

KEY POINTS

- *If you are unwell, you must NOT attend training. This applies to all staff, students, parents, siblings and visitors.*
 - *Note that students have the option to log in to training from home via Zoom.*
- *Our court is closed to all parents. Tiny-tot and Petite students may have one parent/caregiver if required. Please leave siblings at home where possible.*
- *Teachers are not required to wear masks when providing instruction to children as it can interfere with their ability to clearly communicate with students.*
- *Please ensure physical distancing (1.5 metres) from others at all times.*
- *Practice good hygiene by washing your hands upon arrival and after training with sanitiser or soap and water.*
- *Follow signage, floor markers and instructions from staff when moving around the venue.*
- *Parents and visitors (i.e. those not enrolled as a student) must sign in if entering the building.*
 - *A QR Code is provided on the door (preferable)*
 - *A hard copy register is at reception if needed.*
- *All students and staff should avoid interactions in close spaces and avoid congregating in large groups.*
- *All students and staff should avoid interchanging of batons wherever possible.*
- *We reserve the right to revert any or all classes to online delivery at any time in the event of staff illness, changing requirements by authorities, a case/suspected case of COVID-19 or for any other reason determined necessary by us.*

FACTS OF COVID-19 VIRUS

Coronavirus (COVID-19) is a highly transmissible virus spread through small droplets from the nose or mouth via talking, coughing, sneezing or exhaling. Symptoms can include fever, chills or sweats, cough, sore throat, shortness of breath, runny nose or loss of sense of smell. In certain circumstances, headache, muscle soreness, stuffy nose, nausea, vomiting and diarrhoea may also be considered.

STUDENTS OF ANY AGE WHO APPEAR UNWELL WILL BE SENT HOME AT STAFF DISCRETION.

There is a clear directive from authorities that you should be tested for coronavirus if you have any symptoms at all, so medical clearance will be required from any student who has been sent home by ULTIMATE staff before resuming in-person classes.

If you OR ANYONE IN YOUR HOUSEHOLD is awaiting the results of a COVID-19 test, do not attend training until results are received (and then only if they are negative for coronavirus and evidence can be presented on request).

Students may join class via Zoom at any time, for any reason.

PREVENTION

The best way to prevent transmission is to stay home if you're unwell, practice social distancing and ensure good personal hygiene.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, sneezing, or using the toilet.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow.
- Do not share drink bottles.
- Stop shaking hands, hugging or kissing as a greeting.
- Ensure a distance of at least 1.5 metres is kept between yourself and others.

VULNERABLE PEOPLE AND HIGH-RISK CATEGORIES

We wish to acknowledge that some people are at higher risk of serious illness in relation to COVID-19. If you or a student in your care fall into one or more of the following categories, we invite you to contact us to discuss your individual circumstances. We are committed to providing flexible options for students in vulnerable groups to minimise any potential risk to their health and safety.

- Aboriginal and Torres Strait Islanders;
- People 65 years and older with chronic medical conditions;
- People 70 years and older;
- People with compromised immune systems.

BEFORE YOU ARRIVE

Check the **Facebook Members Group** because changes may have been made.

Be sure to eat something nutritious prior to arrival that will keep you going for the duration you'll be on site. Drink bottles should be filled with water from home.

Get ready for class at home. Please only bring to the venue the things absolutely necessary for training:

- Named drink bottle, filled with water;
- Jazz shoes or Sneakers;
- Baton;
- Inhaler, EpiPen or other medication.

WHEN YOU ARRIVE

Please understand that the following has been implemented to reduce foot traffic and crowding on site. We appreciate this may feel inconvenient, however, reducing any risk of COVID-19 and protecting everyone in our community remains our number one priority.

It is the centre that dictates entry procedures and processes

*All persons over the age of 18 are required to sign in using the QR code provided at the front entrance
(or sign in by hand on the papers provided)*

*Athletes will not be permitted access to the court until their scheduled training.
If you arrive earlier than this, please wait in your car.*

You will only be permitted entry to the venue five minutes prior to training. This is to ensure we can safely move our athletes onto the court after the previous hirers have left. If waiting outside, line up and ensure you keep 1.5 metres distance between you and other people at all times. This also applies to adult students.

Everyone entering the venue must use hand **sanitiser on arrival**. Anyone adverse to hand sanitiser will be required to wash their hands with soap and water.

Once your child is safely inside, we ask that parents/caregivers **wait in your car or leave and return** to collect your child after training.

FOOT TRAFFIC PLANS

1. All athletes and coaches will **enter the front door** through reception.
2. Please maintain your distance from others when moving around inside the building.
3. Please **follow any verbal instructions** given by our team or the venue workers carefully.
4. After training, all students will **exit from the door requested by venue staff**.

LEAVING THE VENUE & ATHLETE COLLECTION

Please be on time to collect your child. Parents/caregivers: please stay clear of the court and only come to collect your child when they exit the court. Keep 1.5 metres between you and other families at all times.

As exciting as it is to see other athletes and families, we kindly ask that you do not gather in groups or congregate outside the venue. This includes adult students and coaches.

FREQUENTLY ASKED QUESTIONS

WHAT IF A STUDENT SUSTAINS AN INJURY?

Rest assured, our team still has a duty of care to provide First Aid to all athletes if needed. Gloves and a mask may be worn at staff discretion.

WHAT IF I CANNOT ATTEND CLASS?

All lessons will be available to watch live via Zoom for anyone who cannot attend training if provided enough notice, and we will continue to offer this for as long as it remains viable. Please note that teachers will be unable to provide personalised feedback, tuition or interaction to anyone joining via Zoom as their focus will be on those students in attendance on the court. We note that any athlete joining from home does so at their own risk. Unfortunately, sound quality cannot be guaranteed for online viewing of in-person trainings and we ask for your flexibility as there is likely to be some technical issues from time to time.

WHAT ARE YOUR CLEANING PROCEDURES?

We trust that the staff at our training venues abide by strict cleaning procedures, as required by NSW requirements and regulations.

We also carry with us, products for sanitisation of batons, acro mats and other equipment before and after use.

Staff will be encouraged to clean personal items regularly (e.g phones and iPads)

WHAT ELSE WILL YOU DO TO MINIMISE THE RISK OF COVID-19 FOR ATHLETES AND THEIR FAMILIES?

We will be keeping accurate records of anyone who attends our training. *Note this does not include parents or caregivers picking up and dropping off children outside the venue.* Anyone entering the building is required to use hand sanitiser or wash their hands with soap and water.

All staff have completed COVID-19 Infection Control Training.

All administrative queries should be handled via email or phone where possible.

Props or Acro mats will be sanitised between groups and/or after use.

Drink bottles left behind will be disposed of (so please take them home!).

All classes will be predominantly non-contact. This means limited partner work, no exchange work, no holding hands, hugs or high fives. Coaches will only apply physical correction if required for safety (e.g. in the case of Acro).

WHAT WILL YOU DO IN THE EVENT OF A CONFIRMED CASE OF COVID-19?

If anyone with a confirmed case of COVID-19 has attended Ultimate's training venues while infectious, we will abide by the requirements of the venue. They may require us to close for a short period to facilitate cleaning and enable contact tracing.

Attendance records and contact details of athletes deemed to be close contacts with the confirmed case will be provided and we will notify by email all families who attended the venue on the same day as the infected person. We will respect the privacy of anyone with a confirmed case of coronavirus and treat their condition with understanding and compassion.

Any person who tests positive for coronavirus (COVID-19) must remain in home isolation until they have been notified that they have met the criteria for release from isolation. Any person who is determined to be a close contact of a person with coronavirus should not attend training for 14 days after their last close contact and must self-isolate. During isolation, they should watch for symptoms and seek medical assessment and testing if they become symptomatic.

WHAT SHOULD I DO IF I HAVE COVID-RELATED QUESTIONS, CONCERNS OR FEEDBACK?

Safety is our priority, and we welcome your feedback. Please email us in the first instance on info@ultimatetwirling.com.au. We will respond as soon as we can and appreciate your patience during peak times.

OTHER CONSIDERATIONS FOR FAMILIES

In-person make up lessons are not permitted at this time, however, make ups may be booked to attend online via Zoom.

Contact details for students and parents may be passed on to the NSW Health for the purpose of contact-tracing if necessary.

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