



COVID-19 Health and Safety Policy – protection framework guidance

The purpose of this plan is to ensure:

- That MIGS effectively implements COVID-19 controls, and
- The Health and Safety of staff, members, and community is not put at risk from altered arrangements made within the gym, and
- MIGS employees will comply with all Health and Safety legislation regarding COVID-19 and will ensure that the centre is safe for staff, members, and visitors.

Health and Safety is everyone's business, and everyone is expected to share in our commitment to adhere to all Ministry of Health and NZ Government guidelines.

We must do this to:

- Keep our staff, athletes, and community safe, and
- Reduce the chances of COVID-19, and
- Ensure MIGS can continue to operate without the possibility of another lockdown period being required.

As COVID-19 is a pandemic and a continually evolving and changing situation, this plan will be reviewed and updated regularly and as necessary to align with changes as instructed by the Ministry of Health, NZ Government, Gymnastics New Zealand and Sport NZ.

COVID-19 Protection Framework

Under the new COVID-19 Protection Framework, sport, active recreation and play can take place with restrictions implemented geographically to protect at-risk people and minimise the risk of community transmission. The setting will depend on where you are in New Zealand. MIGS will have to change the way we operate under the various settings and our guidance for the decisions on how we operate under each setting is set by Gymnastics NZ in conjunction with Sport New Zealand and is below. In RED and ORANGE settings MIGS is able to run both vaccine passport required sessions and non-vaccine passport required sessions provided that sequential cohorts are managed so that no intermingling of groups occurs, and rooms are ventilated and high-touch surfaces cleaned between cohorts. MIGS will display what session is operating at the main doors of the gym. Adequate time will be allowed for when switching between vaccine required and non-vaccine required sessions in order to clean between groups. The public health advice supports allowing switching between vaccinated and unvaccinated settings.

When participating in Sport and Recreation in RED we are required to follow the gatherings guidelines –

Gatherings limits at Red



Where **vaccine passes** are checked

- If you check vaccine passes at a gathering, then the capacity limit is determined by the size of the facility (based on the facility being large enough to allow 1m² of space per person). You can have a maximum of 100 people
- The capacity limits include children under 12. Children under the age of 12 who cannot be vaccinated are treated as if they have a vaccine pass
- The capacity limits excludes workers
- At the gathering, attendees including spectators do not have to physically distance but need to stay 2 metres away from other gatherings at all times
- Checking of vaccine passes is required as best as reasonably practicable in all settings

Where **no vaccine passes** checked

- If you do not check vaccine passes at a gathering, then the capacity limit is determined by the size of the facility based on the facility being large enough to allow 1m² of space per person. You can have a maximum of 25 people.
- This capacity limit includes children. Children under the age of 12 who cannot be vaccinated are treated as if they have a vaccine pass.
- The capacity limit excludes workers
- At the gathering, attendees including spectators do not have to physically distance but need to stay 2 metres away from other gatherings at all times

When participating in Sport and Recreation in **ORANGE** we are required to follow the gatherings guidelines –

Gatherings limits at Orange

Where **vaccine passes** are checked

- If you use vaccine passes there are no limits on the number of people that can attend.
- Checking of vaccine passes is required as best as reasonably practicable in all settings

Where **no vaccine passes** checked

- If you do not check vaccine passes at a gathering, then the capacity limit is determined by the size of the facility allowing for 1m² of space per person. You can have a maximum of 50 people.
- This capacity limit includes children. Children under the age of 12 who cannot be vaccinated are treated as if they have a vaccine pass
- This capacity limit excludes workers
- At the gathering, attendees including spectators do not have to physically distance but need to stay 2 metres away from other gatherings at all times

When participating in Sport and Recreation in **GREEN** we are required to follow the gatherings guidelines –

Gatherings limits at Green

Where **vaccine passes** are checked

- If vaccine passes are checked, then there are no limits to how many people can attend
- Checking of vaccine passes is required as best as reasonably practicable in all settings

Where **no vaccine passes** checked

- If vaccine passes are not checked, or not everyone you are with is vaccinated, then the capacity limit is determined by the size of the facility. You can have a maximum of 100 people
- This capacity limit includes children. Children under the age of 12 who cannot be vaccinated are treated as if they have a vaccine pass
- This capacity limit excludes workers
- At the gathering, attendees including spectators do not have to physically distance but need to stay 2 metres away from other gatherings at all times

Our Responsibilities

During an outbreak of COVID-19 in the community, MIGS has a responsibility to minimize the risk to staff, athletes, members/community. We will do this by:

Responsibility to staff

- With support from management, staff will undertake administration duties from home to limit the time they are in the gym.
- MIGS acknowledges the importance of vaccinations and will support staff by allowing time during work hours to attend vaccination appointments.
- Classes will be restructured to allow staff physical distancing from each other as well as athletes.
- Staff who are sick will not come to work and may be directed by management to seek advice from the dedicated COVID-19 Healthline on 0800 358 5453
- High contact points, door handles, light switches, front desk, EFTPOS machine, equipment etc. will be regularly disinfected and sanitized. Hand sanitizer will be available for the staff to use, and staff will be reminded to regularly wash and dry or sanitize their hands.
- Management acknowledges the mental and emotional well being of staff and the challenges that they may have in their personal lives. Staff will be supported to seek counselling if they feel it appropriate.
- Management acknowledges there may be a decrease in the physical fitness of staff if time off work is required and supports staff to reduce training hours and content to minimize the risk of injury.
- Staff will continue to make health and safety a key part of their job
- Staff will not be expected to tolerate any behavior that may present a health and safety risk to either themselves or others in the gym. Staff will have the support of management to implement the child behavior policy.

Responsibility to athletes

- Only athletes participating in a scheduled class will be in the gym. Parents/spectators will be asked to drop off and collect children rather than stay and watch. A staff member will greet the children at the front entrance as well as ensure they get collected at the end of the class.
- Classes and training will be restructured to allow athletes physical distancing from each other as well as coaches where required.
- Athletes who are sick will not be allowed to participate in class and may be directed by management to seek advice from the dedicated COVID-19 Healthline on 0800 358 5453
- High contact points, door handles, light switches, front desk, eftpos machine, equipment etc. will be regularly disinfected and sanitized. Hand sanitizer will be available for the athletes to use upon arrival and departure.
- The class rolls will be checked off at the start of each class to allow for contact tracing.
- Coaches will acknowledge the possible decrease of athlete's fitness when resuming training after a lockdown or period of time off training and will adjust training hours and content to minimize the risk of injury.
- Coaches will be mindful of the mental and emotional wellbeing of athletes and will support the athletes during the resuming of training. Staff will communicate any concerns to parents/guardians confidentially.

Responsibility to our members and our community

- Only athletes participating in a scheduled class will be in the gym. Spectators will be asked to leave the gym.
- The gym will be closed when scheduled classes are not running.
- On the occasion visitors must enter the gym they will sign in via the QR code or contact tracing register and wear a mask.
- High contact points, door handles, light switches, front desk, eftpos machine, equipment etc. will be regularly disinfected and sanitized. Visitors will be required to use hand sanitizer upon arrival and departure of the gym.
- Members and our community will be communicated of any changes to classes, schedules, or operation of MIGS via email, Facebook page or website.

Exposure or suspected exposure to COVID-19

If MIGS is made aware that someone who has visited the facility is confirmed or suspected of having COVID-19, MIGS will contact Healthline's dedicated COVID-19 Healthline on 0800 358 5453. Health authorities will then decide whether to contact anyone else linked to the suspected or confirmed case.

If the Ministry of Health or Public Health Unit as part of their contact tracing processes identifies that an individual has been confirmed or has a probable case of COVID-19, the Ministry of Health will determine where that person has been and will contact businesses etc. that the person has spent time at leading up to their diagnosis. If contacted by the Ministry of Health or a District Health Board, or if MIGS contacts Healthline, MIGS will ask:

- Who in MIGS should be notified?
- Does the club need to close immediately and for how long should we remain closed after cleaning?
- Where to send the contact tracing information

If notified that someone with a confirmed or suspected case of COVID-19 has been at MIGS we will clean the facility as per the Ministry of Health guidelines - this includes, but is not limited to:

- Wear PPE- gloves, masks, eyewear
- Use disinfectant to clean all high contact surfaces
- Remove all towels to be washed in a hot wash
- Clean all kitchen appliances inside and out, clean all cutlery and glass wear
- Clean all high touch surfaces, all bathroom fixtures
- Vacuum and wet mop all floors
- Clean all gym equipment