

COVID Safety Policy



Denmark Gymnastics is committed to ensuring the safety of all our Members, Coaches and Committee during these unprecedented times. Denmark Gymnastics will be following advice and mandates from the Government of Western Australia in regards to rules and restrictions concerning Covid-19.

Mandatory Contact Register: This is no longer a mandatory requirement of our club as per the WA Government. **Should this change in the future then we will let our members know.**

Increased Hygiene and Cleaning:

- Hand sanitizer has been positioned throughout the gym. Please make use of this and encourage good hygiene practices with your children.
- Cleaning of the gym has been increased. Especially in high touch points and areas of high traffic.
- Hand washing and good hygiene practices posters are positioned throughout the gym.
- Regular 'deep cleaning' of the gym has been increased in light of recent increase of Covid-19 cases in the community.

Staff training: All staff and committee members will keep up-to-date with relevant guidelines and training provided by the Government of Western Australia and the Department of Health.

Conditions of entry: Denmark Gymnastics will endeavour to keep our members notified of proof of vaccination mandates concerning entry into the gym. **Currently, Denmark Gymnastics does not require Proof of Vaccination to enter the gym shed.** Regular checks of the Department of Health guidelines and communication with Gymnastics Western Australia will be attended to in case this changes for us in the future.

Masks: Masks are no longer mandatory in our venue – except where you have been deemed a close contact (applicable for children 12 years and older). **Should this change in the future then we will let our members know.**

Good hygiene practices: Please refer to the poster at the end of this document. If you or your child is unwell – **please stay home and get checked as per the WA Health Department's guidelines.** All staff and gymnasts to be responsible for their own good hygiene practices.

2 square metre rule: No longer applicable as per WA Government.

Capacity limits: Due to capacity limits we need to restrict the number of patrons within the gym. Parent/Guardians are asked to drop and leave students and limit the amount of time spent in the gym. We encourage all gymnasts from Level 1 (including Gym 4 Fun, Ninja and Boys MAG classes) and up to be dropped at the door. Our coaches will be there to collect the children. This is to ensure our small waiting area is left clear. Once class is over, children will be escorted out of the gym by their coach. Please practice social distancing (1.5m) when waiting to collect your child.

Covid Positive/Close contacts: Denmark Gymnastics will keep an updated class list of all gymnasts. In the event of one or more of our members testing positive for Covid-19, we will endeavour to keep that

person/s details confidential. We will seek advice and act in accordance with the instructions from the Department of Health. This may include:

- Providing the Department of Health with the contact details for everyone at a certain training session or event.
- Attending to a deep clean of the gym.

All members of Denmark Gymnastics will be kept informed of any Covid related concerns and changes to the operation of the gym classes via email and text.

Please refer to the WA Government website for information on Close Contacts and attending outside school activities.

Please see the attached flyers for more information.

Denmark Gymnastics reserves the right to remove any person from our facility that displays symptoms of illness or who discloses that they have had contact with a person who is ill, has been ill in the last 7 days or has been tested for and diagnosed with COVID-19. If you become aware of you or your child being exposed to someone who is being tested for or diagnosed with COVID-19, you must immediately inform Denmark Gymnastics to enable appropriate action to be taken.

Missed classes due to isolation: Denmark Gymnastics acknowledges that COVID-19 and isolation mandates will impact on your child/children's ability to attend classes during the pandemic. We also acknowledge that there will be instances where the club and/or coaches will be impacted and regular classes may need to be cancelled due to Covid-19 restrictions. In this instance we will offer additional make up classes during the holidays. **Denmark Gymnastics will not be issuing refunds due to missed classes due to Covid-19 restrictions, however we reserve the right to consider exceptions on a case-by-case basis.**

For more information please go to:

<https://www.wa.gov.au/>
<http://www.gymnasticswa.asn.au/>

We do not make the rules – please be kind to our staff and each other during this difficult time. As you are aware, the gym is required to follow all WA Government mandates in order to stay in operation and avoid costly fines. We thank you for your ongoing support and understanding.

Please see also – Denmark Gymnastics Covid Safety Plan.



COVID Safety


Date of first issue: 21st February 2022

Date of last review: 29th May 2022

Date of next review: as required.

Responsible Officer: President - DG

Prepared by: Jenni Welsh - Secretary

Signed: 

Date: 29th May 2022

Approved by: Kym Phillips - President

Signed: 

Date: 29th May 2022



How to wash your hands

With soap and water

Steps 1–4 below should take 40–60 seconds.

1

Wet hands,
then apply soap



2



Lather for 15–20 seconds. Pay attention to the backs of hands and fingers, fingernails and the webbing between fingers

3

Rinse hands under
running water



4

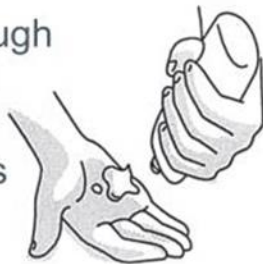
Dry hands with
a clean towel, or
fresh paper towel



With hand sanitiser

1

Apply enough
product to
cover
both hands



2

Rub all surfaces of both hands



3

Rub hands together until dry

Coronavirus
(COVID-19)

HELP STOP THE SPREAD

If you are sick or don't feel well, **tell your teacher.**

Remember to:



Cover your coughs and sneezes with your arm or a tissue (not your hands).



Put your used tissues in a bin straight away and then wash your hands.



Try not to touch your **mouth or face.**



Don't hold hands with others.



Wash your hands often with soap and water, including before and after eating and after going to the toilet.

HELP
STOP THE
SPREAD
AND STAY HEALTHY



Australian Government

For more information about **Coronavirus (COVID-19)** visit **australia.gov.au**



COVID-19

New baseline measures

Thanks to the efforts of the WA community and based on health advice, public health and social measures have eased across the state, as Western Australia's soft landing has been secured.



2sqm rule removed



Capacity limits removed



G2G Pass no longer required



Masks continue to be required for everyone aged 12 years and older in hospitals and healthcare facilities, residential care (aged and disability), on public and passenger transport, ride share and taxis, airports and aircrafts, and correctional facilities



Proof of vaccination removed from venues and businesses, but remain for aged care and hospitals. Mandatory workplace vaccination requirements remain



Two visitors per resident per day at hospitals, residential aged care and disability care facilities. In addition, essential visitors also allowed at hospitals



Close contacts with no symptoms no longer required to isolate, but must wear a mask when leaving the house, avoid high-risk settings, take a daily RAT for 7 days. You are also encouraged to work from home where possible, avoid non-essential gatherings and inform your employer

To help keep WA safe:



Stay up to date with your COVID-19 and flu vaccinations



Wear a mask as necessary



Wash and sanitise your hands



Get tested if unwell

WA.gov.au



COVID-19: Rapid Antigen Tests (RAT)

The RAT is a quick test that can be used at home and should give a result within 15 to 30 minutes.

There are two types of RATs:

- Saliva test – user spits into a tube, or sucks on a swab
- Nasal swab – user swabs each nostril.



When should I use a RAT?

- RATs are a good solution if you have COVID-19 symptoms but can't access a PCR testing clinic.
- If you are a close contact of a case, you can use a RAT to test on day 1 and day 7.
- You might need to have a RAT if the Department of Health requires it.

Where can I get a RAT?

You can buy a RAT either online or from pharmacies and retailers.

What if I can't find a RAT?

Free testing is available at COVID clinics, regional public hospitals and health services, remote health clinics (where COVID clinics are not available) and private pathology COVID testing centres.

Do I need to report my RAT result?

If your RAT result is positive, you should quarantine at home for at least 7 days. Your positive RAT must also be reported to WA Health using this link: www.healthywa.wa.gov.au/ratregister

If you cannot access the internet, you can call **13 COVID (13 26843)** and press * for an interpreter.



WA.gov.au