

RECOMMENDED LEVEL B ACTIVITIES FOR COMMUNITY AND INDIVIDUAL SPORT GUIDELINES FOR GYMNASTICS



Based on the National Principles for the Resumption of Sport and Recreation Activities, the AIS, as part of their Rebooting Sport Framework, has developed three levels of sporting activities in a COVID-19 environment (Level A, B and C). For each level, permitted activities, general hygiene measures, and spectators and additional personnel considerations are provided as recommendations for clubs to consider.

Initial resumption of community and individual sport will be governed by public health policy and Federal, State/Territory Government directives. It is worth noting that different States/Territories may permit the resumption of some sporting activities at different times, dependent on local COVID-19 transmission, resources and other variables influencing local policy. Even within a State/Territory there could be geographical variability.

All clubs must ensure that the activities undertaken in training and competition are consistent with the applicable guidance from Local Public Health Authorities in the first instance.

Relaxing or increasing restrictions may be required in response to fluctuating numbers of COVID-19 cases.

An initial resumption of sporting activity is dependent on several factors:

- A sustained decrease in COVID-19 transmission
- Healthcare system capacity
- Clubs and individuals making their own risk assessment guided by their Local Public Health Authorities

Level B – General Description

- Indoor/outdoor activity that can be conducted in small groups (not more than 10 athletes and/or other personnel in total) and with adequate spacing (not more than 1 person per 4m²).
- Some sharing of equipment is permitted.
- Non-contact skills training. Accidental contact may occur but not deliberate.
- Clubs should continue with Level A activities where possible, including:
 - Activities that can be conducted by a solo athlete or by pairs where at least 1.5m can always be maintained between participants.
 - No contact between athletes and between athletes and coaches
 - Strength and gymnastics-specific training permitted if no equipment required, or if athletes have access to their own equipment
 - Online coaching and at-home training resources

Level B – General Hygiene Measures

Communal facilities can be used after a sport-specific structured risk assessment and mitigation process is undertaken.

- **'Get in, train and get out'**
 - Be prepared for training (eg stretching) prior to arrival at venue (minimise need to use/gather in change rooms, bathrooms).
 - Minimise use of communal facilities (e.g. gym, court) with limited numbers (not more than 10 athletes/other personnel in total).
 - Have cleaning protocols in place for equipment and facilities.

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- Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training.
- Thorough full body shower with soap before and after training (preferably at home).
- Where possible maintain distance of at least 1.5m while training.
- No socialising or group meals by participants or staff.

Level B — Spectators and Additional Personnel

- Separate spectators from athletes. Spectators should maintain social distancing of at least 1.5m.
- Based on the above principles for Level B, please find below some additional recommendations for Gymnastics clubs

Gymnastics Specific Guidelines:

- Small groups only
- One gymnast per apparatus (including Rhythmic and Trampoline)
- Limited partner work in Acrobatics
- Disinfecting high touch surfaces as per the manufacturer's guidelines
- Class composition (athletes and coaches) to remain the same each week/session
- Spectators should be discouraged to limit the number of people in the club
- Athletes must maintain exemplary personal hygiene, especially when using apparatus (sanitise before and after each routine/equipment use)
- Consider both hand and foot hygiene
- Limited spotting from coaches — '**Get in, train and get out**' philosophy
- Coaches should sanitise hands and elbows before and after spotting each athlete

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Some General Considerations:

- Change rooms, surfaces and objects in other relevant spaces should be cleaned between exercise sessions/matches with disinfectant
- **'Get in, train and get out'**. Athletes should prepare for exercise at home, to minimise need to congregate in change rooms/ sporting facilities. Athletes should get dressed to train/compete at home and shower at home on completion
- Any tasks that can be done at home, should be done at home (e.g. recovery sessions, online meetings)
- When practical, athletes and other personnel should maintain social distancing of at least 1.5m (e.g. between training skills/ routines)
- There should be no unnecessary body contact (e.g. hand shaking, high fives)
- Community sport organisations should minimise unnecessary huddles of spectators. Spectators should be encouraged or directed to spread out and maintain social distance
- Consideration should be given as to whether it is appropriate to serve food and drink at community events, as this will likely encourage spectators to come into close proximity with each other
- Hand hygiene stations should be placed in high traffic areas and entry/exit points.
- Vulnerable groups (such as the elderly, those with compromised immune systems or chronic health conditions) should consider not attending programs and classes.

Gymnastics Australia recommends that all its members download the Australian Government COVID-19 contact tracing app ([COVIDSafe](#)).

This information is provided in accordance with the Australian Institute of Sport Framework for Rebooting Sport in a COVID-19 Environment and the National Principles for Sport and Recreational Activities (www.ais.gov.au).

Any specific State/Territory government guidelines and regulations must be adhered to **in the first instance**. State and Territory Gymnastics Associations will provide clubs with further detail and specific guidance around specific state/territory government guidelines and regulations.