

CALISTHENICS ACT

solo & duo season
2021



COVID SAFE PROTOCOLS

Contents

PURPOSE	1
FITNESS TO ATTEND	1
VENUE & CAPACITY LIMIT MANAGEMENT.....	2
CONTRACT TRACING & PROTOCOLS FOR COVID-19 CASE.....	3
ENTERING, EXITING & MOVING AROUND COMPETITION SPACE	3
Protocols for Teams	3
Protocols for Audience Members.....	4
Protocols for Competition Officials / Volunteers.....	4
HYGIENE PROTOCOLS	4
Calisthenics ACT Competition Committee Responsibilities	4
Team / Club Responsibilities.....	5
All Attendees Responsibilities	5
NON-COMPLIANCE.....	5
IMPORTANT CONTACT DETAILS.....	6

VERSION HISTORY

Date of Effect	Version	Description
3/3/2021	0:1	1 ST Draft
14/3/2021	1:0	Final Version

PURPOSE

The purpose of this plan is to minimise the risk of exposure to, and community transmission of, COVID-19 at Calisthenics ACT competitions during the pandemic. This plan details actions to be undertaken throughout the competition, including contact tracing and response to COVID-19 infection.

The protocols are underpinned by the AIS framework's principles and evidence-based standards to reintroduce sporting activity, at all levels, whilst safeguarding athlete and community health and safety. It also aligns with the Federal Government's three-step pathway for easing restrictions (Department of the Prime Minister and Cabinet, 2020), as well as the ACT Government's easing of restrictions (ACT Government, 2020).

The protocols were developed using the following frameworks and references:

- Calisthenics ACT Framework for Resumption of Training & Competitions in a COVID-19 Environment;
- [Australian Institute of Sport Framework for Rebooting Sport in a COVID-19 Environment](#);
- [ACT Government – Canberra's Recover Plan](#);
 - [ACT Government COVID-Restrictions – Sport & Fitness Activities](#);
 - [ACT Government COVID Restrictions– COVID-19 Entertainment, live performance, arts and cultural activities](#);
- Erindale Theatre COVID-19 Safe Plan & Guidelines;
- [Australian Government: Dpt of Health – COVID-19 Infection Control Training](#);

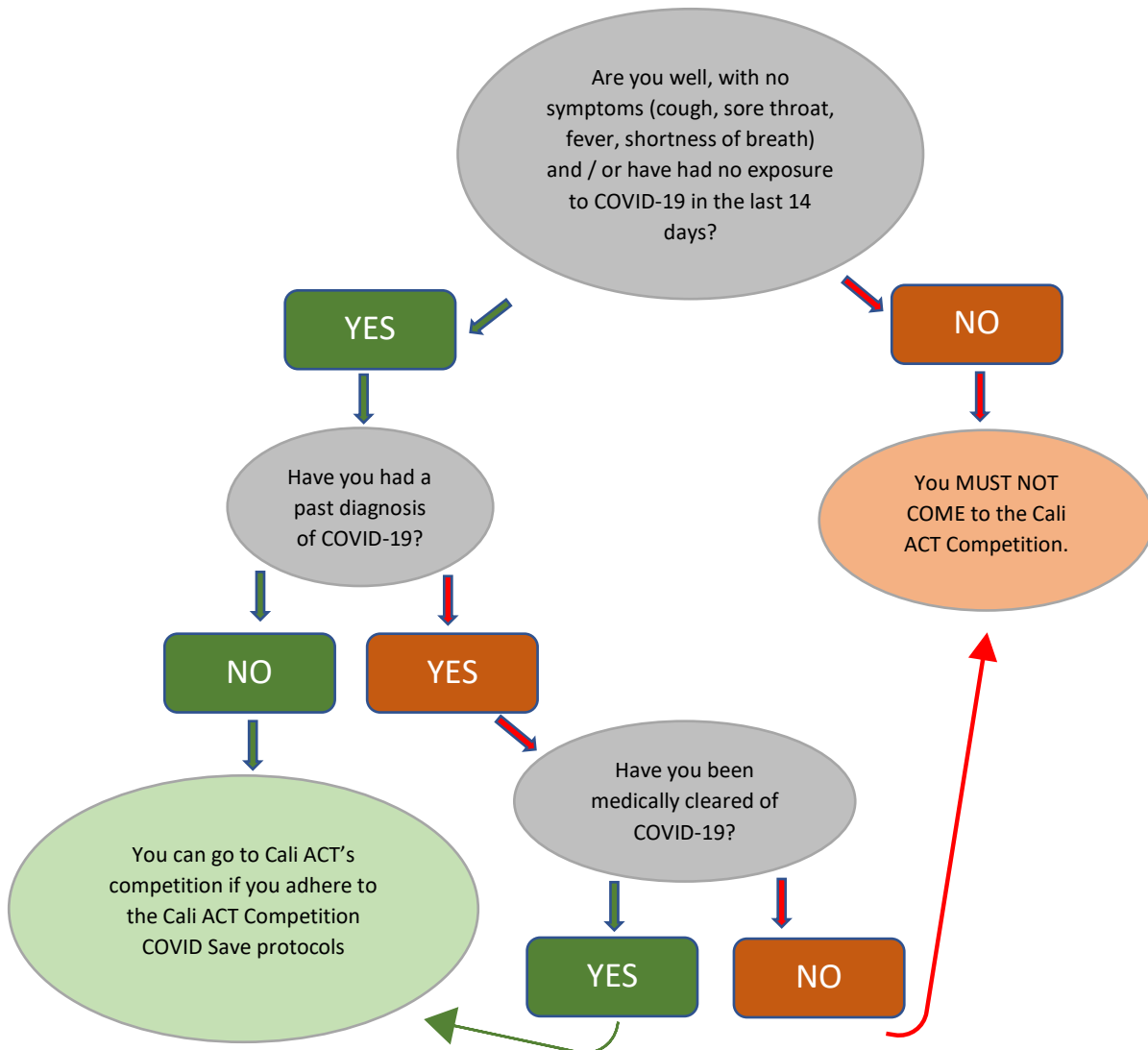
The protocols align with the "GET IN, DANCE, GET OUT" principle, and are subject to change to maintain compliance with Government rules and guidelines associated with COVID-19.

FITNESS TO ATTEND

It is important that **ALL ATTENDEES** to any Calisthenics ACT competitions are well, showing no flu-like symptoms, and NOT had contact with a known or suspected case of COVID-19 within the last 14 days.

Any attendee who is observed to be reasonably displaying any symptoms (for example persistent coughing) of COVID-19 will be asked to leave the venue. Attendees (or parents / guardians of minors) are responsible for determining their own capacity to safely attend the Cali ACT Competitions. Those who identify as vulnerable (including people 65 years and older with chronic medical conditions; people 70 years and older; people with compromised immune systems; Aboriginal and Torres Strait Islander people 50 years and older with one or more chronic medical conditions) should discuss attending the Cali ACT Competition with their doctor.

The following flow-chart provides guidance on self-assessment of Fitness to Attend the Cali ACT Competitions.



VENUE & CAPACITY LIMIT MANAGEMENT

Calisthenics ACT competitions are held at Erindale Theatre, Wanniasa ACT. Calisthenics ACT will work within the pertinent Erindale Theatre COVID-19 guidelines and Government capacity limits (as it is subject to change) – including overall physical distancing per m², as well as specific room / capacity limits applied by Erindale Theatre.

Calisthenics ACT will manage capacity limits and physical distancing through the following actions:

- Assign clubs with a dressing room / classroom space (dependent upon club's registered team numbers) for the entire competition.
- Limit the number of non-essential personnel allowed in the dressing rooms / classroom space as required
- Limit the number and movement of volunteers / officials – via a roster.
- Count audience entries – and restrict as per current COVID room capacity restrictions.
- Limit movement of audience (including parents / non-essential personnel etc) in foyer and auditorium as required. Audience members will be asked to remain in their seats as reasonable.

- Contact tracing data to be collected from all people entering competition space via the CBR App (Erindale Theatre Venue).
- Control entry and exit points throughout competition space – including auditorium.
- Fully vacate all spaces (classrooms / dressing rooms, auditorium, foyer space, warm-up areas, stage areas – not including green room) at end of session prior to beginning next section.
- Display capacity posters across the Erindale Theatre space.

CONTRACT TRACING & PROTOCOLS FOR COVID-19 CASE

All attendees – including minors (as per Government guidelines) – will be required to register / sign-in to the venue on arrival. It is an Erindale requirement of hire that a contact tracing list for all competitors, coaches, team personnel and volunteers /officials over the age of 16 be checked in to Erindale Theatre via the CBR App. Competitor's entry details will be used for contact tracing for those competitors under 16 years of age. Volunteers can assist those without a smartphone to check in via the Erindale App. Paper sign in is not permitted.

All competitors will be checked in via the Green room.

ENTERING, EXITING & MOVING AROUND COMPETITION SPACE

Protocols for Competitors

- Competitors must arrive at the competition fully prepared for competition (hair and make-up done – initial warm-up completed).
- A competition volunteer will greet all competitors for each session outside the loading dock to check them in.
- ONLY competitors for the current session and their appointed coaches (including cadets) are allowed in the allocated dressing room / classroom area. Alocated dressing rooms / class rooms will only be available for a limited time prior to each session to ensure management of numbers back stage.
- Movement around the theatre complex should be kept to a minimum. Competitors and their coach may enter the auditorium – but are asked to minimise their entry / exit from the theatre.
- Warm up is to be strictly limited to allocated dressing room / classroom area.
- When called to the stage for performance – competitors will move via the P side of the venue – to the P-side stage door. Competitors will wait outside the stage door until it is opened by the Stage Manager. Competitors and coaches are to limit physical touching of surfaces (being mindful that all teams will wait in this section of the theatre) and maintain physical distancing.
- Coaches may call lighting via the headset provided at side-stage. Antiseptic wipes and hand sanitizer will be provided to clean the headset prior to AND after use.
- At the end of their performance, competitors will exit the stage area via the OP door.

- Competitors will be presented on stage for adjudication – allowing for physical distancing. Only competitors of the session and their appointed coaches will be allowed backstage for presentation.
- At the conclusion of the session – competitors are to pack up quickly and wipe down all surfaces prior to leaving. Leaving the venue must be done via the back loading dock.
- It is the responsibility of the competitors and their coaches to leave the allocated dressing room / class room clean and sanitised ready for the next session.

Protocols for Audience Members

- All movement throughout the venue must adhere to physical distancing of 1.5 meters.
- Entry procedures will begin once the auditorium has been emptied and cleaned from the previous session – but not before 20 MINUTES prior to the commencement of the session.
- Entry via the Theatre Foyer – signage will be placed to guide audience members.
- Upon entering the competition audience members must check-in via the CBR App. In-door volunteers can help check someone in if they do not have a smartphone.
- Audience members will be asked to move straight to their seat – and remain seated for the remainder of the session.
- Movement in and out of the theatre will be limited. The theatre doors will only open EVERY 3RD ITEM. Audience members are asked to remain seated throughout the session as reasonable.
- Audience members are asked to leave at least one seat between family / household groups.
- Physical distancing must be adhered to at all times.
- There is to be no congregating in the foyer or auditorium area after a session. At the conclusion of the session audience members will leave the Erindale Theatre Complex via the Erindale Leisure Centre doors closest to the library.
- Those collecting competitors are asked to wait outside the complex – adhering to social distancing (preferably waiting in the car where possible). Competitors will leave via the back-loading dock.

Protocols for Competition Officials / Volunteers

- For their roster - volunteers / officials are to enter the green-room via back-loading dock.
- Upon entering the venue, volunteers / officials will be required to check-in via the CBR App.
- All interactions in the greenroom for officials and volunteers will adhere to physical distancing requirements.

HYGIENE PROTOCOLS

Calisthenics ACT Competition Committee Responsibilities

- Work with Erindale Theatre staff to:

- Ensure entire venue is clean and sanitized at beginning of competition day.
 - Regularly clean and sanitise stage area.
 - Ensure all toilets are cleaned regularly with soap and paper-towels checked and stocked.
 - Clean and sanitize foyer and auditorium entry / exit points before and after audience movement at start and finish of each age-section.
 - Regular cleaning of other high touch surfaces.
- Regular cleaning and sanitizing of green room, stage manager area and official tables. This includes microphones and comms equipment.
- Cleaning and sanitizing back-loading dock before and after solo movement at start and finish of each age-group.
- Provide sanitising stations at all entry and exit points of Theatre – including foyer, back-loading dock, green-room, P side stage door, stage, after leaving the stage, warm-up area (if available), and official tables.
- Limit food handling – including no canteen, food in dressing room / classrooms, or green-room catering.

Competitor / Coach Responsibilities

- All competitors (including coaches and personnel) must sanitise hands on entry. Sanitising stations will be made available backstage. Frequent hand washing is encouraged.
- Physical distancing must always be maintained – including dressing room / classroom, warm-up area (if available) and moving around the competition area.
- At the end of the session it is the responsibility of the competitors and their coaches to leave the allocated dressing room / class room clean and sanitised ready for the next session. This includes cleaning and sanitizing hard surfaces, placing all rubbish in bins provided, and ensuring all belongings are removed on leaving.

All Attendees Responsibilities

- All attendees – including audience members, officials and volunteers – must maintain physical distancing.
- Audience members must remain seated in their allocated seat throughout the session – as reasonable.
- No food or drink to be consumed in the auditorium. Water in a spill proof bottle is acceptable.
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NON-COMPLIANCE

In the event that any attendee to a Cali ACT Competitions fails to comply with these COVID Safe protocols the attendee may be asked to leave the competition and Erindale Theatre Complex.

IMPORTANT CONTACT DETAILS

Cali ACT Competition COVID Safety Officer	Kerry Sargent	0413 308 546 competitions@calisthenicsact.com.au
	Cali ACT President	Jacqui Reber president@calisthenicsact.com.au
Erindale Theatre Business & Operations Manager	Alex Clifford	(02) 614 22948 Alex.clifford@erindaletheatre Canberra.com.au
	ACT Health COVID Hotline	(02) 62880144