

Covid Safe standards

Last updated November 18, 2021



Essendon Keilor
Gymnastics Academy

Exposure Sites	If a gymnast (or ANYONE FROM THEIR HOUSEHOLD) is deemed a close contact or instructed to isolate, no one from the household is permitted to attend classes or events at EKGA until appropriately cleared.
Wellness checks	If a gymnast (or ANYONE FROM THEIR HOUSEHOLD) has cold or flu-like symptoms, a cough, sore throat or other signs of illness the gymnast will not be permitted to attend classes/training at EKGA. Gymnasts that are coughing/complaining of feeling ill will be sent home.
Before class	Wait outside the building (an appropriate distance apart) until your child's class is asked to enter the building. You may choose to wait in car in inclement weather. EKGA's door marshal will invite participants into the building at the appropriate time. This may be one class / group / gymnast at a time.
Check in	All Staff, Gymnasts, Contractors, Visitors and Customers must check-in using one of the available QR codes or the services Victoria App. Reception can assist you to "check-in" if you do not have a smartphone. Gymnasts must be checked in.
Vaccination Status	Everyone aged 12 and above entering the premises must be fully vaccinated.
Drop and Go	At this time we are not permitting spectators. Children should be dropped off at the front door of the building. They will be escorted into class by EKGA staff. At the conclusion of class, staff will walk children to the entrance to hand back over to you. Staff will supervise children moving from the gym to the toilets etc.
Mask wearing	ADULTS -The wearing of a Face covering / Mask is COMPULSORY for everyone aged 12 years and above. No exemptions CHILDREN - The wearing of a Face covering / Mask is REQUIRED for children in Grade 3 and above. Younger children are encouraged to wear a mask if they can do so safely. Masks can be removed by gymnasts when they are engaged in strenuous physical activity and can be physically distanced.
Hand sanitising	All participants will be prompted to use hand sanitizer upon entering. Hand sanitizer will be provided near the front door to both buildings, as well as throughout the gym. Gymnasts will be required to sanitise their hands at intervals throughout class, as well as upon departure.
Equipment Hygiene	Equipment and mats will be sanitized between each class. Equipment that cannot be sanitized easily between classes will not be used. Competitive Gymnasts will be required to bring along their "portable locker" with their own therabands, ankle weights, skipping ropes, ice pack wrap etc. Gymnasts who use chalk will be required to provide their own chalk and chalk container.
Physical distancing / Venue Density	Whilst onsite people are required to follow physical distancing guidelines, this includes the waiting areas, as well as in the gym and common areas. Dots and velcro floor markers will be provided to establish visual cues to assist with distancing. Gymnast will not participate in partner or group activities that involve touching each other or working closely together.
General cleaning	EKGA Staff will sanitise high touch surfaces several times throughout the day. Staff will regularly check to ensure hygiene supplies are regularly replenished throughout the day. Professional cleaning contractors will deep clean each venue twice a week.
Exiting	Staff Members will stagger dismissal of classes to avoid bottle necks at the exit points. Gymnasts need to be collected from outside the building. Parents/carers should maintain appropriate physical distancing whilst waiting to collect their child and be mindful of cars.



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