



# LAWNTON ACADEMY OF ARTISTIC GYMNASTICS

13 Walter Crescent, Lawnton 4501

Ph: 3205 6181

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A.B.N. 48 604 350 750

Email: lawntongym@bigpond.com

Website: www.lawntongymnastics.com.au



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## PREVENTATIVE MEASURES FOR GYMNASTS AND PARENTS TO KEEP OUR GYM COVID-19 SAFE

The Principal of the LAAG is the designated Covid-19 Safety Co-coordinator. If you have any queries or concerns in regards to our preventative measures or if you need to report a case of Covid-19 please make direct contact with the Principal by email or phone in our office hours. A Workplace Health and Safety Plan has been created and is constantly being reviewed and updated as new information comes to hand.

### KEEPING COVID-19 SAFE — revised 25-1-21 (Changes in red text)

1. We strongly encourage parents download the Australian Government COVID-19 contact tracing app (COVID Safe) as an added safety measure to keep our gymnastics community safe.
2. Participants, staff and visitors must not enter the premises if they are unwell or have COVID-19 symptoms. A very cautious approach must be taken for the safety of all. The Academy reserves the right to refuse entry and service and will insist that anyone with these symptoms leaves the premises immediately. If gymnasts become unwell or show any covid-19 symptoms while on the premises parents will be contacted immediately to come and pick up their child and the gymnasts will be isolated in our internal office with a facemask.
3. Any persons entering the premises must not have been in contact with any confirmed/suspected COVID-19 cases or travelled internationally in the 14 days prior to entering the gym. If anyone is suffering these symptoms or has been in contact with someone who has or is suspected to have Covid-19, they must not enter the Academy until they have been cleared by a doctor.
4. If a parent suspects that their child may have COVID-19 and has been at the Academy within the last 14 days, please contact the **Principal / Covid-19 Safety Coordinator immediately**. An athlete with a possible case of COVID-19 should refrain from all training (even at home) until they have been cleared to do so by a doctor. A medical clearance certificate will be required to return to our program.  
**In managing a return to training of a confirmed COVID-19 case, follow the information provided in Gymnastics Australia's "Athlete Health and safety factsheet: - [https://www.gymnastics.org.au/uploadedfiles/Athlete\\_Health\\_and\\_Safety.pdf](https://www.gymnastics.org.au/uploadedfiles/Athlete_Health_and_Safety.pdf)**  
**Members should be aware that personal information may be provided to public health authorities if required.**
5. Gymnasts with concurrent medical conditions, respiratory (asthma) or cardiac disease, hypertension, diabetes, obesity and immunosuppression due to disease or medication may be at increased risk so should seek medical advice before **attending** the Academy.



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6. **Sanitizing stations are provided at the entry and exits.** Gymnasts must sanitize on the way in and out of gym and as required by their coach during training sessions.
7. **For the safety of all everyone has a personal responsibility to apply good hygiene measures e.g. regular handwashing, sanitizing, covering mouth and nose with a tissue or sleeve during coughing/sneezing and not coming when unwell. Practice good hygiene by avoiding touching your eyes, nose or mouth.**
8. No sharing of drink bottles or any other personal items required at the gym.
9. **All persons on the premises at all times must ensure they are following social distancing requirements and observing our social distancing markers and signage. This is most important at drop off and pick up times and in our internal office, kitchen and bathroom facilities. **Social distancing is not required on the “field of play” i.e. in the gym training area.****





## NEW SAFETY MEASURES TO MINIMISE RISKS — revised 25-1-21 (Changes in red text)

1. **“Get in, train, Get out quick” is the covid policy. For Government tracing purposes all persons entering the facility must scan in with the QR code attached to the front and sides of lattice entrance area every time they attend the facility. This includes the gymnasts, staff, parents, guardians, siblings, friends or visitors. In the event you do not have a mobile phone or are unable to do this please report to the office staff for a manual check in. In the event the office is closed please complete all details on the tracing sheet provided at the sanitizing table in the lattice area. In the event the office is closed and a parent needs to enter the venue please proceed to the exit door and signal a coach. Please sanitize your hands on the way in and out.**
2. **Gymnasts should arrive dressed and ready to train. This includes closed in shoes on the gymnast’s feet which will be removed once the gymnast is inside the gym and put back on prior to leaving. Although it is recommended by authorities that athletes have a thorough full body shower with soap before (and also after training at home) this may not always be practicable depending on your personal circumstance and class training start times. We do understand this situation and request that if this is not possible then feet, hands and face are cleaned prior to arrival.**
3. **Arrive only a minute or two before class start time and same for pick up on finish time. **As a matter of safety** we cannot have gymnasts arriving well before class time or remaining at the gym well after class. **Please refer to point 4 below**. Please maintain the social distancing requirement during this short period of time on the premises.**
4. **It is of vital importance for gymnasts to arrive on time and be picked up on time from classes. Gymnasts who arrive early must remain in the care of their parents until a few minutes before class start time when they should proceed to the lattice area for line-up. Gymnasts must NOT enter the gym until called in by their coach. Prior arrangement with the office is required for any gymnast arriving more than 5 minutes prior to starting time. Gymnasts who arrive late should report to the office staff on arrival for permission to be granted to enter the class. Gymnasts whose pick up person is late should immediately report to their coach who will then escort them to the office. In the event the office is not manned the coach will organize for the gymnast to sit in a safe area of the gym till their parent/guardian arrives. Gymnasts must let the coach know they are leaving when their parent/guardian arrives. Gymnasts must never wait outside the building for pick up.**
5. **Entry to gym for our athletes **and all visitors** will be via our front lattice area only. A parent/guardian **must** escort their child to the entrance of the **lattice** area. **As a matter of safety children must not be dropped off or picked up from the road**. The front carpark **is for staff only**. The **exit doors** are generally the first set of double**



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side doors on the carpark side of the gym (if not the 2<sup>nd</sup> set of doors). **No parking in the single parking bays beside the BBQ hut and adjacent to our exit door. It is imperative that gymnasts under 18 years of age are being escorted to and picked up from these entrance and exit areas. Please refer to Point 3 above. Please utilize our small pedestrian crossing marks when entering and exiting the gym.**

6. As social distancing principals are still required “outside the field of play (i.e. outside the training area **but inside the gym**)” and separate entrance and exits are still required as per the Roadmap to easing Queensland’s restrictions **we are unable to provide a seated viewing in our lattice area. Parents can view classes from the reception office or side garage door area at their own risk. Viewing from inside the lattice area (standing only) is available but only when classes are NOT lining up to enter. As soon as classes are gathering for entry all viewers MUST vacate the area.** Social distancing must be maintained in these viewing areas and on the premises at all times. **Tiny Twister parents (Kindy Kippers and Pre-Prep Flyers) will be permitted in the gym training area but must ensure that social distancing is being applied on entry and exit to the facility and all internal areas outside the training hall.**
7. No unnecessary waiting, socializing or gathering in the carpark or on the premises at any time.
8. **Eating on the premises should continue to be avoided unless advised otherwise. (Team gymnasts breaks – see below)**
9. **We prefer that use of the kitchen and its facilities remains as a “staff only” environment however consideration will be given to Team gymnasts training through a meal time.**
10. As per Government and WHS restrictions procedures will be in place to observe social distancing and to provide a clean and hygienic environment for all members.
11. Coaches will not be available to stay after class for discussion. If you require an urgent meeting with your child’s coach, please email [lawntongym@bigpond.com](mailto:lawntongym@bigpond.com) to arrange a meeting/phone call from the coach.
12. Direct debits are the preferred payment option or over the phone credit card **preferably prior to 3 pm weekdays. We discourage over the counter payments however will accept EFTPOS payments if absolutely necessary.** We need to minimize the number of persons in our small office space so please address any queries by email if the matter is not urgent.

## **PLEASE NOTE EXEMPTIONS FOR OUR TINY TWISTER PROGRAM ONLY**

### **Tuesday and Friday Morning classes**

Car Parking – The “staff only” double car parking bays on the side of the building **and the single bays opposite the exit door** will be able to be used by the parents for all Tiny Twister classes in addition to the grass/dirt area out the back of the cemented car park area.

Pre-Prep Flyer classes – Parents will be allocated a seating area in the pommel area at the front of the gym.



source



**\*Team Gymnasts are those that train more than once a week in our program.**

## GYMNAST REQUIREMENTS — Updated 25-1-21 (Changes in red text)

1. **We recommend** that your child comes to gym with their own water bottle marked **with their name**. The drink fountain is equipped with a bottle filler spout and drinking spout. We utilize sport bottle carriers for the majority of our classes so please no extra-large bottles. Standard size drink bottles and definitely **WATER only**. Use of the drink fountain is at your child's own risk and we ask parents to ensure their child is aware of fountain etiquette for health and safety.
2. For your child's safety please ensure they are aware that drink bottles or any other personal items required at the gym are not shared and must be noticeably named.
3. **Gymnasts will be encouraged to wash and sanitize their hands after every apparatus rotation that involves chalked equipment and also just prior exiting.**
4. **Team Gymnasts who will require a snack / food break will be notified and will be required to have their food in their own cooler bag. Team gymnasts must have their own cutlery/crockery and food scraps/papers should be taken home. Hands must be washed and sanitized prior to and after eating.**
5. **Team Gymnasts are required to come with a back pack with all their personal items as per below including their water bottle. Bags are stored upstairs in designated Team area's.**
6. **\*Team gymnasts** must have their own hand sanitizer in their gym bag. This is required as a time management procedure to avoid line-ups and waiting.
7. **\*Team Gymnasts guards, wristbands, loops, gloves, guard bag and chalk should not remain at the gym.** For hygiene reasons this personal gear must go home after every training session and all contents cleaned in preparation for the next training session. Please ensure the outside of the guard bag and all contents are clearly named. (Full name please). The Academy has a small stock of white wristbands (\$12) and cotton gloves (\$3).
8. **\*Team Gymnasts are encouraged, if using handguards, to sanitize their hands before putting on their guards and thoroughly wash their hands with soap and water after and then sanitize their hands.**



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9. All **\*Team Gymnasts** must have their own **chalk** in a large snap lock named bag (all supplied by the office as part of your Annual registration fee) and **water spray bottle (named)**. For hygiene reasons this personal gear must go home after every training session and all contents cleaned in preparation for the next training session.
10. **Team Gymnasts** must have their own **first aid supply** – tape, bandaids, soft cotton pads if used for bars etc and if possible administer their own first aid. In an emergency the Academy First aid kit will always be available and staff are always on hand to assist where required.
11. **\*MAG Team Gold gymnasts must have their own supply of honey.**
12. The following **\*WAG Team Gymnasts** must have their own leg weights – A 1 kg pair i.e. 0.5 kg each leg weight – **Team Diamond, Purple, Violet, Magenta**. These must be taken home after every training session for a damp wipe disinfect.

## PLEASE NOTE OUR OFFICE HOURS

Monday to Friday      10.00am to 6.00pm

Saturday                8.00 am to 12.30pm

**If choosing to pay your account by credit card  
please ring us outside of class times  
(prior to 3pm weekdays only)**

