

ESGC SAFETY GUIDELINES

Covid-19 Alert Level 2



Pick up/Drop off

- Gymnasts are to be picked up from the designated entrances and exits.
- Please drop off and collect from outside training venues.
- ESGC Carpark and Gate will be CLOSED to vehicle access and are for pedestrians only.
- ESGC Office will be closed, please contact the office via phone or email. All enrolments and payments can be made online.



Gymnasts

- Please arrive changed for your class.
- Limit the amount of items you are bringing into the gym.
- Do not come into direct contact with anyone – stay 1m away from people at all times.
- Name your water bottles.
- Do not come to gym if you are unwell.
- Sick gymnasts will be sent home
- Try not to touch your eyes, nose or mouth.

Social Distancing

- Numbers will be limited to 10 per group (including coaches).
- Groups in the gym will remain 2m apart at all times.
- Class start and finish times have been staggered.
- 2m markers have been set up around the gym to make sure everyone stays a minimum of 1m apart.
- Coaches will refrain from spotting gymnasts during sessions.
- All spectator areas are closed.

Cleaning

- Daily deep clean will be done at the end of classes.
- Class times have been staggered to allow cleaning in between classes.
- Doors will be kept open to reduce contact on door handles.
- High contact areas including surfaces, handles and touch points will be regularly cleaned
- Coaches will refrain from using small equipment that cannot be easily cleaned i.e. scarves, foam pieces.
- Disinfectant wipes and bins have been set up around the gym facility to allow easy access.

Hygiene

- Gymnasts and coaches will be required to sanitise hands on entry and exit.
- Hand sanitiser stations have been set up around the gym, gymnasts and coaches will sanitise or wash hands between rotations.

Contact Tracing

- Gymnast and Coach attendances will be recorded in the ESGC Database through Friendly Manager.
- All members will be asked to check to ensure their contact details are listed correctly in the system.
- Electronic contact tracing register will be set up at the club entrance. Anyone entering the facility who is not a registered gymnast or coach will need to sign in on entry.
- Contact tracing will be done through www.tracing.co.nz.
- Parents or Caregivers will scan a QR code or go to the web address posted around the facility and fill in details.