

BGC COVID HYGIENE FACT SHEET



At BGC, our priority is to safeguard the health and wellbeing of our gymnasts, families, and the wider community. In line with current Government and Industry guidelines, we have made some significant but necessary changes around the club. First and foremost,

IF YOUR CHILD IS UNWELL, DO NOT SEND THEM TO CLASS!

We will now use 'entry only' and 'exit only' doorways. The 'entry only' door is the door closest to the club office, and is clearly marked Entry Only. The 'exit only' door is located opposite these doors near the bottom of the stairs. Parents/Guardians must bring their gymnasts to and collect their gymnasts from these specific doors. **Upon entry, gymnasts are required to use hand sanitiser.**

Due to venue number restrictions, there will be **no spectators allowed** until further notice. Gymnasts are to arrive at gymnastics in clean attire (hair neatly tied up and out of face – we will no longer provide hair elastics) and are required to bring the following to class:

- Named water bottle – drink buckets will no longer be used. Please note, spare water bottles will not be supplied by the club;
- Gym bag – for all personal belongings;
Anyone with allergies or sensitivities, we recommend providing your own sanitiser to cater to your specific needs
- We are continuing with or have implemented the following requirements regarding gymnast and equipment use:
 - Gymnasts and coaches are to maintain 1.5 metres apart
 - Prior to/completion of each rotation – all gymnasts must sanitise hands, and in some cases feet also
 - Prior to/completion of Uneven bars, Rings and P-Bars equipment rotations, gymnasts are required to thoroughly wash hands using antibacterial hand wash
 - After using strength/body tension equipment (i.e. dumbbells), gymnasts must sanitise hands and relevant body parts that contact equipment
 - A small block of magnesium/chalk will be provided in a labelled zip lock bag to squad gymnasts
 - 'Spotting' or coach physical assistance, is to be done only when necessary
 - Coaches will use hand sanitiser between 'spotting' gymnasts
 - Gymnasts will wash hands before snack break and sanitise hands before recommencing class
 - No sharing food

It is highly recommended that gymnasts shower as soon as they get home

We hope that by working together we can create a happy and safe space where our gymnasts can enjoy getting back to loving their gymnastics.



IF YOU ARE CONCERNED YOURSELF OR A FAMILY MEMBER HAS CONTRACTED THE VIRUS & NEED MORE INFORMATION, PLEASE CALL THE 24-HOUR CORONAVIRUS HOTLINE
1800 675 398