

Kids Sports on the Beaches



COVID-19 Protocols

Updated: 5th October 2021

Dear Kids Sports on the Beaches Members,

Before you begin attending any Gymnastics Programs on-site at Pittwater Sports Centre, it is important that you are fully aware of the updates to our company protocol's in regards to the current COVID- 19 requirements.

Please ensure that any member of your family that will be coming on to PSC premises has an understanding of and complies with, the below protocols.

1. Pittwater Sports Centre Protocols

- No one is to come onto Pittwater Sports Centre premises if they are feeling ill or are displaying any cold and flu symptoms. Please make sure to notify your child's coach if this is the case as it is important for us to be able to keep track of the child's progress and any updates in their health status. This individual must return a positive COVID-19 result before returning to the centre.
- All visitors to Pittwater Sports Centre (12 years and older) will be required to wear a protective face mask over their nose and mouth if entering Pittwater Sports Centre.
- Any visitors under the age of 12 years may elect to wear a protective mask but it is not compulsory.
- All visitors to Pittwater Sports Centre MUST sign in using the QR code when arriving at Pittwater Sports Centre. All children under the age of 12 years MUST be accompanied by a parent up to the COVID-19 sign in desk in order to complete the QR code for yourself and your child/children. If your child is 12 years or older and has their own service NSW app on their phone and is capable of completing the QR code sign-in process themselves they can do so. If for any reason a child 12 years and older is unable to complete the QR code check-in process themselves, a parent must complete this process for them.
- Each business within Pittwater Sports Centre is required to have their own QR code and own COVID protocols based on the requirements for each business-type. Please adhere to the rules for both PSC and Kids Sports on the Beaches when attending the centre.
- Social distancing of 1.5m must be maintained at all times whilst on the premises.
- All visitors to Pittwater Sports Centre will be required at all times to practice a high standard of personal hygiene. This includes hand sanitising before entering and exiting the premises.
- We ask that you please avoid any crowding, gathering or spending any unnecessary time on premises (including the PSC carpark) until further notice. We need to maintain a steady flow of visitors when you arrive for drop off and pick-ups and cannot have any visitors lingering on premises.

2. Kids Sports on the Beaches Protocols

- Proof of vaccination will be required for all individuals 16 years and older taking part in our services (staff members, gymnasts and Kindy Gym Australia).
- Proof of vaccination will be required for any adults that enter our facility (e.g. Parents of our KindyGym Australia children). Until further notice, we will be adopting a **drop-off and pick-up** system for all of our Competitive Program and Fitnastics Program participants.
- Please avoid dropping your child off to the centre more than 10 minutes before they are due to start class until further notice.



- All children MUST be accompanied by a parent to the COVID-19 sign in desk in order to comply the QR code for yourself and your child/children.
- To enter Pittwater Sports Centre, all visitors 12 or older will be required to wear masks at all times, unless performing strenuous activity (e.g. masks are on during warm ups and body prep, take the mask off to do a floor tumbling line then put it back on whilst waiting for the next turn.
- Based on the current guidelines, we are allowed 1 person per 4 square metres within the gymnastics hall. This allows us a maximum of 274 people within the gymnastics hall.

3. KSOTB Coaching Staff

- All staff members must be double vaccinated in order to come on site to coach and must submit proof of vaccination to KSOTB management.
- All staff members must have completed their COVID-19 infection control training online and have sent in a copy of their certificate to KSOTB management. They are also being encouraged to download the COVID-19 app.
- Protective face masks must be worn at all times within both PSC and the gymnastics hall for all KSOTB staff members.
- Staff are responsible for ensuring that social distancing between all visitors is maintained whilst on PSC premises. Please follow their instructions and understand that they are doing their job to promote the safety and health of our visitors.
- Spotting will be allowed in instances where it is necessary for the safety of the gymnast. The athlete's safety must be the number 1 priority. Coaches will adopt a step-in, spot and step-out approach when this is required however they will be programming their classes to try and limit the need for spotting,
- Coaches will be allowed to use the foam pit in their programming however landing mats will be placed on top of the pit for gymnasts to land on.
- As safety is the number 1 priority, coaches may break the social distancing protocols when administering First Aid to an injured athlete. Hand washing/sanitising will occur before and after administering any First Aid.
- Equipment and surfaces that would be classified as being "high frequency" for usage will be cleaned between athletes usage.
- Equipment and surfaces that are classified as being "low frequency" for usage will be cleaned after each main class group.
- After class has concluded the coaches will assist in cleaning the gymnastics hall facilities including the equipment/training areas that were used within their own class as well as general areas within the Gymnastics hall of PSC.
- No staff member is to come onto Pittwater Sports Centre premises if they are feeling ill or are displaying any cold and flu symptoms. They must notify KSOTB management as soon as possible so that the gymnasts in their class can be notified. They must return a negative COVID-19 test result in order to return to work.
- All of the Pittwater Sports Centre and Kids Sports on the Beaches COVID-19 protocols listed in sections 1 and 2, apply to staff members.

Please note that under the current circumstances of the COVID-19 pandemic and in following with the Health and Safety regulations set out by NSW Health and the NSW and Australian Government, Kids Sports on the Beaches (KSOTB), requires that all of its staff members are fully vaccinated against COVID-19 and in a physically healthy condition in order to attend the workplace and provide services to KSOTB clients. In the event that a KSOTB staff member is unable to attend the facility due to displaying cold and flu symptoms, being found to have been a casual or close contact at a COVID-19 hotspot or returning a positive COVID-19 test, they will not be permitted to attend the premises or conduct any face-to-face KSOTB services. In these situations, KSOTB will follow our company procedures to try to provide a replacement staff member who not only is double vaccinated and in a physically healthy condition, but also of the same level of qualifications and experience to provide that service. In the situation that this is not a possibility, KSOTB has absolute discretion without claim, to cancel/re-schedule any of its programs/services in order to uphold its responsibility when it comes to the duty of care of its customers.



4. Parents/Guardians

- Social Distancing is required at all times (1.5m apart for all athletes, coaches and all site users).
- Please stay in the car until 10 minutes prior to your child's class is due to start, then walk your child to the sign-in desk at the top of the PSC stairs
- Only one parent/guardian should be escorting their child to the sign-in desk in order to reduce any crowding/gathering on-site.
- All parents/guardians must complete the QR Code check-in on arrival to Pittwater Sports Centre.
- Unfortunately, no Fitnastics or Competitive Program parents are allowed to come inside the gymnastics hall to watch programs for the interim. We will be adopting a **drop-off and pick-up system** for these programs until further notice. Once your child has been signed in, we do ask that you please leave the facility in an orderly fashion in order to help reduce the chance of crowding or gathering within PSC and the PSC carpark.
- For KindyGym Australia Programs, one parent per child will be permitted to come on-site for the duration of the class however this parent **must be double vaccinated and must provide proof** of such to our KSOTB COVID marshal before being permitted to enter the facility.
- Anyone over the age of 16 years who enters Pittwater Sports Centre (such as KindyGym Australia parents, staff members, gymnasts over the age of 16 years) must be wearing a mask at all times whilst inside Pittwater Sports Centre.
- We also ask that until further notice, you do not come on-site to Pittwater Sports Centre outside of your child's gymnastics class timetable unless you have written invitation from our Centre Director Mark Forrest.
- When picking up your child from training, please stay in the car until 5 minutes before your child's class is scheduled to conclude, making sure to QR code check-in once more to show that you were onsite at PSC.
- The KSOTB coaches will escort their class group out of PSC to meet you in the general walkway area at the bottom of the PSC stairs near the gardens. Please maintain social distancing and wear a mask.
- No animals are permitted on site at any time.
- If you have any queries regarding your fees, bookings or enrolments, please contact the office between Monday-Friday 8:00 – 3:30pm on (02 9913 7421) or admin@pittwatersports.com.au
- Please be aware if you have any concerns for site safety, please put it in writing to admin@pittwatersports.com.au
- All of the Pittwater Sports Centre and Kids Sports on the Beaches COVID-19 protocols listed in sections 1 and 2, apply to parents/guardians.

5. Gymnasts

- To enter Pittwater Sports Centre, all visitors **12 or older will be required to wear masks at all times, unless performing strenuous activity** (ie. masks on while warming up or prep, take a mask off to do floor tumbling, place mask back on while waiting for next turn).
- Any gymnasts younger than 12 years of age may elect to wear a protective face mask, however this is not compulsory.
- Gymnasts **must wear enclosed shoes to and from every on-site Gymnastics training class**. If they are not wearing appropriate running shoes, they will not be permitted past the sign in station.
- Any competitive program gymnasts (level 3+) will be required to bring their own labelled plastic bag or container in which they will be given their own chalk supply. This can be left on-site once sealed at the end of each bar session.
- If a gymnast forgets to bring their chalk container to Gymnastics, they will not be able to participate in the bar session for safety reasons and will instead be given a conditioning, strength, flexibility or injury prevention program to complete during that rotation.
- All gymnasts will be asked to **sanitise their hands before starting their training on the uneven bars, p-bars, pommel horse, rings or ropes** and then again afterwards in order to maintain the cleanliness of this apparatus.



- Every child is required to **bring their own well-labelled drink bottle** to Gymnastics. They are not to share this drink bottle with any other visitor at any time (including siblings).
- When it comes to using personal training equipment (for those whose coach has requested them have these items only), please ensure your child has their own:
 - Loops and Gloves (loops can be purchased online from either GKD Gymnastics or AMCO Gymnastics and Gloves can be purchased at shops such as Woolworths, Kmart, Big W, Rebel Sports etc.)
 - Grips and Wrist Bands (Grips and Wristbands are required for all competitive gymnasts from Level 4-10. These can be purchased online from either GKD Gymnastics or AMCO Gymnastics).
 - Ensure you have your own small supply of hair ties, pins, clips etc. so that your hair is tied up out of your face for every Gymnastics class. You are not to share any of these items with other athletes outside of your own family.
 - Ensure that if you need to use deodorant whilst participating in Gymnastics classes that you have your own supply and do not share with others.
- All of the Pittwater Sports Centre and Kids Sports on the Beaches COVID-19 protocols listed in sections 1 and 2, apply to gymnasts.

6. Procedures for how the classes will run:

- On arrival to the centre, please wait in your car until 10 minutes before the class is due to start.
- There will be QR codes provided at the sign in desk area at the top of the Pittwater Sports Centre stairs. Please make sure to sign yourself and your dependents in using the QR code, each time you attend the centre.
- Anyone over the age of 16 years who is participating in a gymnastics program (includes Kindygyms Australia parents) must be double vaccinated in order to enter Pittwater Sports Centre and participate in our KSOTB services. You will be asked to provide proof of vaccination before being permitted entrance into the centre.
- Anyone who is entering into the centre will be asked to sanitise their hands before entering (you are welcome to use your own or the sanitiser we provide)
- The gymnasts will be asked to place their belongings on one of the social distancing spots on the viewing area seating and wait on their spot until their class coach calls them to line up on the social distancing spots against the glass railing.
- Gymnasts over 12 years old will be expected to keep their mask on when they are called in to start class.
- The supervisor will close the sign in station until the next set of classes and will ask that all parents please leave the centre in an orderly fashion in order to avoid any crowding or gatherings in the centre or the carpark.
- Please try to avoid running late for class as this could impact the rest of the class if the coach has to leave the group to help you to sign in your child, sanitise and put their belongings in an appropriate position before entering the gymnastics training area.
- Once the gymnasts start their training, they will be asked to either stand on a social distancing marker for certain exercises or to follow a circuit of exercises that has each station spread out in order to maintain social distancing.
- Within the gymnastics time-table, we will be rotating apparatus on a set schedule. Equipment that is high frequency for use will be wiped down before the next group arrives at the apparatus.
- Between apparatus rotations, the gymnasts will be given a chance to have a rest/drink break. The gymnasts will wait on their social distancing marker on the viewing area stairs during this time until their coach calls for their class to line up against the glass railing on the markers.
- We will be encouraging the athletes to use the bathrooms during this time. This will allow us to monitor this process with a number of coaches whilst the other coaches wipe down the equipment and monitor the rest of the athletes.
- At the end of class gymnasts will reverse the process they followed when entering the gym e.g. they will pick up their drink bottles and bags from the social distancing markers, sanitise their hands before leaving the gymnastics hall and their coach will escort them down the ramp/stairs to meet their parents in the public areas of PSC at the bottom of the stairs near the garden.

We thank you for bringing your child to participate in our KSOTB Gymnastics programs and for helping us to ensure that all above protocols are followed. We are so excited to be back in the gym and hope to get back to our normal processes and protocols soon. We know that some of these processes are not the most convenient, but we really appreciate all of your support during this time!

