

REBOOTING GYMNASTICS



National Principles for the Resumption of Sport & Recreation Activities

Australian Government's 15 principles on how sport and recreation activities will resume in Australia following the COVID-19 shutdown.



AIS Framework for Rebooting Sport

A tool for how the reintroduction of sport activity will occur in a cautious and methodical manner. It includes three levels, A, B, C — covering hygiene measures for both the athlete and environment.



Sport Australia Return to Sport Toolkit

A suite of resources to assist clubs to prepare for training, competitions and programs in a safe, responsible and low risk manner. Includes four phases: Plan, Prepare, Respond and Recover.

Detailed Checklist

For medium to large clubs.

Simplified Checklist

For small clubs.

COVID-19 Safety Plan

Assists to consolidate clubs planning.

COVID-19 Safety Coordinator

Responsible for the safety plan. Key contact point for all COVID-19 matters.



Gymnastics Australia Factsheets

Assist in completing the Checklists and Safety plan. Factsheets include:

- [Hygiene Education](#)
- [Athlete Health and Safety](#)
- [Preparing Your Training Environment](#)
- [National Principles — Level B Overview](#)
- [Club Surface Equipment Cleaning Guidelines](#)



State and Territory Regulations and Guidelines

All state and territory regulations must be adhered to in the first instance.

A Safe Return to Gymnastics

Gymnastics Australia recommends that all its members download the Australian Government COVID-19 contact tracing app (COVIDSafe). For more information please contact your State/Territory Gymnastics Association or [Gymnastics Australia](#).

