in direct physical contact.
 - In case of injury – The gymnast's personal coach is permitted to administer first aid if necessary. Coaches will be made aware of specific situations/examples where it may be necessary to break social distancing rules to administer first aid.
 - In situations where safety of the gymnast may be compromised, coaches are permitted to spot gymnasts within their group

Tracking

Alert Level 3

- Ensure that all events and facilities have a contact tracing register and that all participants and spectators complete it, an electronic system or an online registration system.

ESGC Procedures

Class Attendance Register

- Coaches will accurately record attendances in all classes in ESGC's electronic database, Friendly Manager.
- Attendances will be retained on file for a minimum of 4 weeks.

Electronic contact register

- Management will have an electronic contact tracing register at the club entrance. Anyone entering the club premise over the age of 12years will sign in/out.

Alert Level 2

Guidelines

- Ensure that all events and facilities have a contact tracing register and that all participants and spectators complete it, an electronic system or an online registration system.
- The register should be accessible to the Ministry of Health for contact tracing purposes at all times up to 4 weeks after the contact took place.
- There is also now a legal requirement to keep a record of all those aged 12 and above who attend certain facilities such as indoor public facilities (e.g. swimming pools, recreation centres etc.) and exercise facilities (e.g. gyms, sports venues, yoga studios etc.) through the COVID Tracer App or an alternative means

ESGC Procedures

ESGC will record any individual who enters the premise. Spectators will not be permitted in order to ensure adequate contact tracing can be carried out effectively. In extenuating circumstances where parents/caregivers are required to enter the facility, they must sign in and out using the available Covid-19 contact tracing app or manual register.

Class Attendance Register

- Coaches will accurately record attendances in all classes in ESGC's electronic database, Friendly Manager.
- Attendances will be retained on file for a minimum of 4 weeks.

Electronic contact register

- Management will have an electronic contact tracing register at the club entrance. Any individual who is not a gymnast or registered coach, including administration staff, parents, cleaners, contractors and coaches outside of their rostered coaching hours will need to sign into the register on entrance to the premise.
- This will involve Parents or Caregivers scanning a QR code or going to the web address that you will find around the facility and entering the required details to ensure we have an accurate record and are meeting Ministry of Health Guidelines. Alternatively, we will have a manual sign in available at the desk.
- All register details will be retained for up to 4 weeks.

Hygiene practices

Alert Level 3

ESGC Procedures

- ESGC will provide hand sanitiser on site.
- Gymnasts will be regularly reminded by coaches and through ample signage to refrain from touching their faces including eyes, nose and mouth

Alert Level 2

Guidelines

Basic hygiene measures are the most effective way to stop the spread of infections in the workplace. Hand hygiene - washing hands regularly with soap and water, or cleansing with hand sanitiser is essential.

ESGC Procedures

- ESGC will provide guidance on effective handwashing procedures in all bathroom and kitchens by displaying ample signage.
- Gymnasts and Coaches will be required to sanitise/wash their hands at the beginning and end of classes.
- ESGC will maintain the current practice of providing paper towels to dry hands.
- Hand Sanitiser stations will be placed around areas of high traffic, entrances and exits.
- Gymnasts and Coaches will sanitise or wash their hands in between each apparatus rotation.
- Gymnasts will be regularly reminded by coaches and through ample signage to refrain from touching their faces including eyes, nose and mouth

Cleaning Procedures

Guidelines

Surfaces and Equipment must be regularly cleaned and disinfected where practical.

Alert Level 3

ESGC Procedures

Gymnasts to bring own yoga mat

- At Glover Park – Gymnasts are encouraged to bring their own Yoga Mats for use during the session.

Cleaning of mats/equipment

- Any small shapes and matting covered in plastic/rubber will be wiped down with disinfectant wipes in-between use.
- Smaller equipment that is more difficult to clean i.e. foam pieces, scarves, balls etc: will not be used in classes for the time being.

Staggering of class timetabling will allow adequate time for coaches to clean equipment

- Each class will be treated as a separate bubble. Classes timetabling will be structured to ensure these classes do not overlap.
- Coach rostering allows a window between classes for coaches to wipe down equipment (where possible) before the next class resumes.

Protective Gear

Government and Industry guidelines are not mandating the use of protective gloves or face masks, however it is highly recommended that anyone over the age of 12 years old wears a protective face covering when indoors e indoors at sport and recreation facilities apart from when they are exercising

- All ESGC staff are to wear face masks at all times when engaging with members/customers
- ESGC will provide disposable gloves and disposable face masks.
- Disposable gloves can be worn by staff when cleaning and are to be disposed of in the bins provided
- Gymnasts are not required to wear facemasks whilst on the gym floor, however ESGC encourages the use of facemasks for anyone over the age of 12 on entry and exit to the facility.

Alert Level 2

ESGC Procedures

Cleaning of equipment

- Any small shapes and matting covered in plastic/rubber will be wiped down with disinfectant wipes.
- Smaller equipment that is more difficult to clean i.e. foam pieces, scarves, balls etc: will not be used in classes for the time being.

Staggering of class timetabling will allow adequate time for coaches to clean equipment

- Each class will be treated as a separate bubble. Classes timetabling will be structured to ensure these classes do not overlap when it comes to space and equipment within the gymnasium.
- Coach rostering allows a window between classes for coaches to wipe down equipment (where possible) before the next class resumes.
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High Touch Surfaces

- Cleaners will be asked to increase attention to touch points (door/cupboard handles, reception areas)
- Doors will be left open where possible to reduce the need to touch handles and minimise risk of spreading infection.

Cleaning Register and Schedule

- Allocated cleaning times have been scheduled within class timetables for ESGC staff to adhere to.
- Contracted cleaning company is currently on a set cleaning schedule which will be regularly reviewed and amended if any changes are required.
- Cleaning Registers will be filled and displayed for members to be able to see.

Protective Gear

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- All ESGC staff are to wear face masks at all times when engaging with members/customers
- ESGC will provide disposable gloves and disposable face masks.
- Disposable gloves can be worn by staff when cleaning and are to be disposed of in the bins provided

- Gymnasts are not required to wear facemasks whilst on the gym floor, however ESGC encourages the use of facemasks for anyone over the age of 12 on entry and exit to the facility.
- Any parent's spectating or participating in Playgym or Playgym Red classes must wear a face covering whilst inside the facility. (If unable to do so due to medical reasons, please email our office at admin@esgc.co.nz to advise.)

Managing Illness

Guidelines

Do not allow sick people at your facility.

ESGC Procedures

Signage and Display of information

- Signage will be displayed at the entrance to the facility stipulating that any individual who is unwell should not enter.
- If any gymnast displays cold/flu symptoms, will be isolated from other gymnasts and parents will be contacted to collect their child from the facility.
- Staff have be advised that if they are unwell, they must stay home from work.

Vaccinations

Government and Industry guidelines are not currently mandating that members and staff are vaccinated against Covid-19.

- At Eastern Suburbs Gymnastics Club we encourage everyone who is eligible, to get vaccinated.
- ESGC we are putting in place all social distancing, hygiene and contact tracing measurements to limit potential exposure and keep our members and staff safe.

Managing exposure or suspected exposure to Covid-19

Guidelines

If an employee, customer or visitor becomes a confirmed or probable COVID-19 case and has been at your workplace while potentially infectious there are standard processes that will be followed.

You may be told by an employee or customer directly, or notified the by the local public health unit (PHU) and then you should:

- Inform any Health and Safety Managers within the organisation; they are usually the best people to have contact with the PHU.
- Isolate spaces that this person may have spent significant time in and ensure cleaning is undertaken before they are able to be used.
- Specific or additional advice will be given by public health officials of any cleaning requirements based on the extent of exposure.
- Assist as required with the PHUs contact tracing and support any staff identified as a close contact to self-isolate for 14 day
- Follow PHU advice on communication with your employees and customers
- Consider store or site closure – this decision should be made on the advice of a public health official based on information on the extent of the exposure.
- Follow PHU advice on any additional requirements that are specific to your type of business.

ESGC Procedures

ESGC Staff are not trained or equipped with expert knowledge on Covid-19. In a situation where there is a confirmed or suspected exposure, ESGC management and staff will follow all guidelines and requirements stipulated by the Government and Ministry of Health.

Evaluation of processes and Risk controls

ESGC Procedures

The Level 2 Safety plan is a live document which will be regularly reviewed and updated where required. Plans may be adapted as we find better/easier ways to do things. All changes will be communicated to management, staff and ESGC members.

Feedback

- Management will encourage all staff and members to raise any concerns or solutions.
- If, for any reason a staff member is uncomfortable approaching their manager directly, there is an online Feedback Form which can be filled out anonymously.

Regular Review

- ESGC Management will review the Safety Plan regularly at fortnightly management meetings.