

Safe Operation Plan

Covid-19 Level 2



This plan is based on Sport NZ guidelines for [Play, active recreation and sport at Alert Level 2](#)

Contact Tracing

All people present (including coaches) will be marked as present using our club database system - Friendly Manager. These records will be accessible to all club administrators and held for at least 4 weeks. All people in the gym will be associated directly to Thames Gymsports and be traceable.

Hygiene and Cleaning

Surfaces and equipment will be regularly cleaned and disinfected. Doors, door handles, light switches, toilets and work desks will be disinfected at the end of each day.

Equipment touched by gymnasts and coaches will be sanitised between groups.

Toilets will be allocated to groups, so only people from one group will use one toilet.

Equipment that cannot be easily sanitised will not be used. The kitchen and viewing area will be closed off / made unavailable.

Gymnasts will provide their own drink bottle, hand towel and floor mat (for floor work, warmups and stretches).

Good personal hygiene practices will be carried out – all people present will wash and dry their hands or use hand sanitiser before and after activities.

There will be an expectation that people will not touch their face, and if needed, people will cough into elbow. This guidance will be circulated to attending families and staff and posters will be put up to remind them of this.

Coaches, gymnasts and spectators must stay home if sick and not enter the Thames Gymsports facility if they have flu-like symptoms. (They must self-isolate at home and get tested immediately).

Thames Gymsports will make participants and families clear that if unwell or members of the household are unwell, gymnasts and coaches will stay home. No one will participate in physical activity (or leave home) if they are displaying symptoms of COVID-19, awaiting a test result, or required to self-isolate.

Class Sizes

Groups will be limited a maximum of 10 people, which includes coaches and gymnasts.

Physical Distancing

Thames gymsports will allow a maximum of 3 groups to be present in the gymnasium at any one time. Gymnasts will be required to remain 1m apart from each other. Each group will stay more than 2m from people not in their group.

Two coaches will be present at all times, to properly monitor activities and ensure rules are followed. A session manager will also be present but will stay more than 2m from others.

Risky activities

Activities should only be completed within the confidence and skill level of the participant so that we can continue to reduce the need for essential services assistance. Coaches will take into account that gymnasts have been away from gym for a period of time, so they will safely manage gymnasts given their current level of strength, flexibility and skill.