

COVID Policy - Members

1. Policy Statement

This document is intended to provide guidance around the actions following the reporting of a positive COVID-19 case attending NDGC.

2. Policy Endorsement

This Policy is current as of **12pm, Monday 28th February**. When the advice from WA Health changes, we will update and communicate the amended policy as quickly as possible to ensure our members have clarity around COVID-19 and NDGC.

3. WA Health Advice and Protocol

The advice provided to NDGC by WA Health on Monday 28th February 2022 is as follows:

- Following a reported positive COVID-19 case that has attended NDGC during their infection period, other participants within NDGC, including the coach and immediate group of athletes training with the positive case:
 - **Will not** be classified as close contacts, and,
 - **Will not** be required to isolate and present for a PCR test.

NDGC will notify the coach and all parents of participants in the immediate group via email and phone call and ask that they perform a Rapid Antigen Test (RAT) and produce a negative result before returning to NDGC for their regular class. Please take a photo of the negative test result and present to your coach upon arrival. If a positive RAT result is recorded, please follow the advice from [WA Health](#) or 1300 316 555, and please inform NDGC.

- *Further Information for positive cases can be found on page 3 of this document.*

4. Mask Wearing

Wearing a mask helps protect each individual and those around them. It is important that all staff and patrons adhere to the current mask wearing requirements set by the WA Government. From Thursday 3rd March 2022, masks are required for all patrons from year 3 aged 7 years and above, unless an exemption applies. Masks must be worn when inside the parent viewing area, changerooms, offices, warm up gym, gym floor, and moving through the facility. For information on masking wearing, including the list of valid exemptions, please visit the [WA Government website](#).

• Applicable Exemptions

- The athlete may remove their mask if they are engaged in strenuous or vigorous exercise or physical activity. Once the activity has ended, the mask must be worn.
- In some instances where effective communication, clear enunciation and visibility of the mouth is required (explaining), coaches may remove their mask. Mask wearing must resume immediately after.

Masks should be worn so they cover the mouth and nose, and there are no gaps between the face and the mask. They should be changed if they become soiled or wet. Scarves and

bandanas are not suitable to be used as face masks. NDGC will have some disposable masks suitable for children available if they forget to bring one with them.

5. NDGC Venue

NDGC is defined by the WA Government as community sport and is required to comply with the 2 square metre rule.

- NDGC will open the roller doors whenever practicable to increase natural ventilation and air flow.
- NDGC has evaporative coolers/fans within the gymnastics training environment that will operate to increase ventilation and air flow.

6. Make up lessons

Recreational classes including KinderGym 4&5 years old.

- Lessons missed due to either testing positive to Covid-19 or being in self-isolation due to being deemed a close contact by WA Health, your child will be eligible for a makeup lesson.
- Makeup lessons must be booked before the end of the 2022 calendar year.

7. Competitive squads

Athletes unable to train for a period exceeding seven (7) consecutive days as a result of contacting Covid - 19 will be eligible for a credit on monthly fees where evidence has been provided to the athletes personal coach and the accounts department.

Athletes required to isolate due to being deemed a close contact by WA Health will be provided with home-based programs by their personal coach for the duration of their isolation, therefore credits will not apply under these circumstances.



COVID-19: Testing and isolation protocols



I have tested positive for COVID-19

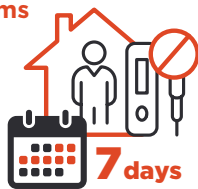
With COVID-19 in the community, it is important for you to know what to do to keep yourself and others safe. This protocol will help you know when and how long you need to isolate for if you are COVID-19 positive.

If you return a positive Rapid Antigen Test (RAT), you must register your result with the Department of Health.

Isolate at home for 7 days.



No symptoms after 7 days
No further test is required.



Symptoms develop
Remain in isolation until symptoms cease.



OR

You can leave home. Wear a mask indoors and outdoors for the next 7 days.



You are cleared by a medical professional.



Symptoms include:



Fever



Sore/scratchy throat



Runny nose



Fatigue



Shortness of breath



Dry cough