

COVID-19 Return to Sport – Territory Gymnastics Academy Hygiene and Distancing Policy

The following document will outline the ways in which TGA aim to reduce the risk in the return to training during the COVID-19 pandemic.

Additional hygiene and social distancing procedures will be in place and will be followed by all TGA members.

- Hands and feet must be cleaned before and after training.
- During training, hands must be cleaned or sanitised after each rotation of apparatus.
 - It is asked during this time that gymnasts and coaches bring along their own hand sanitiser to limit the amount of queuing around the sanitising stations at entry and exit points.
- Matting, boxes, hand equipment will be wiped down after each rotation of apparatus.
- A larger clean of the gym will occur once a day performed by either the contracted cleaning company TGA use, or the TGA coaching team.
- Gymnasts and coaches should arrive in a “ready to train” state, ie in the correct attire and having already eaten, in order to minimise the amount of time in the facility.
- Team gymnasts will be provided with their own block of chalk to use during this time which is to be stored in a Tupperware container with their name on.
 - TGA request that a gold coin donation be made towards subsequent blocks of chalk.
- All members should maintain the 1.5m social distance at all possible times.
- Water bottles should be taken to gym to avoid the use of the mouthpiece on the water bubbler.
- Markings on the ground in and around the gym should be followed to allow for good social distancing.
- Spotting will be limited and used where no other method is possible – this will always remain under the 15 minutes of contact mark.
- If an attending member (coach, gymnast, supervising parent, etc) shows any COVID-19 symptoms then you are asked not to attend your scheduled class. When symptoms stop, you must remain symptom free for 72 hours before attending your next training session.
- Make-up classes will not be permitted during the COVID-19 pandemic.

Please see, in addition to the above, guidance from Gymnastics Australia - http://gymnastics.org.au/Ga/Club_Development/Rebooting_Gymnastics.aspx

COVID-19 Addition to Fees Policy

In the event of a second wave, or an addition of restrictions, any fees paid for classes that are subsequently cancelled will go towards future fees on the re-opening of the gym or towards online classes offered.