

COVID-19 Management Policy v1.4

Issued 30th January 2021

This policy is about the safe management of Coronavirus COVID-19 at Rouse Hill Physical Culture Club.

Our club considers it important that we all **take sensible steps to look after ourselves, our families and each other**. We want to protect our teachers, volunteers, members and families by minimising exposure to COVID-19 and reducing the risk of spreading it, as much as we can.

HOW WILL WE DO THIS?

1. We will follow all advice from government health and medical authorities.
2. We will introduce strategies at the club about **exclusion** and **hygiene procedures**.
3. We will reintroduce parent viewing on the last week of each month.
4. We will keep you informed of what's happening at the club.
5. We will require all teachers, volunteers, members and families to follow the procedures below.

Members and families must follow the sign in/out and record keeping protocols set by the club and follow the direction of the Rouse Hill Physie Teachers and assigned volunteers.

EXCLUSION

Our club may, at its discretion, direct those affected or reasonably at risk of being affected by the pandemic to remain away from classes.

The following people should not enter class (including anyone they live with):

- Anyone who is currently positive (diagnosed) with COVID-19.
- Anyone who has been in contact with someone who has been diagnosed with or is suspected of having COVID-19.
- Anyone that has a temperature above 37.4 degrees Celsius.
- Anyone that has flu-like symptoms including fever, cough, sore throat, runny nose, loss of taste and/or smell or shortness of breath.
- Anyone awaiting results from a COVID-19 test.
- If you have taken paracetamol or ibuprofen in the past 24 hours.

If you feel unwell, stay at home, seek medical advice promptly and follow the directions of your local health authority. If you believe you are at risk of infection, obtain a diagnosis and, importantly, please inform our club.

HYGEINE

Everyone should follow good hygiene practice and encourage others to do the same.

Please follow these procedures for everyone's safety

- Before class commences, your temperature is checked.
- Before class commences clean your hands with an alcohol-based hand sanitiser provided.
- Do not share drink bottles or food.
- Maintain at least 1.5 metre distance between yourself and anyone else.
- Avoid touching your eyes, nose and mouth, nail biting and thumb sucking.

- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze and dispose of used tissues immediately.

PARENT VIEWING

In line with Government guidelines at the time, 1 parent per student will be invited to watch their daughter's class on the last Monday, Tuesday and/or Saturday of each month.

Please follow these procedures for everyone's safety

- Before class commences, your temperature is checked.
- Before class commences clean your hands with an alcohol-based hand sanitiser provided.
- You will be required to sign in using our QR code for contact tracing purposes.
- Maintain at least 1.5 metre distance.

MORE INFO

Keep an eye out for updates from reliable sources such as the Australian Govt Dept of Health at <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

IN SUMMARY

- **Protect yourself and others**
- **Clean your hands regularly**
- **Cough or sneeze into your elbow or a tissue**
- **Face masks aren't recommended for people without symptoms**
- **Importantly – stay at home if you're feeling unwell**

COVID SAFE CHECKLIST

Wellbeing of Members

- ✓ Teachers, volunteers and members are excluded when unwell per our covid-19 declaration and sign in procedures
- ✓ Teachers and age group coordinators have information about COVID safe processes
- ✓ COVID-19 management policy, procedures and declaration are provided to all members via email, social media and our website

Physical Distancing

- ✓ Number of members in each venue will not exceed 4m² per person
- ✓ No spectators, parents or care givers will enter the venue with the exception of the last week of each month
- ✓ Classes will be limited to 20 members plus teachers and assistants
- ✓ No activities will be conducted that require members to have physical contact
- ✓ Members will comply with 1.5 metre physical distance requirements. Junior members will have this explained to them in an age appropriate way on a regular basis. Markers will be placed on the floor to assist with this
- ✓ Equipment will not be shared by members
- ✓ All members and their parents/caregivers will be required to leave the area immediately following drop off and pick up

Hygiene and Cleaning

- ✓ All members to clean hands on arrival
- ✓ Sanitiser ready available throughout classes
- ✓ Bathrooms will be stocked with soap and paper towel
- ✓ High contact areas including the floor will be sanitised between each class
- ✓ Participants will bring their own food/drinks. Sharing will be strongly discouraged
- ✓ No cash payments can be accepted. All payments must be made online.

Record Keeping

- ✓ All members must be registered prior to attending a class
- ✓ Attendance records will be kept for all classes
- ✓ Members are encouraged to download the COVID-Safe app to their phone
- ✓ We will cooperate with NSW Health if contacted in relation to a positive case of COVID-19

