

# HYGIENE EDUCATION



The education of our members about COVID-19 risk mitigation strategies is crucial. Some established norms associated with our sport such as sharing drink bottles, hugging, and shaking hands, to gyms packed with spectators are the opposite of the measures put in place to protect us.

Educating our members about the required behaviours outlined in the National Principles will help to promote and set expectations prior to recommencing activities. You may also benefit from consulting with your Local Government and Public Health Authorities on education materials and options available.

Possible things you could do include:

1. Providing education materials to coaches, judges, administrators, parents, and athletes to promote required behaviours (e.g. regular and thorough handwashing, covering mouth and nose with a tissue or sleeve during coughing/sneezing). Suggested Australian Government and WHO resources:
  - [Good hygiene for coronavirus \(COVID-19\)](#)
  - [Hand washing guidance](#)
  - [Keep that cough under cover](#)
  - [Self-isolation \(self-quarantine\) for coronavirus \(COVID-19\)](#)
  - [Advice for people at risk of coronavirus \(COVID-19\)](#)
  - [Coronavirus \(COVID-19\) resources](#)

Gymnastics Australia strongly encourages all its members to review all the education materials listed above prior to entering their club. These resources will be uploaded to the Professional Development page on the website.

2. Display appropriate education material within your facilities.
  - [Good hygiene practices poster for businesses](#)
  - [Good hygiene is in your hands](#)
  - [Hand washing guidance](#)
  - [Keep that cough under cover](#)
3. Educate members on hygiene practices and promote required behaviours including social distancing and safe hygiene practices.
4. Reinforce no sharing of personal items such as drink bottles and towels and the disinfecting of hands in-between using any equipment.
5. Reinforce no sharing of mats, or equipment without an appropriate cleaning protocol, in between training sessions.
6. Gymnastics Australia recommends all members download the Australian Government COVID-19 contact tracing app ([COVIDSafe](#)).

This information is provided in accordance with the Australian Institute of Sport Framework for Rebooting Sport in a COVID-19 Environment and the National Principles for Sport and Recreational Activities ([www.ais.gov.au](http://www.ais.gov.au)).

Any specific State/Territory government guidelines and regulations must be adhered to **in the first instance**. State and Territory Gymnastics Associations will provide clubs with further detail and specific guidance around specific state/territory government guidelines and regulations.