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Frequently Asked Questions – Coaches

Q. When will be able to get back into the gym?

A. On the 14th June, the State Government announced that indoor sport and recreation activities could resume from 22 June. However, we still need approval from the Whitehorse council to return to training as they are the owners of facilities.

Q. When we open, will all classes return immediately?

A. No. When restrictions ease, we will only be allowed to have a maximum number of 20 people gymnasts within a 200sq metre zone. Based on the size of our gym, we will be able to have 2 zones operating and a maximum of 40 gymnasts within the gym at a time.

Q. Will my classes all still train for the same number of hours every week?

A. Due to the extremely limited availability of the gym, we have had to reduce the training hours for a lot of our classes.

- Our level 1-2 classes, as well as Gymskills Junior, Intermediate and Senior will train for 1 hour per week;
- Level 3-4 classes will train for 1 x 2 hour session per week;
- Level 4 + will train for 2 x 1.5- 2 hour classes per week.

For those squads that have had the hours cut, we are happy for you to continue your online zoom classes also.

Q. Which classes will return first?

A. From 22nd June, some of our senior squad classes will return to training including ACRO Senior, WAG 8, WAG 4/5, Rhythmic 3-5, MAG 3-5 and Gymstar Seniors

From the beginning of term 3, the remainder of the classes in our new timetable will return.

Q. Will I be returning to coach my usual classes?

A. By now all of you should have received an email confirming the classes that you have been allocated for next term. Unfortunately, due to the restrictions in the gym, we have had to reduce classes. Where possible, we have allocated coaches receiving the job keeper payment from the government to the

classes. Our senior squads will still have the same coaches in most situations, although some classes have also been merged to ensure they are financially viable for the club.

Q. What happens if I did not receive any coaching shifts/ less shifts than usual.

A. If you have not been allocated to a class or wish to coach more shifts, we will record your availability, and contact you to fill in should any of the rostered coaches not be able to coach their class.

Q. Will I be able to increase my shifts in the future?

A. We will continually review our timetable and increase classes where possible, whilst adhering to the State Governments regulations, and where there is a demand for them.

Q. Will the gym still operate the same when we return?

A. No things will be very different. These changes are necessary to ensure that we are able to run our classes and keep our community safe and healthy. There will be more details on these changes in our coaches meeting.

Q. Will spectators be allowed into the gym?

A. No. Parents and other spectators will not be allowed into the gym at this stage. As the numbers within the gym should not exceed 20 people per 200sq metres, we have to limit those inside the gym to coaches and gymnasts.

Q. Will I still be required to mark the role on iclass pro?

A. No. For each of the first 2 classes in the afternoon, a supervisor will be present. As the children come into the gym, they will greet them, ask them some health questions and make sure that the parents have signed their child into the class using the iclass pro app. All you will need to do is greet the gymnasts and help them sanitise their hands and feet prior to class starting.

Q. If I have a bit of a sore throat or runny nose, can I still coach?

No. If you have any of the following respiratory symptoms:

- Cough
- Sore throat
- Fever (e.g. night sweats or chills)
- Shortness of breath

Please call and let us know as soon as possible. We will find a replacement coach for your class.

If you arrive at the gym showing any symptoms, you will not be allowed to come inside.

Q. What should I do if I show any respiratory symptoms?

A. Please call us and let us know that you are unwell and experience respiratory symptoms. You should then self-isolate at home. If you are particularly ill, you are encouraged to call your doctor or the Covid 19 response line and seek advice/ get tested.

Q. When can I return to the gym if I have shown any symptoms?

A. Following a respiratory illness you must:

- Allow at least 10 days to pass from the start of the illness
- Have no symptoms for 72 hours
- Have clearance by a doctor (this may include in-person assessment and swab test)

Returning to work after contact with a suspected case, you must:

- Self-quarantine for 14 days (unless cleared by negative swab test)
- Have no symptoms for 72 hours
- Contact a doctor prior to attending workplace/training facility (telehealth)
- If any symptoms develop, then criteria (3) must be satisfied

Returning to work after contact with a confirmed active case, you must:

- Self-quarantine for 14 days (REGARDLESS OF negative swab test)
- Have regular contact with a doctor (telehealth) during this period, and prior to attending workplace/ training facility
- If any symptoms develop, then criteria (3) must be satisfied

Q. What should I do if I have a gymnast in my class showing any respiratory symptoms?

A. Alert supervisor (if one is rostered for your shift). If not, use contact information in iclass pro to call the parents. Whilst the gymnast is waiting for their parents, they should be sent to the sick bay (upstairs girl's toilets)

Q. How will the gym be kept clean?

A. It will be everybody's responsibility to ensure that the gym is kept clean and we will all have a part to play. The majority of the cleaning will be performed as usual by our cleaners who come in twice a week. They will clean the gym according to GA guidelines. On the days that the cleaner is not in, coaches may be rostered to perform some of the cleaning duties required. In addition, there will be a checklist of things that need to be cleaned/sanitized both at the start and the end of each lesson but also at the change of rotations. These details will be discussed further at the coaches meeting.

Q. Will I still be able to use all of the equipment in the gym?

A. No. Some of the equipment and teaching aids within the gym are too hard to clean and sanitize. Apart from our gym specific equipment (Bars, Beam, Vaults, Rings, Tramps, Floor), those items cannot be sanitized will not be allowed to be used. We will provide you with a list of which items can and can't be used and this will be discussed further at our coaches meeting.

Q. How do we clean our gym specific equipment?

A. In short, we can't really without potentially damaging it. Due to these limitations, gymnasts will be required to sanitise both their hands and feet before being allowed onto the equipment. If you have a gymnast touch their face, blow their nose or go to the toilet, then please ensure that this gymnast re-sanitises before using the equipment.

Q. Will we still be running a group warm up for the gymskills classes?

A. No. We want to keep the groups small and separate as much as possible to minimise the risk of infection should anyone test positive for covid-19..