

Snow Australia Action Sports Training Facility Covid-Safe Policy – 2nd February, 2021

The guidance below relates directly to the current level of restrictions by the NSW Government on the 2nd February 2021. New guidelines for accessing the Action Sports Training (AST) facility will be continually updated as we move through the early stages of 2021.

It should also be noted that the guidelines for Club/Community participation may differ to those of High-Performance Institute Programs. This document provides a baseline approach for a return to Community sport and additional requirements may be put in place for Institute Programs.

Important updates will be outlined at the beginning of the document (**in Red Text**) and reflected with the date they come into effect.

1. Important Policy updates – as at 02/02/2021

- 1.1 Any athlete, parent, guardian, or coach is not permitted to enter the Action Sports Training facility or participate in dryland or trampoline activity if they or a member of their immediate household are currently required to self-isolate or self-quarantine.
- 1.2 Any athlete, parent, guardian, or coach is not permitted to enter the facility or participate in any dryland or trampoline activity if they or an immediate member of their household are currently required to self-isolate while awaiting the results of a Covid-19 test. Participation can only resume when a negative test result has been received.
- 1.3 Anyone who has visited any of the current NSW Covid-19 exposure sites identified by the NSW Government must adhere to the testing, self-isolation and self-quarantine requirements for those locations. The list of locations is located here: <https://www.nsw.gov.au/covid-19/latest-news-and-updates>
- 1.4 Anyone who deliberately provides incorrect, vague, false or misleading information when requested by Program Coaches may be suspended immediately from participating in any programs at the facility at the discretion of Snow Australia or the Head Coach. At all times parents, guardians and athletes must comply with all government restrictions, as well as provide correct information when requested to ensure the safety of all users of the facility.

2. Access to the facility

All athletes using the facility must be a financial member of Snow Australia and be registered for an Action Sports Training Program via the Snow Australia website.

Athletes and parents wishing to use the AST facility at the Jindabyne Sport and Recreation Centre can only do so by agreeing to the following:

- a) They currently have no cold or flu like symptoms.
- b) They have not come into contact with a person/s that have tested positive for COVID 19 in the past 14 days.
- c) They are entering the facility at their own risk and will abide by the policies set out in this document.

In addition, all athletes, parents, guardians and coaches will be required:

- To sign-in via a QR code on arrival at the AST facility.
- To use the hand-sanitizer station on arrival at the facility before entering.

Snow Australia may require temperature checks to be taken on site before entering the facility.

Any participants that present with cold or flu like symptoms as defined in this document will be turned away and immediately suspended from accessing the facility for a minimum of 14 days or until they have returned a negative test for COVID 19.

AST Coaches and Snow Australia personnel will have final authority in any such situations that have the potential to place others at risk.

3. Car Parking at the Facility

Parents are encouraged to drop their children off at the AST facility and leave the facility whilst the session is being conducted, returning to collect their children at the pre-arranged session finish time.

The priority this summer season is for athletes and coaches to have a safe environment for training. To achieve this the following points have been implemented and must be adhered to:

- There are to be no parents and or spectators in the immediate area of the athletes and coaches whilst training is underway.
- Only immediate family members required to be on-site should be present at any time. (ie only 1 parent is required to drive the athlete to and from training).
- To assist in minimizing contact on-site, there is not to be any socialising between parents and families in the car park or the greater on-site AST facility area.
- Anyone remaining on-site after their children / athlete(s) have been handed over to program staff is to remain within close proximity to / or in their vehicle, and not inside the AST facility.
- All parents and athletes are to leave the facility and car park immediately following their training session. Any request for de-briefs between athletes / parents / coaches at the end of a session will all be conducted via phone or online after the session has concluded and/or at a later time arranged by the program coach.
- AST coaches and Snow Australia Personnel are empowered to ask any parents not following the protocols to leave the facility immediately.

4. Using the AST Facility

The activity of indoor trampolining and open space gymnasium use generally meets the requirements of 'physical distancing', with athletes normally more than the required 1.5m apart. 'Physical distancing' must be a consideration at all times when indoors at the AST facility and when in any common entry or reception areas when entering or exiting the facility.

The main precautionary measures should still be taken to prevent any possible transmission through air or through contact with a contaminated person or surface.

All Clubs and participants must adhere to the following guidelines when using the facility:

- Maximum numbers are capped at 1 person per 2 square metres
- All athletes, children, coaches, parents and staff must physically distance themselves (at least 1.5m apart) when attending the AST facility. This includes inside the facility, in the entry and common areas on site, and when outside the facility either waiting to gain entry or in the car park.
- All contact surfaces must be disinfected by AST Program staff immediately after each class. (trampolines and trampoline equipment, mats, hand rails.
- Trampoline mats and change room facilities (when in use) will be mopped at the end of each day. Further extensive cleaning under trampolines will occur weekly, unless more frequent cleaning is required.
- All children and athletes are to arrive dressed ready to train. Until further notice change room facilities are not available for children and athletes to change into training gear on-site either at the beginning or the end of a session.
- Parents to stay in the Carpark, with the mindset that it is preferable not to stay on-site
- No personal athlete equipment is to be kept on the premises in between training days.

5. Change Rooms and Showers

The following must be adhered to:

- Numbers of people in the Change Rooms and any indoor areas on-site must adhere to the 1 person per 2 square metres rule.
- At all times anyone using the toilets or Change Rooms must physically distance and remain at least 1.5m from other people.
- The only acceptable reasons for entering the Change Rooms are to use the toilet, wash hands, or get changed. Where possible athletes and all facility users are encouraged to change at home before and after training so that there is minimal need to use the Change Rooms at the facility.

6. COVID Safe Officer

A Program Coach will be designated by Snow Australia as the site's COVID Safe Officer. This person will be responsible for ensuring that the COVID Safe policies on site are adhered to. If you are unsure who is the designated COVID Safe officer whilst you are training, please ask your Program Coach.

7. Health and Hygiene Practices

Athletes who are unwell and present with either a sore throat, cough, cold or flu like symptoms, with fever or respiratory symptoms, or who have been exposed to anyone that has COVID-19 or has fever or respiratory symptoms, within the last 14 days must not enter the facility.

Athletes or parents with pre-existing medical conditions such as lung disease, diabetes, immune compromise, and smokers should not enter the facility until further notice.

Physical distancing and hand hygiene remain the best actions individuals can take to reduce their risk of acquiring or spreading any respiratory infection. Hands should be washed frequently with soap and water for at least 20 seconds.

Using an alcohol-based hand sanitizer with over 60% alcohol is recommended when soap and water is impractical.

Those coughing and sneezing should do so away from other people and into a tissue, or their elbow. Tissues should be disposed of immediately and hands washed thoroughly.

Avoid touching your face and hair unless you have just washed/sanitized your hands

Avoid close contact with others including personal greetings, such as touching, handshakes, kisses and hugs.

Drink bottles and food should not be shared. Individuals should label their drink bottle and clean it in soap and water after each session.

All communal or shared sporting equipment should be thoroughly cleaned with disinfectant after each use. The cleaning agent should be bleach or a 60%+ alcohol solution.

8. COVID-19 Cases

Should an athlete or parent that has attended the facility within the previous 14 days, become a confirmed case of COVID-19, they should contact the Snow Australia CEO on email mkennedy@snow.org.au. Snow Australia will use this information to inform potential contacts and to assist the authorities with contact tracing.