

SOCIAL DISTANCING

GUIDELINES



PICK-UP & DROP-OFFS:

- Please drop off & collect from outside awning.
- Parents please remain in cars.
- Staggered Start & Finish Times implemented.
- Separate entry and exit doors.

ATHLETES:



- * Please arrive ready for class.
- * Sorry no bags allowed in venues.
- * Please name water bottles
- * Please take all belongings, do not leave anything behind
- * Sorry no contact with anyone
- no hugs, high fives or hand shakes.
- * If unwell or living with anyone unwell please stay home.
- * If you have an underlying health condition
- you should not come to practice.



HEALTH SURVEY & CONTACT TRACING:



- Attendance taken on entry.
- Temperature check on entry.
- Anyone with flu symptoms sent home.
- If any attendee or staff member has a positive COVID19 result we will follow all health guidelines, close for a minimum of 48hrs start contact tracing and advise all who attend the venue.

CLEANING:

- Deep clean daily will be done before classes.
- Hand sanitizer on entry & starting class and at end of the class.
- All commonly used areas, surfaces, handles and touch points will be cleaned & sanitized after each class.
- Cleaning & Sanitizing equipment will be available in all areas.
- Cleaning Products Used-Guardian, Sani, MPerial



SOCIAL DISTANCING:

- Numbers will be limited to 75 including staff.
- Practice times changed to allow for change overs to maintain number limits.
- We will maintain social distancing between everyone within the venue.
- Spots will be marked on floors to reinforce social distancing inside Extreme and during classes.
- Venues will be separated into zones if there are multiple classes in order to keep classes separated at all times.
- No congregating allowed by athletes, coaches, parents or staff in any areas including hallways, reception areas or outside facilities.
- All spectator areas closed.



TRAININGS:

- ✓ * Coaches to ensure that they maintain appropriate social distance from other coaches, athletes & staff.
- ✓ * Coaches ensure they do not have any physical contact with athletes.
- ✓ * Coaches should try to avoid sharing equipment with others, including music, ipads etc.
- ✓ * Coaches to sanitise any equipment after use.
- ✓ * No stunting, lifts or partner work.
- ✓ * No equipment to be used except tumble tracks.

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