

RETURN TO SPORT

COMPETITIONS AND EVENTS

Each competition and event is to have an implementation plan that flows from the Gymnastics NSW Return to Competition Road Map, adapted as necessary by event organisers and committees, ensuring compliance with all current regulations and requirements to ensure a safe return to sport and complete compliance with government restrictions.

Detailed in this document you will first find some key considerations that apply throughout our return to full competition and include guidelines for the operation of gymnastics competition based upon government restrictions. A range of operational measures have been introduced, in accordance with the SportAus Detailed Checklist for Medium to Large Sporting Organisations, to limit the threat of further transmission of COVID-19 as part of the return to sport arrangements. These measures can be characterised using the following SportAus Framework:

- Prevent – actions taken to eliminate or reduce the risk of further transmission;
- Prepare – actions that build capacity of an organisation to manage transmission risk;
- Respond – actions to minimise the impact if a further transmission occurs; and
- Recover – actions to return an affected community to normal.

These guidelines are designed to ensure the safety and health of both the gymnastic and wider community. Working together we all can participate safely.

General

Communication for Event	Advises athletes, officials and spectators on hygiene behaviours which will reduce risk of transmission; Adopt and communicate protocols to participants, including individuals training/playing, organising, attending or supporting, to stay home if they: a. Have any cold or flu-like symptoms; b. Have been in direct contact with a known case of COVID-19 in the previous 14 days; c. Have travelled internationally in the previous 14 days; or d. Are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.
COVID Safe App Download	It is encouraged all participants (including participants, coaches, officials, administrators, volunteers, parents and spectators) subscribe to and appropriately use the Government's COVIDSafe app.
Risk Assessment	Required. Risk mitigation implemented.
Informed Consent	Waivers/declarations for participants and volunteers to sign acknowledging that participation is at their own risk and they understand the conditions and risk mitigation steps implemented.
COVID-19 Safety Coordinator	A COVID-19 Safety Coordinator is to be appointed and designated for each event to oversee all safety and hygiene requirements.
Volunteer Education	Return to Sport Guidelines. Fact Sheets. Hygiene and health information. Facilitate COVID-19 education for volunteers, officials and administrators.
COVID-19 Signage on Entry advising "DO NOT ENTER if you have any symptoms"	COVID-19 Signage on Entry advising "DO NOT ENTER if you have any symptoms" is mandatory.
COVID-19 Signage	Government resources prominently displayed in facilities and at entry points, including handwashing and personal infection control advice.

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Social Distancing	As per government restrictions. Athletes, officials and spectators separate in accordance with guidelines.
Event Arrivals	<p>Participants and officials cannot enter the Field of Play or marshalling areas earlier than the designated time prior to their session or before the participants and officials of the previous session have departed. Waiting time should be minimised with people asked not to arrive more than 10 minutes before their session time.</p> <p>Spectators where allowed, cannot enter the spectator viewing area prior to 10 mins before the session time.</p> <p>If an infrared thermometer is available, on arrival, participants over the age of 18 should have their temperature checked. Clear instructions displayed and signage to inform participants of the Health Risks of COVID-19 and rules of entry into the venue / facility. Hand sanitiser should be available at the entry of all facilities.</p>
Designated Entry & Exit Point	Management of venue entries and exits to ensure a seamless flow of participants and attendees through the venue and limit the risk of overlap and congestion, subject to maximum attendee number restrictions.
A register of Participants (event organiser to implement a log or register to keep track of which participants are in attendance at all sessions)	Required - maintain an attendance register for all competition days, including venue entry and exit times and contact details. Adopt a system to record, store and, if required, share data, subject to privacy law.
Competition Format	<p>As determined. Structure modified to ensure minimal session time.</p> <p>Stagger start and finish times to reduce the number of people onsite. Consider the different arrival times for participants and process of entry</p>
Break between sessions	<p>Minimum 30 minutes to allow groups to depart/arrive without mixing and facilitate any cleaning required.</p> <p>Where possible, utilising a different exit point from the venue may facilitate a quicker turnover from one session to the next. For example, could a Fire Exit that is adjacent to the Field of Play be used?</p>
Equipment and apparatus cleaning between sessions	<p>Some sharing of equipment only. Equipment to be cleaned between groups as practical. Officials responsible for cleaning of their apparatus. Clean PPE and cleaning supplies to be provided.</p> <p>Athletes must maintain exemplary personal hygiene, especially when using apparatus (sanitise before and after each routine/equipment use). Athletes to supply own chalk and water bottles.</p> <p>All equipment to be cleaned and sanitised both prior to and after each session in accordance with the Club Surface and Equipment Cleaning Guidelines.</p>
Spectators	<p>Only essential participants should attend activities (i.e. participants, coaches, officials, staff and volunteers involved in operations and parents/guardians of participants) and numbers should be limited to the minimum required to support the participant; and Young participants should be accompanied by not more than one parent or guardian, if possible. Where possible parents to be encouraged to stay in their car during event, or to return at the conclusion of the session</p> <p>.</p> <p>Where spectators are permitted within all safety, hygiene and in compliance with government guidelines and restrictions, they must follow social distancing requirements and regulations.</p> <p>Spectator seating must be clearly marked to indicate available seats meeting social distancing requirements.</p> <p>Spectators must not mingle or enter any athlete or official zones.</p>

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	<p>Participant and spectator groups to remain separate at all times.</p> <p>If Not-Permitted - parent/guardian may drop off and collect child from outside venue at designated collection spot maintaining social distancing.</p> <p>Encourage individuals to be respectful of shared space, minimise time spent in these areas and observe physical distancing measures.</p>
Parent/guardian drop off and collection of participant (including where parent/guardians are not permitted to spectate and where not attending)	<p>Athletes and participants must be dropped-off at designated Drop-off and Pick-up zones, maintaining social distancing at all times. Parents dropping-off and picking-up athletes should not linger in these zones.</p> <p>Designated club coach responsible to oversee safe drop-off and pick-up for their group of athletes. One coach, one group rule.</p>
Venue/Facility Capacity	Monitored to ensure maximum capacity is not exceeded. Strategy and communication in place to keep to guidelines.
Toilets	Regular cleaning schedule daily with log. Following of social distancing requirements.
Change rooms	These should remain closed. Access only to bathroom facilities within changerooms as required.
Canteen/Kiosk/Café	<p>Recommended to be closed.</p> <p>If appropriate for café to open in accordance with Government regulations and guidelines;</p> <ul style="list-style-type: none"> a. Implement queuing requirements to maintain physical distancing; b. Ensure appropriate food/beverage and cash handling arrangements; c. Implement low(er) risk menu options (i.e. those requiring less direct food handling/contact); and d. Implement hygiene measures including hand sanitiser at point of sale, gloves and facemasks for bar/canteen volunteers and consider the use of protective physical barriers/shields.
Vending machines	Regular cleaning schedule daily.
General seating	Removed where possible. Where social distancing can be observed marked seating indicated.
Management of unwell participants	<p>If possible, identify with clear and unambiguous signage, a space that can be used to isolate staff or participants who become unwell at an activity and cannot leave immediately. The isolation area should be equipped with necessary PPE supplies to facilitate hand hygiene and respiratory etiquette.</p> <p>Ensure activity staff understand that participants who become unwell should be immediately isolated and given a clean disposable facemask to wear. Establish procedures to help unwell staff or participants leave the event as soon as possible and added protections for activity staff in such circumstances.</p>
PPE	PPE including gloves, face masks and hand sanitiser will be available and is to be used as appropriate.
Compliance	Any non-compliance with current return to sport and Gymnastics NSW regulations and requirements may result in non-admittance or removal from the facility/venue as applicable. Further action may also be taken with the matter referred in accordance with Gymnastics NSW Discipline Policy.

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Athlete

Pre-Event

Health Protocols	<p>Do not attend competition if you are unwell and experiencing symptoms such as a cough, sore throat, fever, fatigue or shortness of breath.</p> <p>Hand sanitiser available for use before, during and after competition session Do not attend competition if in the last 14 days you have been unwell or had close contact with a known or suspected case of COVID-19.</p> <p>Any participant who is unwell should see a doctor in accordance with local Public Health Authority guidelines.</p> <p>Participants should gradually return to training and competition to reduce the risk of injury.</p> <p>Consider vulnerable participants as they may be at increased risk.</p> <p>Full shower with soap before and after sport (preferably at home)</p>
Official Event Briefing	Event briefing to be sent out digitally to officials prior to event day with event information which outlines special conditions or practices that will take place during the event.

Arrival and Departure

Social Distancing - for gymnasts wherever practical	As per current government restrictions. All government restrictions will be implemented for all Gymnastics NSW events for all persons.
Hand Sanitiser on Entry	Alcohol based hand sanitiser will be available at the entry point and must be used by all entering the event venue.
Designated Entry & Exit Point	Management of venue entries and exits to ensure a seamless flow of participants and attendees through the venue and limit the risk of overlap and congestion, subject to maximum attendee number restrictions.
Participant arrival time	Participants in all capacities are to arrive no earlier than 10-minutes prior to session - abiding by social distancing requirements. Athletes encouraged to wait in cars, until previous group has exited venue before entering.
Participant departure time	Within 10-minutes of session completion abiding by social distancing requirements.
Social Events at Venue	Club/Team/athlete Social Events at Venue will not be permitted.

During Competition

Competition Uniform	Apply a 'Get in, train/compete and get out' philosophy will be applied to competitions. Athletes to arrive dressed and ready for competition. Athletes should not change into leotard at the venue.
During Competition - Access and exit from Field of Play - Athletes on Field of Play	<p>Athletes or officials must not leave the field of play during the competition. Athletes and spectators are not permitted to mingle at any time during competition.</p> <p>Athletes to remain within same competition group for duration of competition, for all events within competition.</p> <p>Athletes to have designated marshalling / seating / waiting area between events. Groups not to have contact with other competing groups. Athletes to move to apparatus / equipment then return to designated area. Designated seating areas to observe social distancing.</p> <p>Athletes not to line up and assemble at judges' tables, proceed directly to competition.</p>

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	All athletes are to keep all personal belongings and equipment with them in their designated seating area. No bags are to be left in the marshalling area as athletes are not permitted to leave the competition floor during the session.
Warm-Up Regulations during competition	Warm-Up during competition will be regulated to ensure social distancing. Restriction in accordance to floor space will be implemented, limiting the number of athletes within the warmup area based on competition run order. Designated times to be allocated to each warmup group. No access to warmup floor outside designated warmup time will be permitted.
Start of competition session, marshalling and march-out of athletes	Moving straight to the apparatus after warm-up has been completed, no mass gathering for the march on. Groups exit the field of play one apparatus at a time and then exit the building.
Other contact - handshake, huddles, high fives	Contact including handshake, huddles, high fives are not permitted.
Medical	First aid kit will be available at the event (inclusive of rubber gloves). Designated first aid officer is to be identified and available and they are responsible for the cleaning down of treatment areas between each use. E.g. treatment tables.
Individually labelled water bottle & personal equipment	Individually labelled water bottle & personal equipment is required to be brought with each athlete. There is to be no sharing of personal equipment or drink bottles. Drinking fountain will not be available to use or refill
Chalk	Athletes to provide their own chalk for use at events. Athletes to provide their own spray bottle if required. No sharing of chalk or spray bottles permitted between athletes or coaches.
Equipment and apparatus cleaning between sessions	Some sharing of equipment only. Equipment to be cleaned between groups as practical. Officials responsible for cleaning of their apparatus. Clean PPE and cleaning supplies to be provided. Athletes must maintain exemplary personal hygiene, especially when using apparatus (sanitise before and after each routine/equipment use). Athletes to supply own chalk and water bottles. All equipment to be cleaned and sanitised both prior to and after each session in accordance with the Club Surface and Equipment Cleaning Guidelines.
Award Presentation	Athletes to remain in their designated seating post competition. Award winners will be called from their seats to presentation podium. Presentations will be contactless. Award winners will collect their awards from an award table. Athletes to return to their designated seating after receiving award.

Officials (Coaches and Judges)

Pre-Event

Health Protocols	<p>Do not attend competition if you are unwell and experiencing symptoms such as a cough, sore throat, fever, fatigue or shortness of breath.</p> <p>Hand sanitiser available for use before, during and after competition session Do not attend competition if in the last 14 days you have been unwell or had close contact with a known or suspected case of COVID-19.</p> <p>Any participant who is unwell should see a doctor in accordance with local Public Health Authority guidelines.</p> <p>Participants should gradually return to training and competition to reduce the risk of injury.</p> <p>Consider vulnerable participants as they may be at increased risk.</p> <p>Full shower with soap before and after sport (preferably at home)</p>
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Official Event Briefing	Event briefing to be sent out digitally to officials prior to event day with event information which outlines special conditions or practices that will take place during the event.
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Arrival and Departure

Social Distancing - for officials wherever practical	As per current government restrictions. All government restrictions will be implemented for all Gymnastics NSW events for all persons.
Hand Sanitiser on Entry	Alcohol based hand sanitiser will be available at the entry point and must be used by all entering the event venue.
Designated Entry & Exit Point	Management of venue entries and exits to ensure a seamless flow of participants and attendees through the venue and limit the risk of overlap and congestion, subject to maximum attendee number restrictions.
Participant arrival time	Participants in all capacities are to arrive no earlier than 10-minutes prior to session – abiding by social distancing requirements. Athletes encouraged to wait in cars, until previous group has exited venue before entering.
Participant departure time	Within 10-minutes of session completion abiding by social distancing requirements.
Social Events at Venue	Club/Team/athlete Social Events at Venue will not be permitted.
Event ushers and Access Control	Personal will be supplied with appropriate PPE, including face masks, gloves and access to hand sanitiser.

During Competition

Competition Uniform	Apply a 'Get in, train/compete and get out' philosophy will be applied to competitions. Athletes to arrive dressed and ready for competition. Athletes should not change into leotard at the venue.
During Competition – Access and exit from Field of Play – Athletes on Field of Play	<p>Athletes or officials must not leave the field of play during the competition. Athletes and spectators are not permitted to mingle at any time during competition.</p> <p>Athletes to remain within same competition group for duration of competition, for all events within competition.</p> <p>Athletes to have designated marshalling / seating / waiting area between events. Groups not to have contact with other competing groups. Athletes to move to apparatus / equipment then return to designated area. Designated seating areas to observe social distancing.</p> <p>Athletes not to line up and assemble at judges tables, proceed directly to competition.</p> <p>Coaches are to remain with only one group – cannot move between groups within competition session, care taken to consider the cross over of officials between groups. Limit of 1 coach per club per group to keep total number of participants to only what is safely required.</p> <p>If officials are to judge multiple sessions in the same day, consistent groupings of judges on judging panels are to be applied (i.e. judges to stay on the same event – panels not to change and judges not to be moved between apparatus).</p> <p>All athletes are to keep all personal belongings and equipment with them in their designated seating area. No bags are to be left in the marshalling area as athletes are not permitted to leave the competition floor during the session.</p>
Judging Panel Configuration	Minimum judging panel requirements only. Reduced total officials on Field of Play. Maximum number of officials decided by the size and space available per Gymnsport /apparatus. Judge seating placements to be modified as practicable.

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Start of competition session, marshalling and march-out of athletes	Moving straight to the apparatus after warm-up has been completed, no mass gathering for the march on. Groups exit the field of play one apparatus at a time and then exit the building.
Coach Spotting	Permitted for safety. 'Move in, spot, move out' philosophy. Minimised time in close proximity. Coach to sanitise hands to elbows before and after each time they spot.
Other contact – handshake, huddles, high fives	Contact including handshake, huddles, high fives is not permitted.
First aid kit	First aid will be available at the event (inclusive of rubber gloves).
Individually labelled water bottle & personal equipment	Individually labelled water bottle & personal equipment is required to be brought with each participant. There is to be no sharing of personal equipment or drink bottles. Drinking fountain will not be available to use or refill
Chalk	Athletes to provide their own chalk for use at events. Athletes to provide their own spray bottle if required. No sharing of chalk or spray bottles permitted between athletes or coaches.
Equipment and apparatus cleaning between sessions	Some sharing of equipment only. Equipment to be cleaned between groups as practical. Officials responsible for cleaning of their apparatus. Clean PPE and cleaning supplies to be provided. Athletes must maintain exemplary personal hygiene, especially when using apparatus (sanitise before and after each routine/equipment use). Athletes to supply own chalk and water bottles. All equipment to be cleaned and sanitised both prior to and after each session in accordance with the Club Surface and Equipment Cleaning Guidelines.
Award Presentation	Athletes to remain in their designated seating post competition. Award winners will be called from their seats to presentation podium. Presentations will be contactless. Award winners will collect their awards from an award table. Athletes to return to their designated seating after receiving award.
Physical Distancing	This also applies to judging panels where the minimum government restrictions must be implemented.
Score Computer & Resources	Cleaned between user. Cleaned in accordance with hygiene requirements before and after each competition session.
Score Collation	Scorers may continue to operate within a venue subject to maintaining physical distancing requirements and observing good personal hygiene/hand washing practices.
Catering	Officials will be required to supply their own lunch and snacks. No food or eating is permitted on the Field of Play. No benches or chairs to be set up for breaks. Officials will be asked to leave Field of Play and competition areas during designated break times.
Judging Items	Judges are required to supply all necessary judging items. This includes, but is not limited to, pens/pencils, blank paper, judging sheets.

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