



ACSA Hygiene Guidelines

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

General Information

ACSA encourages everyone to follow the 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.

The Department of Health Advises that while coronavirus is of concern, it is important to remember that most people displaying symptoms such as fever, cough, sore throat or tiredness are likely suffering with a cold or other respiratory illness – not coronavirus.

For the latest advice, information and resources, go to www.health.gov.au.

Competitions & Events

ACSA advises that you follow updates from each event provider regarding competitions and events. For information on Worlds and Summit please check the IASF & Varsity Facebook pages for updates. For gyms travelling to Summit/Worlds please check updates on the Government Smart Traveller website (<https://www.smarttraveller.gov.au>) as well as your State Government for travel advice.

Gym Procedure and Policy Guidelines

With regards to hygiene there are several policies and 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.

1. Isolation Protocols

Request that athletes do not to attend the gym under the following circumstances:

- If you or any of your family has been asked by a workplace, school or medical professional to stay home / self-isolate until you have been allowed to resume back at school or work.
- If you or anyone in your family or close contacts experience any flu like symptoms until a medical professional clears you/your family member.
- If you have returned from a country or region that is at high or moderate risk for COVID-19, or think you may have been in close contact with a confirmed case of coronavirus, go to www.health.gov.au/covid19-travellers for the list of at risk countries and isolation requirements.

2. Equipment / Area Sterilisation

- Complete daily sterilisation of all mats and general areas, visit <https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html> for more information.
- Consider opening windows and adjusting air conditioning to improve air flow. It may be an option to hold classes or part of class (eg. Warm up) outside.
- Tap and pay preferred to handling of cash.

3. Practice good hygiene/hand sterilisation

- Strongly encourage athletes to use hand sanitiser or wash their hands upon entering and exiting the building, making these options available within the gym.
- Advise everyone to wash their hands frequently with soap and water, before and after eating, and after going to the toilet. Visit <https://www.healthdirect.gov.au/hand-washing> for more information.
- Promote cough and sneeze etiquette (but focus is on ill people staying home).
- Discourage athletes and staff from touching their own face
- Defer activities that lead to unnecessary mixing between teams.
- Avoid crowding by reviewing schedules





4. Food and drinks

- Limit the amount of food and drinks brought to the gym, by encouraging athletes to only bring what is required themselves (no sharing).
- Keep water bottles in bags.
- Throw out any leftover water bottles.

5. Absence Policy

- Be sure to notify families of the effect on tuition fees as per your gym policy and that in certain cases there will be a consideration of relaxing your absentee policy . Make sure families are aware that they must keep in contact with you regarding any absence before the start of any class so options can be investigated
- Encourage athletes and families to communicate with you regarding anticipated length of absence to assist in planning.
- You may wish to invite athletes/staff/families to share with you if they have any significant health problems or are immunocompromised as they may have specific advice from their health professional of their own health. For example, they may choose to wear a mask for their own protection, not because they are unwell or carrying a virus.
- Remember that people have a right to confidentiality and seek their permission before sharing information about their health or isolation requirements.

