



Updated KSOTB COVID-19 Safety Guidelines

Before attending Pittwater Sports Centre to take part in Kids Sports on the Beaches programs, please make sure to familiarise yourself with the below safety guidelines.

1. If you have any signs or symptoms of illness, please do not attend the premises until 24 hours after you no longer have signs and symptoms.
2. If you have any concerns about the safety of your family members in attending the premises, we respect that it is your decision as to whether you attend or not. We will do everything we can to maintain a safe and hygienic environment within the gym however we cannot guarantee everyone's well-being.
3. For up to date COVID-19 regulations from NSW Health, please use the following link: <https://www.nsw.gov.au/covid-19/stay-safe/rules/people-in-nsw>

PSC and KSOTB COVID Policies and Procedures

1. Pittwater Sports Centre COVID-19 Protocols

- We ask that visitors who are feeling ill, or are displaying any cold and flu like symptoms, to avoid stepping onto the Pittwater Sports Centre premises. Please ensure you notify the administration team prior to your child's class. We do recommend that they complete a rapid antigen test, just to be safe.
- Social distancing of 1.5m is recommended whilst in the general areas of the premises. No distance limits apply whilst participating in exercise or recreation.
- All visitors to Pittwater Sports Centre will be always required to practice a high standard of personal hygiene. This includes hand sanitising before entering and exiting the premises.
- We ask that you please avoid any crowding, gathering, or spending any unnecessary time on premises (including the PSC carpark). We need to maintain a steady flow of visitors when you arrive for drop off and pick-ups and cannot have any visitors lingering on premises.
- Any individual who is unable to fulfil the above PSC COVID-19 Protocols will be asked to leave the premises with all their dependants such as children wanting to participate in gymnastics classes also being asked to leave and will not be permitted to enter PSC and attend any of the services available.

2. Kids Sports on the Beaches COVID-19 Protocols

- No distance limits apply whilst participating in exercise or recreation.
- Students are to bring their own labelled drink bottle to gymnastics classes and sharing of food or drink items is not recommended whilst at gymnastics.



3. KSOTB Coaching Staff

- We ask that no staff member is to come onto Pittwater Sports Centre premises if they are feeling ill or are displaying any cold and flu symptoms.
- All the Pittwater Sports Centre and Kids Sports on the Beaches COVID-19 protocols listed in sections 1 and 2, apply to staff members.

4. Parents/Guardians

- No animals are permitted on site at any time.
- If you have any queries regarding your fees, bookings, or enrolments, please contact the office on (02 9913 7421) or admin@kidssportsonthebeaches.com.au
- Please be aware if you have any concerns for site safety, please put it in writing to admin@kidssportsonthebeaches.com.au
- All the Pittwater Sports Centre and Kids Sports on the Beaches COVID-19 protocols listed in sections 1 and 2, apply to parents/guardians.

5. Gymnasts

- Gymnasts **must wear enclosed shoes to and from every on-site Gymnastics training class.**
- Every child is required to **bring their own well-labelled drink bottle** to Gymnastics. They are not to share this drink bottle or any food items with any other visitor at any time.
- When it comes to using personal training equipment (for those whose coach has requested them have these items only), please ensure your child has their own:
 - Loops and Gloves (loops can be purchased online from either GKD Gymnastics or AMCO Gymnastics and Gloves can be purchased at shops such as Woolworths, Kmart, Big W, Rebel Sports etc.)
 - Grips and Wrist Bands (Grips and Wristbands are required for all competitive gymnasts from Level 4-10. These can be purchased online from either GKD Gymnastics or AMCO Gymnastics).
 - Please ensure you have your own small supply of hair ties, pins, clips etc. so that your hair is tied up out of your face for every Gymnastics class. You are not to share any of these items with other athletes outside of your own family.
 - Ensure that if you need to use deodorant whilst participating in Gymnastics classes that you have your own supply and do not share with others.
- All the Pittwater Sports Centre and Kids Sports on the Beaches COVID-19 protocols listed in sections 1 and 2, apply to gymnasts.



If a KSOTB staff member is unable to attend the facility due to displaying cold and flu symptoms, or returning a positive COVID-19 test, they will not be permitted to attend the premises or conduct any face-to-face KSOTB services. In these situations, KSOTB will follow our company procedures to try to provide a replacement staff member who is in a physically healthy condition, but also of the same level of qualifications and experience to provide that service. In the situation that this is not a possibility, KSOTB has absolute discretion without claim, to cancel/re-schedule any of its programs/services to uphold its responsibility when it comes to the duty of care of its customers.

We thank you for bringing your child to participate in our KSOTB Gymnastics programs and for helping us to ensure that all above protocols are followed. We are so excited to be back in the gym and hope to get back to our normal processes and protocols soon. We know that some of these processes are not the most convenient, but we really appreciate all your support during this time!