



Joyelle Calisthenics Club Inc

PO Box 1385

Tuggeranong Mail Delivery Centre, ACT 2900

E-Mail: secretary@joyelle.com.au

ABN: 47 076 637 090

COVID-19 SAFETY PLAN

Joyelle Calisthenics Club Inc

Association Name	Joyelle Calisthenics Club Inc.
[Ground Location]	Calwell High School, Holy Family PS and Namadgi School
[Club Facility Location]	Tuggeranong
[Club President/Association CEO]	Kim Waterford
Contact Email	presidetn@joyelle.com.au
Contact Mobile Number	0417497329
Version 1	2
Kim Waterford (Joyelle President) is responsible for this document	

Template Instructions

1. The Australian Institute of Sport (**AI**S) has published a “Framework for Rebooting Sport in a COVID-19 Environment” to inform the resumption of sporting activity in Australia, including community sport. Sport Australia has separately developed a “Return to Sport Checklist for Clubs and Associations” that provides operational guidance to local sporting clubs and associations on considerations that should be taken into account to appropriately resume sport and club operations.
2. To support the AIS and Sport Australia return to sport documents, Sport Australia has developed this COVID-19 Safety Plan template. This template can be used by associations and clubs to consolidate their planning for the resumption of activities at its club. Your association/club should review the Sport Australia Checklist and document its operational requirements for return to sport in the Appendix to this COVID-19 Safety Plan.
3. Yellow highlighting within brackets i.e. indicates further information is required from an association/club prior to finalising and adopting the COVID-19 Safety Plan. Before finalising, insert relevant information where highlighted in yellow and delete these template instructions.
4. Your association/club’s COVID-19 Safety Plan should be appropriately ratified within your club’s governance arrangements and regularly reviewed to ensure it remains fit for purpose and aligned with the AIS Framework, government restricted activity measures, public health advice and health and safety laws.
5. **DISCLAIMER:** This template does not constitute legal or health and safety advice. A club should take its own professional advice regarding the development and contents of its COVID-19 Safety Plan.

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1. Introduction

The purpose of this COVID-19 Safety Plan (**Plan**) is to provide an overarching plan for the implementation and management of procedures by Joyelle Calisthenics Club to support all participants in the staged resumption of training and other club activities.

The arrangements set out in this Plan are intended to prevent the transmission of COVID-19 among members, participants, coaches, officials, administrators/volunteers, visitors, families and the broader community. The Plan provides the framework to govern the general operation of Joyelle Calisthenics Club, any facilities it controls, the playing/training behaviour of all members and participants and the monitoring and reporting of the health of attendees at Joyelle Calisthenics Club training venue.

This Plan includes, but is not limited to, the conduct of:

- a. staged training and competition activities (sport operations); and
- b. facilities management and supporting operations (facility operations).

At all times the Plan is subject to all regulations, guidelines and directions of government and public health authorities.

2. Key Principles

This Plan is based on, and accepts, the AIS [Framework for Rebooting Sport in a COVID-19 Environment](#) (**AIS Framework**) and the [National Principles for the Resumption of Sport and Recreation Activities](#) (**National Principles**).

The Plan also accepts as key principles that:

- The health and safety of members, participants, coaches, officials, administrators/volunteers, visitors, families and the broader community is the number one priority;
- Members, participants, coaches, officials, administrators/volunteers, families and the broader community need to be engaged and briefed on Joyelle Calisthenics Club's return to sport plans;
- Facilities are assessed and appropriate plans are developed to accommodate upgraded hygiene protocols, physical distancing and other measures to mitigate the risk of transmission of COVID-19;
- Training cannot resume until the arrangements for sport operations and facility operations are finalised and approved, if necessary; and
- At every stage of the return to sport process Joyelle Calisthenics Club must consider and apply all applicable State and Territory Government and local restrictions and regulations. Joyelle Calisthenics Club needs to be prepared for any localised outbreak at our facilities, within our competitions or in the local community.

3. Responsibilities under this Plan

Joyelle Calisthenics Club retains the overall responsibility for the effective management and implementation of the return to sport activities and operations outlined in this Plan.

The Committee of Joyelle Calisthenics Club is responsible for:

- Approving the Plan and overseeing the implementation of the arrangements in the Plan; and
- Revising the Plan as required, ensuring it reflects up to date information from government and public health officials.

The committee has appointed the following person as the Club COVID-19 Safety Coordinator to execute the delivery of the Plan and to act as a point of contact for information relating to this Plan:

Name	Kim Waterford
Contact Email	President@joyelle.com.au
Contact Number	0417497329

Joyelle Calisthenics Club expects all members, participants, coaches, officials, administrative staff and volunteers to:

- Comply with the health directions of government and public health authorities as issued from time to time;
- Understand and act in accordance with this Plan as amended from time to time;
- Comply with any testing and precautionary measures implemented by Joyelle Calisthenics Club;
- Act with honesty and integrity in regard to the state of their personal health and any potential symptoms; and
- Monitor their health and take a cautious approach to self-isolation and reporting of potential symptoms.

4. Return to Sport Arrangements

As at the 28th May 2020, participants are training at Level A of the AIS Framework. The Plan outlines specific sport requirements that Joyelle Calisthenics Club will implement for Level B and Level C of the AIS Framework.

Joyelle Calisthenics Club will transition to the training activity and facility use as outlined in Level B of the AIS Framework and the training/competition activities and facility use outlined in Level C of the AIS Framework when permitted under local restrictions and regulations.

4.1 AIS Framework Arrangements

The protocols for conducting sport operations and facility operations under Level B and Level C of the AIS Framework are set out in the Appendix.

4.2 Roadmap to a COVIDSafe Australia

Joyelle Calisthenics Club will also comply with the Australian government's [Roadmap to a COVIDSafe Australia](#), which places limits on the type of activity that can be conducted and the number of people who can gather at facilities, notwithstanding the activities permitted by the AIS Framework (see below).

AIS Activities	Level A: Training in no more than pairs. Physical distancing required.	Level B: Indoor/outdoor activity. Training in small groups up to 10. Physical distancing required.		Level C: Full sporting activity (training and competition) allowed. No restriction on numbers. Contact allowed.	
Roadmap Activities	N/A	Step 1: No indoor activity. Outdoor sport (up to 10 people) consistent with AIS Framework.	Step 2: Indoor/outdoor sport up to 25 people. Physical distancing (density 4m ²).	Step 3: Venues allowed to operate with up to 100 people with physical distancing. Community sport expansion to be considered consistent with AIS Framework.	Further steps TBC

5. Recovery

When public health officials determine that the outbreak has ended in the local community, Joyelle Calisthenics Club will consult with relevant authorities to identify criteria for scaling back its COVID-19 prevention actions. Joyelle Calisthenics Club will also consider which protocols can remain to optimise good public and participant health.

At this time the committee of Joyelle Calisthenics Club will consult with key stakeholders to review the delivery of its return to sport arrangements and use feedback to improve organisational plans and systems.

Appendix: Outline of Return to Sport Arrangements

Part 1 – Sport Operations

Area	Steps to Return Training to Level B Requirements (for activities under AIS Framework Level B)	Steps to Return Training to Level C Requirements (for activities under AIS Framework Level C)
Approvals	<p>Joyelle Calisthenics Club must obtain the following approvals to allow a return to training at Level B:</p> <ul style="list-style-type: none"> ● State/Territory Government approval of the resumption of community sport. ● Relaxation of public gathering restrictions to enable training to occur. ● Local government/venue owner approval to training at venue, if required. ● National/state sporting body/local association approval of return to training for community sport. ● Club committee has approved return to training for club. ● Insurance arrangements confirmed to cover training. 	<p>Joyelle Calisthenics Club must obtain the following approvals to allow a return to training/competition at Level C:</p> <ul style="list-style-type: none"> ● Relaxation of public gathering restrictions to enable training to occur. ● Local government/venue owner approval to training/competition at venue, if required. ● National/state sporting body/local association approval to return to training/competition for community sport. ● Club committee has approved return to competition for club. ● Insurance arrangements confirmed to cover competition.
Training Processes	<p>Training process to be implemented on the resumption of training (Level B)</p> <ul style="list-style-type: none"> ● Joyelle will adopt the AIS Framework principle of “Get in, train, get out” – arrive ready to train. <div style="border: 1px solid red; padding: 5px; margin: 5px 0;"> <ul style="list-style-type: none"> – Participants are to arrive dressed in appropriate training attire, leotard, tights, hair off face, Joyelle jacket (or appropriate alternative), slip on shoes. – Participants are to arrive no greater than 5 minutes before the class commencement time. – Participants to be collected from training within 5 minutes of the class finish time. </div> <ul style="list-style-type: none"> ● Class times are not to exceed 2 hours 	<p>Training process to be implemented on the easing of restrictions to of training (Level C)</p> <ul style="list-style-type: none"> ● Class times may increase to a maximum of 3 hours. ● No restrictions to training will apply, partner moves can now be performed. ● No limitations to class numbers, hygiene practises as per Level B will still be required. ● Joyelle Calisthenics Club will conduct a training camp, observing requirements of the venue. ● Parents/ guardians will be permitted entry into the training venue for pick up and drop off only. ● Hand sanitiser will be provided by Joyelle Calisthenics Club. All participants and coaches will be required to use hand sanitiser as they

- Tinies (Monday 1600 -1730) Calwell High School
- Sub-Juniors (Tuesday 1700- 1900) Calwell High School
- Juniors (Tuesday 1815-2015) Namadgi School
- Inters (Wednesday 1800-2000) Holy Family Primary School
- Seniors (Monday 1800-2000) Calwell High School

- Class sizes will be limited to no more than 20 participants and 1 coach per class. Cadets, class assistants and additional coaches will be included in total participant numbers. The following participant numbers are anticipated for level B training.

- Tinies

- » 1 x coach
- » 2 x class assistants
- » 9 x participants
- » Total – 12 people
- » Training Room size - 286 square meters

- Sub Juniors

- » 3 x coaches
- » 3 x cadets/ class assistants
- » 14 x participants
- » Total – 20 people
- » Training room size – 286 square metres

arrive for training, after each item, if they touch the floor, return from the bathroom and at the end of class.

- No equipment will be shared during Level B training. Participants will be required to bring their own, drink bottle, rods, clubs, aesthetic skirt and towel (if needed)
- Personal hygiene will be encouraged (e.g. wash hands prior to training, no coughing, participants will be encouraged to use the toilet prior to coming to class.)
- A Training attendance register will be kept for each class. This will be updated by Coaches and provided to the COVID Safety Officer to records.

– Juniors

- » 3 x coaches
- » 4 x cadets
- » 19 x participants
- » Total – 25 people
- » Total room size – Room 1 – 300 square metres, Room 2 – 80 square metres
- » The ensure compliance with adhering to the 20-person limit the Junior team will be split into 2 separate classes

– Inters

- » 3 x coaches
- » 9 x participants
- » Total – 12 people
- » Total room size – 138 square metres

– Seniors

- » 3 x coaches
- » 11 x participants
- » Total – 14 people
- » Total room size - 286 square metres

	<ul style="list-style-type: none"> • During Level B training no physical contact will be permitted during class, this includes partner moves. All routines can be performed and practised. The floor will be marked showing participants where to stand to ensure participants are appropriately distanced at all times. • Parents/ guardians will not be permitted to enter the training venue. Parents will be required to either remain in their car (juniors/ inters) during drop off and pick up, or drop/collect their children at the door (sub juniors/ tinies) where they will be met by a coach. Participants are to arrive no more than 5 minutes prior to class and must be collected within 5 minutes of class ending. Parents/ guardians will be discouraged from congregating outside the training venue. • Hand sanitiser will be provided by Joyelle Calisthenics Club. All participants and coaches will be required to use hand sanitiser as they arrive for training, after each item, if they touch the floor, return from the bathroom and at the end of class. • No equipment will be shared during Level B training. Participants will be required to bring their own, drink bottle, rods, clubs, aesthetic skirt and towel (if needed) • Personal hygiene will be encouraged (e.g. wash hands prior to training, no coughing, participants will be encouraged to use the toilet prior to coming to class.) • A Training attendance register will be kept for each class. This will be updated by Coaches and provided to the COVID Safety Officer to records. 	
<p>Personal health</p>	<p>To avoid injury and illness for participants and coaches the following will apply:</p> <ul style="list-style-type: none"> • Participants will be encouraged to maintain their strength and flexibility training during the week, in addition to classes. • All players, coaches, volunteers will be unable to attend training if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness). If any symptoms are observed during training the individual will be required to leave training as soon as possible. • Participants, coaches and volunteers will be encouraged to wash their hands prior to, during and after training and use of hand sanitiser where available. • Avoid coughing, clearing nose, spitting etc. • All families will be encouraged to download the COVID Safe app 	<p>To avoid injury and illness for participants and coaches the following will apply:</p> <ul style="list-style-type: none"> • Participants will be encouraged to maintain their strength and flexibility training during the week, in addition to classes. • All players, coaches, volunteers will be unable to attend training if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness). If any symptoms are observed during training the individual will be required to leave training as soon as possible. • Participants, coaches and volunteers will be encouraged to wash their hands prior to, during and after training and use of hand sanitiser where available. • Avoid coughing, clearing nose, spitting etc.

		<ul style="list-style-type: none"> All families will be encouraged to download and use the COVID Safe app
<p>Hygiene</p>	<p>The following hygiene processes will be followed:</p> <ul style="list-style-type: none"> Training venue floors will be mopped with disinfectant before and after training. The cleaning of high touch points at both Namadgi and Calwell will be cleaned by the school's cleaning contractors. <ul style="list-style-type: none"> Volunteer cleaning roster to be established. Volunteers will be expected to adhere to the same hygiene practises as participants and coaches. Participants will be encouraged to use the toilet prior to coming to training, to minimise toilet use. Participants and coaches will be required to use hand sanitiser upon arrival, after each item is practised, after using the toilet, if they cough or sneeze and after touching the floor. 	<p>The following hygiene processes will be followed:</p> <ul style="list-style-type: none"> Training venue floors will be mopped with disinfectant before and after training. The cleaning of high touch points at both Namadgi and Calwell will be cleaned by the school's cleaning contractors. <ul style="list-style-type: none"> Volunteer cleaning roster to be established. Volunteers will be expected to adhere to the same hygiene practises as participants and coaches. Participants will be encouraged to use the toilet prior to coming to training, to minimise toilet use. Participants and coaches will be required to use hand sanitiser upon arrival, after each item is practised, after using the toilet, if they cough or sneeze and after touching the floor.
<p>Communications</p>	<p>Joyelle Calisthenics Club will implement the following communications plan:</p> <ul style="list-style-type: none"> Families will be notified of the resumption of training using the following communications channels; <div data-bbox="356 935 1205 1302" style="border: 1px solid red; padding: 5px;"> <ul style="list-style-type: none"> Email Facebook Text Message SeeSaw A letter to families will be included with detailed guidance on hygiene practices and process, changes to training, drop off and pick up details and reinforcing that no person should come to class if they are showing symptoms of cold, flu or COVID. </div> <div data-bbox="356 1310 1205 1441" style="background-color: #e0f2f7; padding: 5px;"> <ul style="list-style-type: none"> Coaches will be briefed on hygiene and training process and practises by the COVID Safety Officer. All coaches and volunteers will be required to complete the COVID training module. </div>	<p>All level B training processes will remain in place. Joyelle will continue to inform families of any updates through email, Facebook, SeeSaw and text message.</p>

	<ul style="list-style-type: none"> • Participants will be briefed by coaches on hygiene and training practises and processes. 	
	<ul style="list-style-type: none"> • Endorsement of government COVIDSafe app and encouragement to players, coaches, members, volunteers and families to download and use app. • Joyelle has created posters to reinforce hygiene practises and to assist with communications. These will be shared with families and will be placed at the entry door and through the training room. 	

Part 2 – Facility Operations

Area	Steps to Return Training to Level B Requirements (for activities under AIS Framework Level B)	PI Steps to Return Training to Level C Requirements (for activities under AIS Framework Level C)
Approvals	<p>The club must obtain the following approvals to allow use of club facilities at Level B:</p> <ul style="list-style-type: none"> • State/Territory Government approval of the resumption of facility operations. • Local government/venue owner approval to use of facility, if required. • Club committee has approved plan for use of club facilities. • Insurance arrangements confirmed to cover facility usage. 	<p>The club must obtain the following approvals to allow use of club facilities at Level C:</p> <ul style="list-style-type: none"> • State/Territory Government approval of the resumption of facility operations. • Local government has given approval to use of facility, if required. • Club committee has approved plan for use of club facilities. • Insurance arrangements confirmed to cover facility usage.
Facilities	<p>Joyelle has permission to use the following training venues during Level B training:</p> <ul style="list-style-type: none"> • Holy Family Primary School - Hall, Namadgi School – VPAC and Calwell High School – Dance Room. Facility use will be limited to these rooms and their toilet facilities. • Training venue floors will be mopped with disinfectant before and after training. The cleaning of high touch points at both Namadgi and Calwell will be cleaned by the school's cleaning contractors. 	<p>Joyelle has permission to use the following training venues during Level C training:</p> <ul style="list-style-type: none"> • Holy Family Primary School - Hall, Namadgi School – VPAC and Calwell High School – Dance Room. Facility use will be limited to these rooms and their toilet facilities. • Training venue floors will be mopped with disinfectant before and after training. The cleaning of high touch points at both Namadgi and Calwell will be cleaned by the school's cleaning contractors.

	<ul style="list-style-type: none"> • Volunteer cleaning roster to be established. Volunteers will be expected to adhere to the same hygiene practises as participants and coaches. 	<ul style="list-style-type: none"> • Volunteer cleaning roster to be established. Volunteers will be expected to adhere to the same hygiene practises as participants and coaches.
<p>Facility access</p>	<p>The following processes will be implemented to allow access to Joyelle training venues, during Level B Training.</p> <ul style="list-style-type: none"> • All players, coaches, volunteers will be unable to attend training if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness). If any symptoms are observed during training the individual will be required to leave training as soon as possible. • Restrictions on training venue access to limit anyone who has: <ul style="list-style-type: none"> – COVID-19 or has been in direct contact with a known case of COVID-19 in the previous 14 days. – Flu-like symptoms or who is a high health risk (e.g. due to age or pre-existing health conditions). – Travelled internationally in the previous 14 days. • Only participants and coaches will be able to access the training venue during Level B Training. Parents/ guardians will be required to drop off/ pick up their children from the venue door. Coaches will facilitate and supervise this • A Training attendance register will be kept for each class. This will be updated by Coaches and provided to the COVID Safety Officer to records. 	<p>The following processes will be implemented to allow access to Joyelle training venues, during Level B Training.</p> <ul style="list-style-type: none"> • All players, coaches, volunteers will be unable to attend training if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness). If any symptoms are observed during training the individual will be required to leave training as soon as possible. • Restrictions on training venue access to limit anyone who has: <ul style="list-style-type: none"> – COVID-19 or has been in direct contact with a known case of COVID-19 in the previous 14 days. – Flu-like symptoms or who is a high health risk (e.g. due to age or pre-existing health conditions). • Travelled internationally in the previous 14 days. • Parents/ guardians will be permitted entry into the training venue for pick up and drop off only. • A Training attendance register will be kept for each class. This will be updated by Coaches and provided to the COVID Safety Officer to records
<p>Hygiene</p>	<p>The following hygiene processes will be followed:</p> <ul style="list-style-type: none"> • Training venue floors will be mopped with disinfectant before and after training. The cleaning of high touch points at both Namadgi and Calwell will be cleaned by the school's cleaning contractors. <ul style="list-style-type: none"> ○ Volunteer cleaning roster to be established. Volunteers will be expected to adhere to the same hygiene practises as participants and coaches. • Participants will be encouraged to use the toilet prior to coming to training, to minimise toilet use. • Participants and coaches will be required to use hand sanitiser upon arrival, after each item is practised, after using the toilet, if they cough or sneeze and after touching the floor. 	<p>Continue hygiene and cleaning measures as per Level B</p>

Management of unwell participants	<ul style="list-style-type: none">● All players, coaches, volunteers will be unable to attend training if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness). If any symptoms are observed during training the individual will be required to leave training as soon as possible.<ul style="list-style-type: none">○ Parent to be notified and instructed to collect participant immediately. Participant will be isolated from the rest of the class until they are collected.● All coaches and volunteers will be required to complete the COVID training module.● Joyelle endorses the use of government COVIDSafe app and encouragement to players, coaches, members, volunteers and families to download and use app.	Measures as per Level B
Club responsibilities	<p>The club will oversee:</p> <ul style="list-style-type: none">● Provision and conduct of hygiene protocols as per the Plan.● The capture of a record of attendance at all training and club activities and maintaining an up-to-date log of attendance.● Coordination of Level B field and training operations.● Operation of the club's facilities in support of all Level B training activities in accordance with this Plan.	Measures as per Level B