

Titan Athletics Cheerleading & Dance

COVID Safe Environment Plan



Introduction & Purpose

Titan Athletics Cheerleading & Dance are committed to the health and safety of all members, their families plus the wider community as Australia moves to ease restrictions around indoor activities and gatherings in each State and Territory. Through this plan we aim to ensure that all members of the Titan Athletics Cheerleading & Dance community are aware of their personal responsibility to comply with new requirements to ensure the safety of everyone within our club and our wider community.

Overview

This plan has been developed referencing relevant New South Wales Government directives along with the following reference documents:

- National Principles for the resumption of sport and recreation activity
- AIS Framework for Rebooting sport in a COVID-19 Environment
- AusDance Principles and Framework for Restarting Dance Activities post COVID-19
- NSW Health & NSW Government Guidelines
- Framework of Operations for Fitness Facilities Under COVID-19 Restrictions

This plan will remain flexible and will be adapted as and when restrictions are changed in a COVID environment over the short and long term.

Application / Conditions of Membership

This plan applies to ALL people accessing our Titan Athletics Classes and events as an athlete, parent/caregiver, visitor or employee. All conditions listed within this plan form part of our enrolment Terms and Conditions effective immediately. Entry and participation in our classes and events assumes acceptance of these conditions. It is the responsibility of all parents, guardians and responsible adults involved with our club to have reviewed all aspects of this plan for the safety of everyone.

Re-commencement of classes at Titan Athletics Cheerleading & Dance

Titan Athletics Cheerleading & Dance will at all times follow NSW Government directives regarding restrictions relating to the recommencement and on-going operation of indoor activities and gatherings. Titan Athletics Cheerleading & Dance will communicate with all members regarding commencement dates, timetables and associated fees payable on the lifting of restrictions taking into consideration our ability to maintain a COVID safe environment at all times. It should be noted that changes to our timetables may occur to accommodate social distancing and maximum capacity requirements as directed by Government and to enable appropriate cleaning and sanitising to occur between classes. We ask for your continued support and understanding as these changes occur and appreciate your consideration so far through these changes.

Titan Athletics Cheerleading & Dance will continue to follow all Government directives and keep up to date with relevant information. Should tighter restrictions be re-introduced, decisions about the continued operation of classes and events will be communicated with all members as soon as possible.

Titan Athletics Cheerleading & Dance COVID-19 Safety Coordinators

Kate Tomkins and Lizzie Hubbard (Directors of Titan Athletics Cheerleading & Dance) are responsible for completing relevant checklists, overseeing the development, implementation and monitoring of our return to sport plan and being the point of contact for all members, their families and any Government/Public Health authorities. You can contact Kate & Lizzie before their coaching hours commence either via phone or email.

Kate Tomkins
kate@titanathletics.com.au
0411 489 164

Lizzie Hubbard
lizzie@titanathletics.com.au
0424 050 430

What is your role?

Athletes Role: Your role is to listen and respond to all directions from any coaching staff when under their care. Any athletes who aren't following clear directions may be asked to not return to classes.

Parents/ Caregivers and other Responsible Adults: Your role is to understand and follow the guidelines and conditions listed within this plan at all times, before, during and after attending our classes and events. Ensure your children understand the importance of following all coaches directions for their safety and wellbeing and have been briefed on the new requirements.

Titan Athletics Coaching Staff: Your role is to understand and follow the guidelines and conditions listed with this plan at all times, before, during and after attending classes and events. You will need to seek clarification from Kate or Lizzie at any time you need in order to maintain a COVID safe environment for yourself and all other members.

Guidelines and Conditions of Entry to all classes and Events effective immediately

Your Responsibilities/ How we will manage illness

Do not attend a class/event, bring your child to class or attend any of our facilities if:

- 🕒 You, your child or anyone in your immediate family is not well. This extends beyond any cold or flu like symptoms (respiratory, runny nose, fever, cough etc) to include gastro symptoms. Stay home and rest up.
- 🕒 Anyone you have had contact with in the past two weeks has been diagnosed with COVID-19, even if you, your child or others in your immediate family are feeling well.

Titan Athletics Cheerleading & Dance reserve the right to immediately quarantine and remove any person from our classes and or events that displays any symptoms of illness or who discloses that they have had contact with a person who is ill, has been ill in the past two weeks or has been tested for or diagnosed with COVID-19.

Any members, families or visitors who have symptoms of any illnesses may return to our classes and attend our events after 72 hours of no symptoms. For example, if your child wakes on Monday morning with a fever, they are required to be symptom free for 72 hours before attending a class/ event.

If you become aware of a member from Titan Athletics Cheerleading & Dance being exposed to someone who is being for or diagnosed with COVID-19, you must immediately advise Kate or Lizzie to enable appropriate action to be taken.

New procedures for coming to class and events until further notice is given

These new procedures apply to all members of Titan Athletics Cheerleading & Dance, their responsible adults, siblings and associated visitors.

- 🕒 Arrive at the class in your training gear ready to dance.
- 🕒 Please do not bring a bag unless absolutely necessary.
- 🕒 Please ensure your drink bottle is CLEARLY labelled with your name. Any items not taken home will not be kept with Titan Athletics Staff.
- 🕒 Please follow all directions from coaching staff and place your bags and personal items in assigned areas.
- 🕒 Please use hand sanitiser on arrival to the venue and before leaving the venue.

- 🕒 No congregating in foyer areas will be allowed. Foyer areas are closed for parents whilst classes are on. Please arrive 5 minutes before your class starts to drop your child off and 5 minutes before the class ends to collect your child. Unless your child has a diagnosed medical condition and/or separation anxiety we expect that all athletes are dropped off and collected from venues at the main entrance doors to stop people from entering foyer areas. A coach will always collect a new class from the main entrance and see their departure is safe with a parent/caregiver or responsible adult.
- 🕒 All athletes will be given markers to stand on wherever possible to reinforce social distancing in class.
- 🕒 Athletes will need to bring their own equipment such as poms, ROAR books, pens etc. No equipment will be shared.
- 🕒 Parents/ caregivers must ensure that their mobile phones are on and we have updated contact information for if we need to contact you at any time.

What we will do at Titan Athletics Cheerleading & Dance to ensure a COVID safe environment for all members and their families

Hygiene/ Cleaning Protocols

Hand Sanitisers will be available for use on entry and departure to all classes and events. Any common areas, surfaces or touch points will be cleaned and athletes will be asked to wipe down any areas they touch after use with wipes provided.

Social/Physical Distancing

Titan Athletics Cheerleading & Dance will follow the directives given and the required 1.5 metre guideline as much as possible before, throughout and after the class/event. Some of our classes may double up on the timetable to ensure accessibility of classes to all athletes. Our "Cheer" training of stunting will not resume until further notice. Coaches are not permitted to initiate any physical contact such as hugs, high fives etc.

Contact Tracing

Titan Athletics will take athlete attendance on arrival to class and/or event to ensure accuracy in the event of contact tracing being required. Any athlete or coach who presents with flu symptoms will be sent home. All members are encouraged to download and activate the COVID safe app.

Incident Management

In the event of a COVID- 19 positive result within Titan Athletics Cheerleading & Dance (either an athlete, coach, other person who has attended our venues/classes or events) we will follow all protocols required by the Government to perform contact tracing and cleaning/sanitising immediately.