

# PREPARATION OF TRAINING/ COMPETITION ENVIRONMENTS



Once gymnastics clubs are provided with the endorsement to resume gymnastics activities in any capacity, the following specific factors for a safe resumption of training and participation should be considered. Clubs should review all the points below and come up with an informed and responsible action plan to address all considerations:

## Program Scheduling

- What training can still be done from home?
- How can training be staggered to minimise numbers and reduce contact?
- How can the numbers at, and set up of, training be managed to maintain social distancing?
- Modifying training times so that there are less people present at one time
- Scheduling adequate venue and equipment cleaning time between sessions.

## Cleaning

- What sporting equipment will athletes be using and sharing?
- Have the equipment maintenance and cleaning protocols and recommendations been observed?
  - Gymnastics specific equipment (apparatus considerations)
  - Mats, pads, foam pits, etc (use non-porous side or cover with non-porous material)
  - Other training equipment (e.g. skipping ropes, weights, bands etc)
  - Chalk
- What are the shared facilities?
- Bathrooms/change rooms, kitchens, and entrance foyer
- What is the protocol and frequency of cleaning shared facilities?
- Suggested Government resources for environmental cleaning and disinfection principles
  - [In a healthcare setting](#)
  - [Routine household cleaning](#)
  - GA equipment maintenance and cleaning considerations
- Treatment of surfaces
  - A single deep clean will not provide any ongoing protection
  - Use a product with residual viricidal activity to inactivate viruses
  - Diluted bleach solution for non-porous surfaces (70% alcohol solution or diluted bleach solution) is effective on non-porous surfaces.
  - Surfaces such vinyl mat coverings, high touch areas (doorknobs, benches, etc) require regular mechanical wiping.
  - Some cleaning solutions may cause skin irritation, so take care to use gloves when cleaning, and wipe mats again with damp cloth (water) for surfaces that have greater contact area (e.g. children lying on mats).

# PREPARATION OF TRAINING/ COMPETITION ENVIRONMENTS



## Handwashing facilities

- Are there any facilities to regularly wash hands?
- How many sanitising hand rub dispensers are required in prominent places around the facility/ event?
- How often should they be refilled?

## **'Get in, train and get out'. Strategies to limit time and person-to-person contact on site should be implemented**

- Arrive dressed and ready to train
- Minimise use of change rooms, bathrooms, and communal areas
- Members should shower at home instead of at the gym
- Staff should eat off site
- Between training efforts, maintain at least 1.5m apart
- Any pre/post training activities that can be done at home, should be done at home (e.g. recovery, stretching, etc)

## Organisation of training and other activities

- What spaces can be used for isolation if an athlete or staff member becomes unwell?
- What is the club strategy to ensure that social distancing of at least 1.5m is maintained by members attending training?
- What communication strategies can be used to inform members of preventive actions?
- What is the club strategy to reduce in-person contact between athletes and other personnel in venue?

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](http://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.