

RETURN TO SPORT

How to use the Return to Sport Website

How to use the website

The Gymnastics NSW Return to Sport website has been developed for three purposes:

1. Provide guidance to gymnastics clubs in New South Wales on requirements for clubs to support a COVID safe workplace for training and participation
2. Establish regulations for the recommencement of competitions, courses, programs and high performance training.
3. Provide government with an assurance that gymnastics is a reliable partner who is working to achieve the shared objective of a COVID safe community.

When on the website, links and downloads can be found in **pink**, or in a blue box.

Where to start?

- 1. Complete the Club Induction,**
 - a. found in [Workplace Health and Safety, recourses for clubs](#)
 - b. Link: <https://form.jotform.com/201467378555060>
- 2. Begin the AIS Checklist, based off the size of your club**
 - a. found in [Workplace Health and Safety](#)
- 3. Understand how to clean your facility**
 - a. Read the material on cleaning under [Hygiene](#) and [Return to office](#)
 - b. Complete the Work Safe Australia Checklist
 - c. Download, print and put up the Hygiene posters in your club
- 4. Understand how many people you can have in your facility**
 - a. Read the material on [Physical Distancing](#)
 - b. Complete the GNSW Physical Distancing Checklist
 - c. Download, print and put up the Distancing posters in your club
- 5. Know who should stay home, and when they should stay home**
 - a. Read the material on [If unwell, stay home](#)
 - b. Complete the Club and Staff Inductions and Checklist
 - c. Download, print and put up the posters in your club

Start Here, Go Anywhere!

6. Know what to do if there is a suspected or positive case of COVID-19

- a. Read the material on [Contact Tracing](#)

7. Plan the physical preparation of your athletes

- a. Read the material on [Return to Gymnastics Participation](#)
- b. Print and send the Parent Guide to Gymnastics during COVID-19. Gymnastics NSW will also be sending this to members with an active email address to help prepare them.

The site is broken down into two main sections:

COVIDSafe Information

PAGE	What you will find
Part A: Physical Distancing	<ul style="list-style-type: none">• Gymnastics NSW's plan for our clubs• Physical Distancing Checklist for your club• GNSW Branded Posters to use in your club
Part B: Hygiene	<ul style="list-style-type: none">• Gymnastics NSW's plan for clubs• General and Gymnastics Specific Cleaning Guidelines• GNSW Branded Posters to use in your club
Part C: If unwell, stay home	<ul style="list-style-type: none">• Gymnastics NSW's plan for clubs• Emergency Plan Template• GNSW Branded Posters to use in your club
Part D: Contact Tracing	<ul style="list-style-type: none">• Gymnastics NSW's plan for our clubs• Club visitor register template• What to do in the positive case of COVID-19
Part E: Workplace Health and Safety	<ul style="list-style-type: none">• AIS COVID Template for small clubs• AIS COVID-19 Template for medium-large clubs• AIS COVID Safety Plan• Risk Management Advice and Templates• Advice and resources for speaking with staff and families• Club and Coach Induction Templates• What to do in the positive case of COVID-19• Club posters and resources

Gymnastics Specific Information

PAGE	What you will find
Part F: Return to competition	<ul style="list-style-type: none">• How to ensure the safety of athletes and coaches• What precautions will be taken moving forward for state, regional and club events
Part G: How to plan the return to Gymnastics Classes	<ul style="list-style-type: none">• How to plan your club• How to ensure the safety of athletes and coaches• How to structure programs
Part H: Return to courses	<ul style="list-style-type: none">• What the return to face to face courses may look like

Start Here, Go Anywhere!

- How to plan, clean and structure your gymnastics office