



# Let's keep each other safe.

## Physical Distance

- Athletes and coaches are required to **maintain social distance of 1m** at all times.
- **Staggered training sessions** – we have created a timetable to minimise points of congestion and enable cleaning between training area rotations (competition gym) and between sessions (GFA gym).
- Foyer areas will have **social distance markings and barriers** and upon entry athletes will be directed to a **tape mark on the floor as their temporary locker** (this will help to create social distance when changing between apparatus rotations).
- All **bathrooms will have a one in, one out policy** and be separated by programme
  - **GFA – downstairs**
  - **Competition – upstairs**
  - **Preschool / Disability - disabled toilets**
- Access to the facility will be separated:
  - **Competition + Afternoon Preschool + Adults** via the LEFT HAND SIDE doors at the main entrance.
  - **GFA + Morning Preschool + Hirers** via the RIGHT HAND SIDE doors at the main entrance
- **Open Gym** classes will run for **adults classes** only.
- **Coaches will wear masks** while spotting, or when they need to be in close contact with an athlete (e.g. when first aid needs to be administered)
- **Social distance sensitive class planning** to help keep athletes active and avoid points of congestion (e.g. drill stations, direction of activities).

## Gathering size

- The **doors between all training gyms will now be closed** during training so we can ensure each training area does not become congested, and each area of the facility stays under 100 people.
- **Parents / caregivers will not have access to the facility.** Please be visible outside the main entrance 5 minutes prior to the start and finish of your child's training session. Be sure to maintain social distance as you gather outside to collect your children.
- Our **reception will not be open.** All general enquiries should be directed to [team@tristar.org.nz](mailto:team@tristar.org.nz), and all programme enquiries to your programme coordinator.

## Cleaning and hygiene

- If an athlete or staff member is **showing flu like symptoms they must stay away** from the gym. Good Hygiene practices should be observed at all times (e.g. coughing into elbow, don't touch your face). We will screen all visitors to the facility for health before allowing entry.
- All members must **sanitise hands, remove footwear and / or sanitise feet** before entering the training gyms, between each apparatus rotation and before leaving the gym. Athletes / coaches will need to put footwear on whenever they leave the gym to go to the toilet, so we suggest wearing slides or jandals as a good option moving forward. If athletes could bring their own hand sanitiser to training that would be appreciated.
- Bring enough water for the whole training (big bottles if necessary). The **drink fountain will be unavailable.**
- **Daily facility clean** (gyms, public spaces, bathrooms).
- Coaches will **disinfect equipment** between each apparatus rotation (competition), and between each training session (GFA)
- Athletes are to **sweep up any spilled chalk** to help staff with additional cleaning duties.
- Due to cleaning challenges the **foam pit will be out of bounds** in GFA. Competition athletes will be able to land on mats in the pit (no direct entry to foam).
- **Ventilation** – we will turn on all extractor fans between sessions or every hour of longer sessions to ensure good air quality as per Worksafe guidelines.

## Risky activity

- As always athletes are grouped into classes and programmes by level of ability.
- Tri Star will have a low tolerance for behaviour that compromises the safety of other athletes or coaches.

## Additional Information

- Coaches for all junior groups **will deliver the athletes to the main entrance** at the end of training. Athletes will need to site parents outside the facility before being released.
- All programmes will return to scheduled training hours but will finish slightly earlier to facilitate drop off / pick up processes.

Please remember that everyone is affected by Covid-19, and support each other while we operate a little differently. **Stay safe. Be kind. Breathe.**