



Gymnastics
Australia

COVID-19 Health Guidelines

National Clubs Carnival
15th September to 4th October

Version 1.0

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Introduction

There is ongoing community transmission of COVID19 in Australia as we adjust to 'living with COVID19'. Large sporting events pose a risk to transmission of COVID19, therefore Gymnastics Australia requires strict protocols to mitigate the risks of COVID19 and the potential spread. Gymnastics Australia has developed these guidelines to ensure that all involved can participate within a safer environment at all National Gymnastics events.

National and Clubs Government laws and regulations set must always prevail over the requirements and recommendations in these guidelines.

Competition Procedures

Spectators

All spectators will need to comply with the local public health and venues requirements in regard to COVID19. Anyone with respiratory symptoms should not attend the venue. Spectators are strongly encouraged to wear a face mask when inside the venue.

COVID19 Measures at the Venue

- Clubs will be asked to nominate a COVID 'manager' (these can be current coaches or team managers)
- Club COVID-managers must be available 24/7 in case a positive case is detected and prompt communication needs to be distributed
- Clubs COVID-managers must immediately inform GA (via the Events Coordinator or Event Doctor) of:
 - Any known or suspected cases of COVID19 in their group
 - Any COVID19 close contacts in their group
 - Liaise with the Event Doctor(s) or GA Chief Medical Officer as required
 - All communications will be to COVID-managers and it is their responsibility to pass all information onto their teams, including Club Management
- Denial of entry - GA and the medical team for COVID19 can reject entrance to the venue to anyone who poses a risk of COVID19 transmission. When declining entry to anyone, GA must pay attention to the human rights of the person and give a clear explanation based on facts

Illness and Symptoms Reporting

The symptoms of COVID19 can be mild and difficult to distinguish from a 'common cold'. The most important way to prevent the spread of infection is for those with any respiratory symptoms, even if mild, to isolate and get tested for COVID19 as soon as symptoms develop.

Respiratory symptoms that could indicate COVID19 include:

- fever or chills
- cough
- sore throat

- shortness of breath or difficulty breathing
- new loss of smell or taste
- runny or blocked nose

Anyone with respiratory symptoms should isolate and be tested for COVID19 as per local public health requirements. PCR testing is more accurate than RAT preferred if possible, and local PCR testing centres can be found [here](#). Anyone with respiratory symptoms should follow the [local public health](#) requirements and isolate until you return a negative result. Anyone who tests positive must isolate as per the [local public health](#) requirements, and inform Gymnastics Australia immediately given the potential risk of exposure to others.

Those who have tested negative to COVID19 but still have respiratory symptoms, should still remain away from the competition venue until their symptoms resolve. Those awaiting COVID19 test results will not be permitted to compete or attend the competition venue.

Medical advice may be available from the GA National Clubs Carnival Event Doctor, who can be contacted while at the venue.

COVID19 Positive Cases

- Anyone who tests positive must isolate as per the [local public health](#) requirements, and therefore would be unavailable to compete while in isolation
- Club's COVID-manager must immediately inform GA of a positive case
- Club's COVID-manager must provide a written record of all the 'contacts' in their group of the positive case, and the nature of the contact (i.e. if they are close contact based on [Queensland Health definitions](#))
- The Event Doctor(s) or GA Chief Medical Officer will be able to provide advice in the event of a positive case of COVID19
- In addition to completing the mandatory (7 day currently) isolation period, anyone who tests positive to COVID19 must also return a negative RAT result prior to returning to the competition venue. For example, athletes/staff should perform a RAT on day 7 or 8 after testing positive to COVID19 and only return to the venue if they return a negative RAT. If they return a positive RAT they should stay away from the competition venue and retest again the following day

COVID19 Contacts

Anyone who becomes aware they are a COVID19 contact during or in the lead up to the event should:

- 1) Follow their local public health requirements, including being tested for COVID19 if required. The Queensland Health requirements can be found [here](#)
- 2) Inform your Club's COVID-manager immediately. Club COVID-managers must then inform Gymnastics Australia who will provide further guidance on any additional requirements, after discussion with the event doctor
- 3) Club COVID-managers are responsible for reviewing the local public health guidelines and organising any required testing
- 4) COVID19 close contacts must follow additional restrictions on top of [Queensland Health requirements](#) in order to continue to participate in the event. These includes:

- a. An initial negative COVID19 test result prior to returning to the competition venue for all close contacts
- b. Also, all close contacts are asked to complete twice daily RAT tests (one morning, one afternoon) for 7 days after being exposed to someone with COVID19. Contacts are required to source their own RAT tests
 - i. Anyone who returns a positive test must isolate and seek further medical advice
- c. Compulsory mask wearing indoors (except when competing)
- d. Anyone who develops any respiratory symptoms, even if mild, must immediately isolate as per the above information under 'Illness and Symptom Reporting'. This applies regardless of whether they have completed a negative RAT test, as the accuracy of RAT tests is imperfect
- e. Close contacts are not permitted to eat inside communal dining facilities. They may collect food from a communal dining area (wearing a mask) and take it outside or to a private area to eat
- f. NOTE: athletes/staff that train in close proximity indoors together would be considered close contacts

Face Masks

Face masks are an effective way to reduce the transmission of COVID19. Masks should be worn in all of the following circumstances:

- By athletes when entering and exiting the competition venue, and at other times when they are not competing or training and it is practical to do so
- By coaching and support staff whenever inside the competition venue
- By judges, volunteers, GA staff and contractors whenever inside the competition venue (unless in a private office/space)
- Masks can be removed when exercising, eating or drinking

Children under 12 do not have to but are encouraged to wear a mask. You don't have to wear a face mask if you are a person who has a physical or mental health condition which makes wearing one unsuitable.

Medal Ceremonies

Medal ceremonies will take place throughout the event with the following changes:

- Each Gymsport will have a separate ceremony to limit the number of athletes on the Field of Play
- Only medallists will be allowed on the Field of Play for the ceremony
- Athlete will be required to walk directly to the dais – no hugging, hand shaking or high-fiving of other medal winners will be permitted

Catering

All meals that are to be served at the competition venue in line with the Queensland guidelines. All individuals will be encouraged to take their meal outside, weather pending.

Judging Panels

Where possible, judging panels will be spaced out increasing the space between each judge. Hand sanitizer will be available on each table. Judge keypads and tablets will be cleaned at the end of each session.

Masks should be worn whenever inside the competition venue in line with what is described under the section 'Face Masks'. Masks can be removed when eating or drinking.

Competition, Training and Warm Up

- Social distancing will be maintained during marshalling and in the warmup hall
- All seats would be wiped down between sessions
- Surfaces will be cleaned between each competition session
- Most competition administration will be electronically via JotForm, Team app or the website to reduce the handling of paperwork
- Clubs will be allocated a place to store belongings in the warm up hall

Equipment Cleaning

The venue will be fogged using an appropriate substance that will kill viruses for up to a month. This fogging will take place on the equipment bump in days.

Equipment cleaning (vinyl surfaces) will take place after each competition session with a deep clean taking place at the end of each day. Volunteers will assist with equipment deep cleaning after each day of competition.

Clubs Delegations

Clubs team officials are expected to monitor the health of their athletes throughout the event.

All accreditations will be collected from the Championship Office where there is a glass window for added protection for GA staff, Clubs team members, volunteers and the general public.

GA Staff and Contractors

A staff and contractors' roster will be kept for contact tracing purposes.

Masks should be worn whenever inside the competition venue in line with what is described under the section 'Face Masks'. Masks can be removed when exercising, eating or drinking.

Volunteers

A Health Check will be asked when volunteers arrive for every shift and a volunteer roster will be kept for contact tracing purposes.



Masks should be worn whenever inside the competition venue in line with what is described under the section 'Face Masks'. Masks can be removed when eating or drinking.