

## ACSA COVID-19 Recommendations 19 March 2020

With the current global situation evolving around Coronavirus (COVID-19), ACSA have developed guidelines for best practice.

### General Information

ACSA encourages everyone to follow the Australian Government's advice on how best to protect yourself from the virus and practice good hygiene methods, whether at the gym, at home or anywhere else in public.

For the latest advice, information and resources, go to [www.health.gov.au](http://www.health.gov.au).

### Gym Procedure and Policy Guidelines

Routinely educate, update and advise athletes and parents of precautions, and guide them in ways to most effectively and appropriately incorporate these into their regular routine.

#### 1. Isolation Protocols

Request that athletes and their families do not to attend the gym under any of the following circumstances:

- If they or any of their family have been asked by the Government, workplace, school or a medical professional to self-isolate until they are allowed to resume back at school or work.
- If they or anyone in their family or close contacts experiences any flu like symptoms until a medical professional clears them/their family member.

#### 2. Equipment / Area Sterilisation

**Increase cleaning protocols and ensure high standards of routine environmental cleaning**

- Staff should complete regular disinfection of all mats and general areas
- Minimise use of shared equipment and wipe down after each use
- Clean and disinfect high touch surfaces regularly, including desks, door handles, benches, light switches, taps
- Review first aid practices, e.g. sanitising icepacks/using disposable ice bags
- Open windows, enhance airflow, adjust air conditioning

#### 3. Hand Sterilisation

- Everyone should sanitise hands when entering the gym and at regular intervals
- Promote a regular handwashing schedule
  - Handwashing should be completed before/after tasks such as eating, using the bathroom and using tissues
- Display hand washing poster in the bathrooms/kitchens

#### 4. Food and Drinks

- Request that everyone limit food and drinks brought into the gym
- Consider requiring everyone to bring their own water bottle:
  - Make water bottles available for purchase (if necessary)
  - Throw out any leftover water bottles each evening

## 5. Athlete Responsibilities

- Consider incorporating measures that limit contact between people and high traffic surfaces
  - Encourage people to avoid touching their face
  - Tie hair back slick and away from the athlete's face
  - Limit sharing of personal items e.g. nail clippers, hairbrushes & technology
  - Leave personal items at home or in their bag e.g. jewellery

## 6. Social Distancing Measures

With regards to social distancing, there are several procedures that gyms can implement to hold them in good stead now and into the future. These measures are also effective against influenza and other infectious diseases.

Please find the below adaptations to the 'Social distancing in schools' guidance from the Australian Department of Health to be read in conjunction with the other COVID-19 information sheets that can be found at:

<https://www.health.gov.au/resources/publications/coronavirus-covid-19-information-on-social-distancing>

- Defer activities that lead to mixing between teams
- Space athletes out during training
  - As a guide, a cheer mat is 1.8m apart so if each athlete is on a line, they will meet the 1.5m requirement
  - As a guide a performance dance floor is 12m x 12m – 8 strips, so if each athlete is on a line or middle of the strip, they will meet the 1.5m requirement
- Avoid queuing and consider cancelling gatherings/events that exceed the government recommendation e.g. inter team show-offs
- Limit spectators and non-athletes in the gym
- Develop creative greetings without contact – thumbs up, waves etc.
- Consider opening windows and adjusting conditioning for more ventilation

### Cheer/Dance Specific measures to consider:

- Focus on activities where social distancing recommendations can be applied within the training setting (maintaining 1.5 metres distance). To adhere to social distancing requirements:
  - Cease stunting
  - Cease spotting
  - No lifting/partner work
  - No hands-on corrections
- Considering adapting your timetable to increase times between classes finishing and ending or to reduce the number of athletes training concurrently
- Consider implementing drop and go policy so that less people are at the gym at the same time reducing the number of people in parent area/communal areas
- Social Distancing will have a large impact on training for our sport (cheerleading in particular). This is a time to think outside the box, and there are many innovative ideas being discussed on social media groups and posted online.

## 7. Absence Policy

- Ensure that families know your absence policy and required communication procedures
- Consider relaxing your absence policy in relation to positions in stunt groups and routines
- Actively encourage sick athletes to stay at home including those who are unsure about their symptoms

## 8. Exercise and Participation in Sport

- Exercise and participation in sport remains an important part of physical and mental health for everyone
- For those who are well, they should continue to train, taking note of the current restrictions on public gatherings
- Follow the AHPPC COVID-19 Community Sport Guidelines available [here](#).
- ACSA supports Sport Australia's statement that:  
*'Exercise and participation in sport remains an important part of physical and mental health for everyone. Those who are well should continue to be active by engaging in exercise and playing sport.'*

## 9. Communication

- Ensure your communication to athletes and parents uses appropriate wording and staff have guidance on appropriate language to use, to keep people alert but not alarmed
  - Refer to [General Principles for talking to children about COVID-19](#)
- Make it clear to families which communication channels you will be using for updates and provide regular updates to keep them reassured, even if the update is to confirm that last week's email/policy is staying the same
- Encourage transparent communication to avoid misinformation amongst athletes/families/parents
- Let people know who they can talk to at the gym about their circumstances
- Consider an area in the gym designated to not discuss Coronavirus to allow athletes to have a break

## 10. What happens in the event of school closures?

- We recommend following the guidance of the Department of Health and state authorities. If schools are shut down, it would be advisable to consider closure of gyms/training facilities
- It is advisable that gyms start to prepare online resources in the event of a closure and consider the integration of virtual class options suitable to their circumstances

## Useful Resources

- Infection Control Course - COVID-19 infection control training - <https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training>
- AHPPC COVID-19 Community Sport Guidelines [https://www.sportaus.gov.au/media-centre/news/minister-for-sport-issues-covid-19-guidelines-for-community-sport/\\_nocache](https://www.sportaus.gov.au/media-centre/news/minister-for-sport-issues-covid-19-guidelines-for-community-sport/_nocache)
- Sport Australia COVID-19 and Sporting Activity [https://www.ais.gov.au/health-wellbeing/covid-19# covid-19\\_and\\_sport\\_faq](https://www.ais.gov.au/health-wellbeing/covid-19# covid-19_and_sport_faq)
- Environmental cleaning and disinfection principles for COVID-19 <https://www.health.gov.au/sites/default/files/documents/2020/03/environmental-cleaning-and-disinfection-principles-for-covid-19.pdf>
- Getting your Workplace ready for COVID-19 [https://www.who.int/docs/default-source/coronaviruse/getting-workplace-ready-for-covid-19.pdf?sfvrsn=359a81e7\\_6](https://www.who.int/docs/default-source/coronaviruse/getting-workplace-ready-for-covid-19.pdf?sfvrsn=359a81e7_6)
- General Principles for talking to children about COVID-19 - <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>
- COVID-19 helpline (24 hours): 1800 020 080