

**> BE COVID SAFE.  
HELP NSW STAY IN BUSINESS.**



## Your COVID-19 Safety Plan

### Gyms and indoor recreation

#### Business details

Business name	Precision Athletica (Olympic Park) Pty Ltd
Business location (town, suburb or postcode)	2127
Select your business type	
Gyms	
Completed by	Sandy Hollier
Email address	<a href="mailto:sandy.h@precisionphysio.com.au">sandy.h@precisionphysio.com.au</a>
Effective date	11 September 2021
Date completed	29 September 2021

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#### Wellbeing of staff and customers

**Exclude staff, volunteers and visitors who are unwell from the premises.**

Agree

Yes

### **Tell us how you will do this**

Any staff, volunteers, athletes and visitors who are unwell will not be allowed on the premises. Signage on front door and reception indicating if you are unwell please do not attend the centre. Staff educated, as part of infection control policy (all staff to sign policy), that anyone exhibiting symptoms of covid-19 are asked to leave the centre. All athletes, support persons & staff will be asked on arrival at the centre if they have: 1. sanitised their hands, 2. if they have been unwell or are displaying any symptoms 3. have registered via the Service NSW app. All staff to enforce that any staff athletes or visitors who exhibiting symptoms will not be allowed into the centre.

### **Provide staff with information and training on COVID-19, including when to get tested, physical distancing, wearing masks and cleaning.**

**Agree**

Yes

### **Tell us how you will do this**

Staff are to review Precision Athletica's infection control policy. Signage for distancing and cleaning are displayed at reception, bathrooms, kitchen & throughout the centre. Masks to be worn at all times by staff, athletes and visitors. The 4sqm rule applies indoors and capacity signs are displayed. Outdoors the 2sqm rule applies. At all times the 1.5m physical distancing must be maintained. Masks can be removed when not doing strenuous physical exercises or when they are in a zone that maintains the 4msq rule and the 1.5m distancing.

### **Display conditions of entry including requirements to stay away if unwell and record keeping.**

**Agree**

Yes

### **Tell us how you will do this**

Signage at entry and reception indicating that you must stay away if unwell and that you must register via the NSW Government QR code system. All hard surfaces are cleaned daily with disinfectant and recorded on the infection control list. All exercise equipment is cleaned with disinfectant immediately after use by

either the athlete or the therapist. The beds and pillows are cleaned after use by the therapist with disinfectant and sanitised labels are placed on the bed after cleaning. Covid Safety Marshal to ensure infection control cleaning completed every day. People 16 and over must be double COVID vaccinated until NSW Health mandates otherwise.

**Other types of venues or facilities within the premises must complete COVID-19 Safety Plans where applicable. If contact details are captured electronically upon entry to the main premises on the relevant day, additional collection of contact details via electronic methods may not be required if there is no other public access to the sub-premises. However, additional contact details and time of entry must be captured where these sub-premises are gyms, entertainment facilities, hospitality venues, nightclubs and retail premises.**

**Agree**

Yes

**Tell us how you will do this**

There are no additional facilities

**Encourage staff to access COVID-19 vaccination.**

**Agree**

Yes

**Tell us how you will do this**

Staff are required to be vaccinated for COVID-19.

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## **Physical distancing**

**Capacity must not exceed one person per 4 square metres of space in indoor areas of the premises and one person per 2 square metres of space in outdoor areas of the**

**premises.**

**Note: Gym and group dance classes must not exceed 20 persons.**

**Agree**

Yes

**Tell us how you will do this**

Facility measured. Capacity indoor calculated for each space as per the 4sq metre rule. Capacity signs displayed. COVID Safety Marshal checking to ensure all staff, athletes and visitors

are complying with the 4sq metre rule. The number of chairs in each area will comply with the capacity if 4sq metres.

Outdoor space operates under the 2sq metre rule.

Classes are to be booked so they comply with the 4 sq metre rule and maximum 20 persons. Appointments are booked so the number of people in the centre complies. Visitors who are not deemed as necessary are informed to wait outside or in the waiting area. Prior to commencement of classes, staff will inform participants of their training zones and to comply with 1.5m physical distancing.

**Ensure 1.5m physical distancing where possible, including:**

- **at points of mixing or queuing**
- **between seated groups**
- **between staff.**

**Agree**

Yes

**Tell us how you will do this**

1.5m physical distancing maintained where possible. There is plenty of space at toilets and entrance so queuing is not required.

Seating is set out for 1.5m distancing

Staff can maintain 1.5m distancing from athletes where hands on treatment is not required.

**Avoid congestion of people in any specific areas within the venue where possible, such as change rooms and other communal facilities.**

**Agree**

Yes

**Tell us how you will do this**

Shower is a one person room. Lockers are spread out to ensure no crowding.

School/training bags to be placed at 1.5m along wall above sprung floor or at the water cooler end of the track.

**Have strategies in place to manage gatherings that may occur immediately outside the premises.**

**Agree**

Yes

**Tell us how you will do this**

Following classes and sessions athletes will be instructed not to gather outside the premises.

**Singing by audiences is not allowed in indoor areas.**

**Dancing is not allowed in indoor areas except for group dance classes, where no more than 20 people are permitted to dance.**

**Patrons can only consume alcohol when seated in indoor areas.**

**Agree**

Yes

**Tell us how you will do this**

There will be no singing, dancing or alcohol consumption on the premises.

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**Ventilation**

**Review the 'COVID-19 guidance on ventilation' available on [nsw.gov.au](https://www.nsw.gov.au) and consider which measures are relevant to your premises before completing this COVID-19 Safety Plan.**

**Agree**

Yes

**Tell us how you will do this**

When possible external doors to indoor areas will be open to allow fresh air to circulate. Masks are to be worn indoors at all times.

**Use outdoor settings wherever possible.**

**Agree**

Yes

**Tell us how you will do this**

Where possible classes and sessions will be conducted outdoors to minimise risk.

**In indoor areas, increase natural ventilation by opening windows and doors where possible.**

**Agree**

Yes

**Tell us how you will do this**

When possible external doors to indoor areas will be open to allow fresh air to circulate. Masks are to be worn indoors at all times.

**In indoor areas, increase mechanical ventilation where possible by optimising air conditioning or other system settings (such as by maximising the intake of outside air and reducing or avoiding recirculation of air).**

**Agree**

Yes

**Tell us how you will do this**

SOPA will be contacted to ensure air conditioning is optimised.

**Ensure mechanical ventilation systems are regularly maintained to optimise performance (for example through regular filter cleaning or filter changes).**

**Agree**

Yes

**Tell us how you will do this**

SOPA will be contacted to ensure that the air conditioning is regularly maintained.

**Consider consulting relevant experts such as building owners or facility managers, ventilation engineers and industrial or occupational hygienists to optimise indoor ventilation.**

**Agree**

Yes

**Tell us how you will do this**

Expert building or facility managers will be consulted if necessary.

## Hygiene and cleaning

**Face masks must be worn by staff and customers in indoor areas, unless exempt.**

**Note: People engaging in strenuous physical exercise are exempt, unless they are participating in an indoor gym class or dance class.**

**Agree**

Yes

**Tell us how you will do this**

Face masks are mandatory indoors but can be removed when doing strenuous physical exercise. All participants in classes will wear masks.

**Adopt good hand hygiene practices. Have hand sanitiser at key points around the venue.**

**Agree**

Yes

**Tell us how you will do this**

Good hand hygiene signage displayed throughout centre. All staff and visitors are required to hand wash or sanitise on entry to centre. Therapists to wash or sanitise hands between every client. COVID Safety Marshal to ensure good hand hygiene practices. Hand sanitiser available at entry desk and throughout the centre.

**Ensure bathrooms are well stocked with hand soap and paper towels or hand dryers.**

**Agree**

Yes

**Tell us how you will do this**

Bathrooms well stocked with hand soap and hand dryer. Visual aids are above wash basins to support effective hand washing.



**Clean frequently used indoor hard surface areas (including children’s play areas) at least daily with detergent/disinfectant. Clean frequently touched areas and surfaces several times per day. Reduce sharing of equipment where practical and ensure these are cleaned with detergent and disinfectant between use. Encourage visitors to wipe down equipment after they have finished using it**

**Agree**

Yes

**Tell us how you will do this**

All hard surfaces are cleaned daily with disinfectant and recorded on the infection control list. All exercise equipment is cleaned with disinfectant immediately after use by either the athlete or the clinician. The beds and pillows are cleaned after use by the clinician with disinfectant and sanitised labels are placed on the bed after cleaning. COVID Safety Marshal to ensure infection control cleaning completed every day.

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## **Record keeping**

**Use the NSW Government QR code system to collect an electronic record of the name, contact number and entry time for all staff, volunteers, visitors and contractors.**

**Note: Community centres and halls are not required to collect electronic entry records but are strongly encouraged to do so.**

**Agree**

Yes

**Tell us how you will do this**

All athletes must book in our electronic diary system and medical records are maintained and are required to use the NSW Government QR code. All staff and visitors who are in the centre are to register via the NSW Government QR code or online check in via Service NSW

**Processes must be in place to ensure that people provide the required contact information, such as by checking phones for the green tick to confirm they have checked in (keeping 1.5m physical distance between staff and patrons). QR codes should be clearly visible and accessible including at entrances to the premises.**

Agree

Yes

**Tell us how you will do this**

The COVID Safety Marshal will ensure that all staff, athletes and visitors are checked for the green tick to confirm they are checked in. The 1.5m physical distancing will be maintained where possible and masks will be worn indoors except when engaging in strenuous physical exercise.

QR codes are visible at the entrance. All staff, athletes and visitors 16 and over will be checked for their COVID vaccination certificate until NSW Health mandates otherwise

**If a person is unable to provide contact details, for example due to age or language barriers, another person may provide contact details on their behalf. If it is not possible for check-in to occur, keep a record of the name, contact number and entry time for all staff, volunteers, visitors and contractors for a period of at least 28 days. These records must be provided in an electronic format such as a spreadsheet as soon as possible, but within 4 hours, upon request from an authorised officer.**

Agree

Yes

**Tell us how you will do this**

If there is any language barrier we will check-in another persons details for contact tracing purposes. If we are unable to use the Service NSW app or Customer Record Keeping for any reason we will keep a record of all staff, athletes and visitors for a period of 28 days. They will be available within 4 hours in an Electronic format upon an authorised request.

**I agree to keep a copy of this COVID-19 Safety Plan at the business premises**

Yes