

North Sydney Physie and Dance COVID-19 Safety Plan

Introduction & Purpose

APDA and North Sydney Physie and Dance club are committed to the health and safety of all members, their families plus our wider community, as New South Wales and specifically Sydney, moves to ease restrictions around indoor activities and gatherings. Through this plan we aim to ensure that all members of the North Sydney Physie and Dance community are aware of their personal responsibility to comply with new requirements to ensure the safety of everyone within our club and our wider community.

Overview

This plan has been developed based on current NSW Government directives along with the following reference documents:

- <https://www.nsw.gov.au/covid-19>
- <https://www.service.nsw.gov.au/services/covid-19>
- National Principles for the resumption of sport and recreation activity
- AIS Framework for Rebooting Sport in a COVID-19 Environment
- General factsheets and information from the Australian Government Department of Health

This plan will remain flexible and will be adapted as and when restrictions are changed in a COVID environment over the short and long term.

Application / Conditions of Membership

This plan, and all conditions within it, applies to ALL people accessing our / APDA classes, events or competitions as a student, parent / guardian, spectator / visitor, contractor or employee. All conditions listed within this plan form part of our clubs and APDA's General Enrolment Terms and Conditions effective immediately. Entry to our / APDA classes, events or competitions assumes acceptance of these conditions. It is the responsibility of all parents, guardians and responsible adults involved with our club / APDA to have reviewed all aspects of this plan to ensure the safety of everyone.

Re-commencement of Classes

North Sydney Physie and Dance will at all times follow NSW Government directives regarding restrictions relating to the recommencement and on-going operation of indoor activities and gatherings. North Sydney Physie and Dance will communicate with all members regarding the commencement dates, timetables and associated fees payable based on the lifting of restrictions taking into consideration our ability to maintain a COVID safe environment at all times. It should be noted that changes may be made to our timetable to accommodate social distancing and maximum capacity requirements as directed by Government and to enable appropriate cleaning and sanitising to occur between classes. We ask for your continued support and patience as these changes are implemented.

North Sydney Physie and Dance will constantly monitor all Government and APDA directives and should tighter restrictions be re-introduced, decisions about the continued operation of classes, events and competitions will be communicated to members as soon as possible.

North Sydney Physie and Dance COVID-19 Safety Coordinators

In accordance with the Sport Australia COVID-19 Return to Sport Toolkit, North Sydney Physie and Dance has appointed COVID-19 Safety Coordinators. The coordinators are responsible for completing relevant checklists, overseeing the development, implementation and monitoring of our return to sport plan and being the point of contact for members, their families, our state and national sporting organisation and Government / public health authorities.

You can contact our COVID-19 Safety Coordinators at any time as follows:

COVID-19 Safety Coordinators: Michelle Pomfret - Direct mobile: 0403 193 026 and
Danielle Brockington – Direct Mobile: 0418 638 426

What is your role?

Dancers / Members – understand and follow our APDA in the New Environment poster. This resource has been developed specifically to explain our new requirements in a kid friendly, relatable way.

Parents / Guardians / Responsible Adults & Adult Members of APDA – understand and follow the guidelines and conditions listed within this plan at all times, before, during and after accessing our / APDA classes, events and competitions. Ensure any children under your care who are accessing our classes, events and competitions have read (or been briefed) on the requirements for them to safely access APDA using the “APDA in the New Environment” poster.

Visitors / Spectators / Contractors – confirm acceptance of the terms and conditions of entry to our facilities as presented at our entry points and enter only when approval has been granted by the Club Principal, Danielle Brockington in writing via info@northsydneyphysie.com.

APDA Teachers & Club Personnel / Committee Members - understand and follow the guidelines and conditions listed within this plan at all times, before, during and after attendance at APDA and Club classes, events and competitions.

The New Environment – Guidelines & Conditions of Entry to APDA / North Sydney Physie and Dance Classes, Events and Competitions

Your Responsibilities / How we will manage illnesses

Do not come to class, events or competitions / bring your child to class / attend our facilities if:

- You, your child or anyone in your immediate family is not well. This extends beyond any cold or flu like symptoms (respiratory, runny nose, fever, cough etc) to include gastro symptoms. Stay home and rest up.
- Anyone you have had contact with in the past 2 weeks has been diagnosed with COVID-19, even if you, your child or others in your immediate family are fully vaccinated and feeling well.

North Sydney Physie and Dance and APDA reserve the right to immediately quarantine and remove any person from our classes, events or competitions that displays any symptoms of illness or who discloses that they have had contact with a person who is ill, has been ill in the past two weeks or has been tested for or diagnosed with COVID-19.

Patrons, including dancers, who have had symptoms of any illness may return to our classes, events and competitions only when they have had 72 hours of no symptoms. For example, if your child wakes on Monday morning with a runny nose, they are required to be symptom free (i.e. no runny nose) for 72 hours before returning.

If you become aware of a member of North Sydney Physie and Dance being exposed to someone who is being tested for or diagnosed with COVID 19, you must immediately advise North Sydney Physie and Dance in writing to enable appropriate action to be taken.

Procedures for Coming to Class / Events & Competitions

These procedures apply to ALL members of North Sydney Physie and Dance and APDA, their responsible adults, siblings and when restrictions are eased, associated visitors / spectators.

- **QR Code check-in:** as per Public Health Orders, it is mandatory to check-in and out of all businesses, including NSP dance classes. Each NSP dance class location has its own QR code which will be displayed for you to scan.
- **Vaccinations:** In alliance with the current Public Health Order, APDA clubs need to adhere to the following: all members aged 16 years and over must be fully vaccinated to attend face-to-face classes unless there is a valid medical exemption. To validate this, we will need to sight your COVID-19 certificate or immunisation history statement (available through myGov and can be linked to Service NSW), or medical exemption. You can either present this to us when arriving at your first class or send a copy to info@northsydneyphysie.com. Any vaccination certificates we receive electronically will be sighted and then deleted; we will not be holding any records of vaccination certificates. Please note all NSP teachers are vaccinated.
- **Mask Wearing (12yrs +):** The current Public Health Order does NOT allow for removal of a fitted face covering as part of a dance class. Therefore, **dancers aged 12 years + are required to wear a fitted face covering at all times in class** unless they have a medical exemption under the Public Health Order. Teachers also need to wear a face mask. Dancers under age 12 may choose to wear a fitted face covering but it is not mandatory.
- Arrive at the class NO MORE than 5 minutes before your class start time and collect your dancer / move on from class promptly at the conclusion of class. Use the mantra “Get in, train, get out” to guide your participation. Specific arrival and departure plans for events and competitions will be released by APDA prior.
- Unless your child has a known medical condition / diagnosed separation anxiety, parents/ guardians / responsible adults are required to drop and go. If you wish to accompany your child to and from the hall entrance, you **will need to wear a face mask, scan our QR code and provide proof of full vaccination status**. Spectating of classes will not be permitted. Please ensure that your contact number is up to date and your mobile is on so that we can call you if necessary. Procedures for spectating at events and competitions will be determined closer to events based on Government and venue directives.
- Dancers must utilise our sanitiser on arrival, when directed by a teacher, after using the bathroom and when leaving the facility.
- Dancers must come dressed ready to train. No getting changed at the class facility / in our bathrooms / change rooms.
- Bring a labelled drink bottle.

What we will do to provide a COVID Safe Environment at North Sydney Physie and Dance

Hygiene

- Alcohol based sanitiser will be provided to all people entering our / APDA venues / events or competitions and dancers and other patrons may be directed to use sanitiser before, during and after classes, events or competitions.

Social / Physical Distancing

- We will maintain the required ratio of 1 person per 4 square metres, at all times, for classes. Other events and competitions will consider the directives of the venue.
- Where possible, dancers must remain 1.5 metres away from each other when waiting for class, during class and after class.
- No physical contact is permitted between fellow dancers or teachers including hugs, high fives etc.
- If a member child suffers from a known medical condition that may require your support (e.g. Diabetes, anaphylaxis) or has been diagnosed with a behavioural condition (such as anxiety) that requires a responsible adult to be present, this must be communicated to North Sydney Physie and



Dance and APDA in writing **PRIOR** to attendance at classes, events or competitions. This will enable us to manage numbers appropriately and access for you and your child.

Cleaning Protocols

- North Sydney Physie and Dance and APDA will follow guidelines released by the relevant NSW regarding cleaning and hygiene standards to minimise the risk of a COVID-19 outbreak within facilities we use for classes, events and competitions.
- These protocols and guidelines will be implemented before, during and after classes, events and competitions with on-going cleaning and disinfecting being undertaken of frequently touched surfaces in line with relevant guidelines.

Contact Tracing

- APDA and North Sydney Physie and Dance strongly encourages all members and families involved with APDA Physie and Dance to download and activate the COVID Safe app.
- North Sydney Physie and Dance will maintain accurate attendance records for all classes to ensure accuracy in the event of contract tracing being required, in addition to the use of QR Code check-ins.

Incident Management

In the event of a COVID-19 positive result within North Sydney Physie and Dance (either a dancer, teacher or another person who has been in contact / attended our classes, events or competitions), APDA and North Sydney Physie and Dance will follow all protocols required by Government to perform contact tracing and cleaning / sanitisation immediately.