

SMALL GROUP TRAINING HYGIENE PROTOCOL

5 POINT CHECKLIST

This guide has been established to support instructors' teams Returning to Indoor Training under the current State Government COVID-19 restrictions. The Business and Team have an obligation to strictly adhere to these protocols at every session.

SMALL GROUP INDOOR TRAINING CAN RESUME IF THE FOLLOWING PROTOCOLS ARE IN PLACE:



GROUPS OF NO MORE THAN 8 (Small Group Training Principle)

The business can undertake sessions in groups no larger than 8 people. We strongly believe in the benefits of small group training.



1.5M SOCIAL DISTANCING

The business has advised its participants, coaches and parents that all sessions must strictly observe social distancing requirements of 1.5m and adhere to the requirement of no more than 1 participant per 4sqm.



HYGIENE PROTOCOLS ARE IN PLACE

The business has implemented hygiene protocols. All patrons entering the building must sanitise and disinfect their hands.



A REGISTER OF PARTICIPANTS

The business has implemented a log, or register, to keep a track of which participants are in attendance at all sessions, and this is available upon request by the health authorities.



ONLINE EDUCATION COMPLETED

All Staff must complete the online COVID-19 infection control training prior to commencing training.



In Balance Fitness strongly recommends that instructors and participants utilise the COVIDSAFE App to assist with tracking the virus.

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INSTRUCTOR RESPONSIBILITIES

1. Alcohol based hand sanitisers must be available for all training sessions, with participants encouraged to use prior, during and following session.
2. Minimal use of equipment and minimal sharing of equipment is advised. It is important to clean and disinfect these items following each session (antibacterial wipes). Any equipment used must be cleaned immediately after each session and during if required.
3. All sessions must strictly observe social distancing requirements of 1.5m and adhere to the requirement of no more than 1 participant per 4sqm.
4. Attendance must be taken (hard copy roll will be provided) and screening questions asked.

PARTICIPANT RESPONSIBILITIES

1. There is strictly to be no sharing of water bottles or towels, and it is important to clean and disinfect these items following each session. Where able please bring own mats, towels, Pilates socks, blankets and water bottles.
2. Avoid high fives, handshakes or other physical contact.
3. If you, or people you have been in contact with are sick, please DO NOT attend the session and inform In Balance Fitness.
4. Please arrive 5 mins before the class is due to start, no earlier. Avoid congregating in the waiting area, head straight to the class area. Exit exercise room via the back door.

GENERAL HYGIENE PRACTICES

1. Wash your hands often with soap and water for at least 20 seconds - If soap and water are not available, use an alcohol-based hand sanitiser.
2. Avoid touching your eyes, nose and mouth.
3. Avoid close contact with people who are sick.
4. Stay home and seek medical treatment when you are sick.
5. Cover your mouth to cough or sneeze.