

ACSA COVID-19 Recommendations 22 March 2020*

*Updated/additional information highlighted in yellow

With the current global situation evolving around Coronavirus (COVID-19), ACSA have developed guidelines for best practice.

General Information

ACSA encourages everyone to follow the Australian and State Government's advice on how best to protect yourself from the virus and practice good hygiene methods, whether at the gym, at home or anywhere else in public.

For the latest advice, information and resources, go to www.health.gov.au

When You Need to Close Your Gym:

It is advisable that gyms start to prepare online resources in the event of a closure and consider the integration of virtual class options suitable to their circumstances

If the Government (Federal, State or Local) orders a shutdown of all but essential services in your area then this means that your gym/training facility will need to close. Please refer to your State Government official website for the latest status in your area.

If your area isn't impacted by a shutdown, but schools in the local area are shutdown, it would be advisable to consider closure of gyms/training facilities

We recommend all gyms have a risk management plan in place in the event of anyone who has visited their gym being confirmed as having COVID-19. If you have a confirmed case of COVID-19 in one of your athletes, staff or anyone that has visited your gym, you will need to close your gym and also:

- Immediately contact anyone who may have been exposed
- Call the COVID-19 hotline (1800 020 080) to seek direction on cleaning protocols to ensure that the virus is cleared and other requirements you need to do follow before re-opening.

Gym Procedure and Policy Guidelines

Routinely educate, update and advise athletes and parents of precautions, and guide them in ways to most effectively and appropriately incorporate these into their regular routine.

I. Isolation Protocols

Request that athletes and their families do not to attend the gym under any of the following circumstances:

- If they or any of their family have been asked by the Government, workplace, school or a medical professional to self-isolate until they are allowed to resume back at school or work.
- If they or anyone in their family or close contacts experiences any flu like symptoms until a medical professional clears them/their family member.

2. Equipment / Area Sterilisation

Increase cleaning protocols and ensure high standards of routine environmental cleaning

- Staff should complete regular disinfection of all mats and general areas
- Minimise use of shared equipment and wipe down after each use
- Clean and disinfect high touch surfaces regularly, including desks, door handles, benches, light switches, taps
- Review first aid practices, e.g. sanitising icepacks/using disposable ice bags
- Open windows, enhance airflow, adjust air conditioning

3. Hand Sterilisation

- Everyone should sanitise hands when entering the gym and at regular intervals
- Promote a regular handwashing schedule
 - Handwashing should be completed before/after tasks such as eating, using the bathroom and using tissues
- Display hand washing poster in the bathrooms/kitchens

4. Food and Drinks

- Request that everyone limit food and drinks brought into the gym
- Consider requiring everyone to bring their own water bottle:
 - Make water bottles available for purchase (if necessary)
 - Throw out any leftover water bottles each evening

5. Athlete Responsibilities

- Consider incorporating measures that limit contact between people and high traffic surfaces
 - Encourage people to avoid touching their face
 - Tie hair back slick and away from the athlete's face
 - Limit sharing of personal items e.g. nail clippers, hairbrushes & technology
 - Leave personal items at home or in their bag e.g. jewellery

6. Social Distancing Measures

With regards to social distancing, there are several procedures that gyms can implement to hold them in good stead now and into the future. These measures are also effective against influenza and other infectious diseases.

Please find the below adaptations to the 'Social distancing in schools' guidance from the Australian Department of Health to be read in conjunction with the other COVID-19 information sheets that can be found at:

<https://www.health.gov.au/resources/publications/coronavirus-covid-19-information-on-social-distancing>

- Added 22nd March: As per the Australian Government's order, for indoor gatherings of less than 100, four square metres is required per person in an enclosed space. Here is how that impacts your gym:
 - I. Calculate maximum capacity allowed in your facility based on your facility size.
 - a. Find out the square metre size of your venue (indoors) and divide it by 4 to find out your maximum capacity. For example: If your indoor venue space is 300m², then your absolute maximum capacity is 75 people.
 - b. If your venue is 400m² or larger your absolute maximum capacity is still 100 people.
 - c. Maximum capacity includes any person inside your facility; athletes, staff, visitors and spectators.
 - d. This is the maximum capacity allowed, however, where you can reduce people within your facility, do so. The fewer number of people in the one space at the one time, the lower the risk.

2. You must also adhere to social distancing criteria (1.5 metre per person).
 - a. Give consideration to your venue specifics and how you can achieve appropriate social distancing.
 - b. It may be likely that when considering social distancing criteria, your realistic capacity will be lower than what is legally allowed by the calculation in step one.

- Defer activities that lead to mixing between teams
- Space athletes out during training
 - As a guide, a cheer mat is 1.8m apart so if each athlete is on a line, they will meet the 1.5m requirement
 - As a guide a performance dance floor is 12m x 12m – 8 strips, so if each athlete is on a line or middle of the strip, they will meet the 1.5m requirement
- Avoid queuing and consider cancelling gatherings/events that exceed the government recommendation e.g. inter team show-offs
- Limit spectators and non-athletes in the gym
- Develop creative greetings without contact – thumbs up, waves etc.
- Consider opening windows and adjusting conditioning for more ventilation

Cheer/Dance Specific measures to consider:

- Focus on activities where social distancing recommendations can be applied within the training setting (maintaining 1.5 metres distance). To adhere to social distancing requirements:
 - Cease stunting
 - Cease spotting
 - No lifting/partner work
 - No hands-on corrections
- Considering adapting your timetable to increase times between classes finishing and ending or to reduce the number of athletes training concurrently
- Consider implementing drop and go policy so that less people are at the gym at the same time reducing the number of people in parent area/communal areas
- Social Distancing will have a large impact on training for our sport (cheerleading in particular). This is a time to think outside the box, and there are many innovative ideas being discussed on social media groups and posted online.

7. Absence Policy

- Ensure that families know your absence policy and required communication procedures
- Consider relaxing your absence policy in relation to positions in stunt groups and routines
- Actively encourage sick athletes to stay at home including those who are unsure about their symptoms

8. Exercise and Participation in Sport

- ACSA supports Sport Australia's statement that:
'Exercise and participation in sport remains an important part of physical and mental health for everyone. Those who are well should continue to be active by engaging in exercise and playing sport.'
- Follow the AHPPC COVID-19 Community Sport Guidelines available [here](#).



9. Communication

- Ensure your communication to athletes and parents uses appropriate wording and staff have guidance on appropriate language to use, to keep people alert but not alarmed
 - Refer to [General Principles for talking to children about COVID-19](#)
- Make it clear to families which communication channels you will be using for updates and provide regular updates to keep them reassured, even if the update is to confirm that last week's email/policy is staying the same
- Encourage transparent communication to avoid misinformation amongst athletes/families/parents
- Let people know who they can talk to at the gym about their circumstances
- Consider an area in the gym designated to not discuss Coronavirus to allow athletes to have a break

Useful Resources

- Infection Control Course - COVID-19 infection control training - <https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training>
- AHPPC COVID-19 Community Sport Guidelines https://www.sportaus.gov.au/media-centre/news/minister-for-sport-issues-covid-19-guidelines-for-community-sport/_nocache
- Sport Australia COVID-19 and Sporting Activity https://www.ais.gov.au/health-wellbeing/covid-19#covid-19_and_sport_faq
- Environmental cleaning and disinfection principles for COVID-19 <https://www.health.gov.au/sites/default/files/documents/2020/03/environmental-cleaning-and-disinfection-principles-for-covid-19.pdf>
- Getting your Workplace ready for COVID-19 https://www.who.int/docs/default-source/coronaviruse/getting-workplace-ready-for-covid-19.pdf?sfvrsn=359a81e7_6
- General Principles for talking to children about COVID-19 - <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>
- COVID-19 helpline (24 hours): 1800 020 080