



EVERYONE'S HEALTH AND SAFETY IS IMPORTANT TO US

Dear Parents & Carers

In response to the coronavirus outbreak, we want to reassure our EGA family that we are taking extra measures to avoid spread of the virus and ensure the cleanliness of our centre. At this time all our employees are healthy and following our strict procedures and policies as we continue to operate as usual until otherwise advised.

What we are doing to minimise the risks:

- EGA is following advice issued from the Australian Government Department of Health, NSW Health and GYMNSW. We are closely monitoring the situation and will communicate any updates regarding classes/competitions via Team App and other changes as they arise.
- As at all times we have less than 100 participants/coaches in the gym at any given time as per recent PM announcement today 18/3/20 re gathering less than 100. At this time, all programs will continue to run as scheduled.
- Gymnasts should arrive a few minutes early to class to allow for hand hygiene to take place and to ensure that class will commence on time. Coaches will be assisting with this and gymnasts will not be permitted on the floor without washing hands.
- We have wall mounted hand sanitisers for all children to use before & after class under Coach supervision
- All children entering the gym are having their temperatures checked using an Infrared forehead thermometer
- Coaches will be cleaning equipment regularly using appropriate disinfectants
- Implementing preventative measures such as increased cleaning of centre and frequently touched surfaces and exercise equipment.
- The Pit is currently off limits as it would be impossible to safely sanitise at this time. All participants will only be using matting which can be sanitised at the end of each rotation
- Squad Gymnasts will be required to wash their hands between apparatus;
- Gymnasts must stay home and not attend class if they are feeling sick or a family member or close contact is sick
- Gymnasts are to limit their contact with one another, this includes no handshaking, high fives or hugging. Fist or elbow bumping is a great way to say hello and goodbye!
- Reinforcing social distancing in the waiting room and reception desk areas.
- Limiting entry to waiting room & adopting a no-handshake behaviour, no high 5's, keeping some distances between the children as much as we possibly can
- Gymnasts must please bring a water bottle to class as the bubbler will be turned off until further notice.

Staff responsibilities

- Staff briefings monitoring their health and reinforcing adherence to our policies and procedures with hand washing / sanitising before and after classes.
- Staff who display any of the symptoms are advised not to come work and to follow the Department of Health guidelines
- All staff and coaches will be washing their hands before and after every class
- Coaches will meet parents at the door at the beginning and end of class to ensure gymnasts have been safely dropped off and picked up
- Additional cleaning and sanitising of bathrooms, door handles, all mats and equipment is being completed regularly
- Door handles will be constantly sanitised throughout the classes

What you can do:

- To limit the number of people in the club we recommend for parents to drop off and pick up with exception of Kindergym. All parents can drop and pick up their child(ren) at the gym entrance.
- We would kindly appreciate if we have no office visits and correspond via email.
- If your child has any symptoms or if you are feeling unwell with flu-like symptoms not to attend the Centre. We understand it is disappointing for children to miss classes and we will continue to do everything we can to avoid missed classes
- All children that have been advised by their school not to attend school. **MUST NOT** attend gym training
- We ask all Kindergym parents/carers to utilise the hand sanitiser that is available for your use at reception before entering the gym area
- Non kinder parents, If you have to enter the gym area for any reason please also utilise the hand sanitiser that is available for your use at reception
- If anyone in your household has travelled overseas, please follow government guidelines and self-isolate for 14 days before any gymnast returning to class.

SYMPTOMS

1. You are feeling unwell and display symptoms of **FEVER, COUGH, SORE THROAT, SHORTNESS OF BREATH.**
2. You have had any overseas travel in the last 14 days especially to any of the identified higher-risk areas: eg China, South Korea, Iran and Italy.
3. You believe you have had contact with a possible suspected case or confirmed case of coronavirus in the last 21 days or with someone who has travelled to the above high risk countries.

We ask for your participation and cooperation

We are told that transmission of COVID-19 occurs from direct personal contact or proximity of one metre for a period of 15 minutes. We ask for your support in understanding this information and, where possible try to avoid unnecessary personal contact whilst on Centre premises, such as having avoiding handshaking or close personal interaction with fellow Parents, children & staff.

it is vital that we remain vigilant with personal hygiene, particularly hand washing with soap or the use of the provided antibacterial hand sanitiser.

We continue to respectfully request that all members and staff who have travelled overseas refrain from visiting the Club until 14 days after their return. Any members, guests or staff who develop cold-like symptoms are encouraged to visit their doctor as soon as possible. We are also in regular contact with our staff to ensure that any international travel is reported and the required self-isolation periods are observed.

Looking ahead

With the recent announcement from the Federal Government regarding gatherings of 100 or more people, we will monitor the number of members and staffs on the premises to ensure we comply. It is unlikely that we would ever exceed the 100 limit in any area of our Centre at any given time.

Should the need arise to cancel, postpone or modify classes or regular events, we will provide notice to all members and refund or credit competition fees as refunded or credited by GYMNSW.. Please stay informed of updates as published on Team App. EGA has a NO refund policy unless the reason is due to illness or injury which must be validated by a medical certificate.

Please check the EGA Event Calendar for updates regarding cancelled and postponed events.

Skills testing and Mock Competition will be still going ahead at this stage. Unfortunately we will not be having spectators to keep the numbers low in the gym

Holiday camps & special camps- We may have to cancel however at this time we are not cancelling these camps until further advised by Ministry of Health & Government advice.

Term 2 – In light of current circumstances we will not be rolling over enrolments as previously advised. We will adopt a wait & see attitude regarding Term 2. It will be up to Parents/Carers to decide whether to enrol or not depending on changes to policies & protocols.

If possible, please help us out with bringing in some toilet paper or hand sanitiser! We are trying our best to stock up, but it's proving to be quite a challenge at the moment. We do have enough toilet paper to last another week. Thankyou to all Parents that kindly donated

EGA team is closely monitoring the advice provided by the Australian Government and GYMNSW to ensure that we adapt our response as the situation changes. We will continue to **remain open** until further advised
We will update our Team App if anything changes. If classes are cancelled participants will be contacted via email or team app.

We thank you for your understanding and continued support during what is an unprecedented time of change and uncertainty around the world. Please be assured that it's our priority to look after the health and wellbeing of our gymnasts and staff. If you have any concerns please feel free to contact us via email.

Your continued support of Eastern Gymnastics Academy is greatly valued and appreciated. We look forward to being able to work with you and our gymnasts for many years to come

Thank you
EGA Team