



Gym (Weights Area) Procedures during the COVID-19 Pandemic

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Use of the gym is considered to be a high-risk activity because of the high volume of expired air with exercise in an enclosed, poorly ventilated area. Small aerosol droplets remain suspended in the air for an extended period of time.

The use of any fans (overhead, free-standing or equipment) increases the movement of droplets throughout the area.

External ventilation by means of open windows and doors is recommended.

Because of the high risk, users of the gym are required to allow 8m² per person. CBRC limits use of the gym weights area to 5 persons maximum (Coach/Supervisor plus 4). Users must maximise physical distancing between each other, keeping at least 1.5m apart wherever possible.

1. Participation Requirements

- 1.1 Do not attend the gym if you have symptoms of COVID-19, are awaiting the result of a COVID test or are at all unwell. Seek medical attention/testing.
- 1.2 Notify the Club President if you receive a positive test to COVID-19.
- 1.3 Continue to practice physical distancing:
 - minimise unnecessary contact with others, keeping at least 1.5m apart
 - masks must be worn in the gym whenever not actually exercising. “Spotters”, coaches or supervisors must wear a mask
 - avoid physical greetings – handshakes etc.
- 1.4 Practice good personal hygiene: hand washing, cough etiquette, avoid touching face and non-essential surfaces.
- 1.5 Bring with you a hand-towel and another towel to use to lie on benches and the like.
- 1.6 It is recommended that you download and run the COVID Safe app.

- 1.7 Book a place in the available Gym Sessions via the Club Booking System (*See Section 3*)
- 1.8 Note that density limits apply in the gym, changerooms and ergo areas.

2. Gym Sessions

- 2.1 Fans are not to be used. Open windows for ventilation.
- 2.2 Participants are required to arrive and leave the gym promptly. Extended conversations are to take part outside the boatshed and away from other members.
- 2.3 Available session times will be of 2 hours. Session times will be 6:00-8:00am, 12:00-2:00pm and 5:00-7:00pm daily, allowing time for air movement to settle between sessions. There are to be no other sessions at other times.
- 2.4 A maximum of 5 individuals (Coach/supervisor plus 4 others) may be in and around the environs of the gym at any time – all are required to book an access pass via Sports Noticeboard.
- 2.5 Members are to arrive in training gear with water bottle, two towels and minimal other personal items. One towel is to be used as a hand towel, and the other for use on benches, fit-balls and similar items, wherever you sit or lie. Bags are to be left in cars.
- 2.6 Items of equipment are to be cleaned after each use. See Section 6.2 for details of cleaning procedure.

Junior Members: Additional Information

- 2.7 Refer to Clause 2.6 “Supervision of Junior Members” in the Club’s bylaws, which continue to apply to junior members:

Around the boatshed and Club rooms: Junior members are not to be present in or around the boatshed without the presence of a responsible parent, guardian or other senior Club member (who must possess a current Working with Children card) in the boatshed area. Further, this provision means that junior members are not to be left unsupervised after their rowing sessions, awaiting transport home. If the person responsible for the junior member cannot wait for the member’s parent or guardian, then responsibility for the junior member must be passed to another person who will.

In the context of the above paragraph:

- a *responsible* adult, parent, guardian or other Senior Club member means a person who has assumed responsibility for the junior member, **and** who the junior member knows has that responsibility;
- *active supervision* means that the junior member being supervised must be within line of sight and/or earshot of the supervisor.

3. Access to the Boatshed and Club

The current situation requires significant changes to access to and exit from the club.

3.1 Entry to Boatshed Front (Glass) Door

- Members participating in a scheduled gym session may enter the Club through the glass door on the East wall of the boatshed, or through the boatshed roller doors if open
- Hands must be washed on entry and before entering the gym

3.2 Upstairs

- Access to the toilets requires your hands to be cleaned prior to entry and exit
- Members may access the change rooms if required. Toilets within the changerooms are not to be used. No towels or other personal items are to be left in the changerooms.
- There is no access to the kitchen.

3.3 Exit

- Gym participants should exit the club through the glass door.
- The last person to leave the gym uses their chux cloth with isopropyl alcohol to wipe light switches that have been used, and, if the last person to leave the boatshed, the alarm pad and exit door handles (inside and out). Dispose of the wipe in the CCMA bin.

4. Coaching

Coaches are required to book a gym access pass for the session and are required to follow all hygiene procedures.

5. Cleaning Materials

Appropriate cleaning materials will be made available by the Club where and when required.

Hands – hands are to be washed with soap and water and your own hand towel used to dry hands (Note: residue left from hand sanitiser use may make hands slippery and cause problems with weights and equipment).

Weights, bars, equipment handles and levers – 70% isopropyl alcohol in spray bottles and a chux cloth.

Light switches, alarm keypad, door handles – chux cloth with 70% isopropyl alcohol – dispose of in CCMA bin.

6. Cleaning Procedures

6.1 Hands

- wash and dry hands on arrival, after 1 hour of activity, and at the completion of the session immediately before leaving the building.

6.2 Weights and Equipment

- Collect a new square of chux cloth and a spray bottle of 70% isopropyl alcohol, which is to be used on all the equipment you touch.
- Each person is to carry their own bottle of alcohol and chux cloth to use throughout their session.
- When you have finished using a piece of equipment, spray the chux cloth with alcohol. The cloth should be very moist, but not dripping.
- Wipe down all bars, handles, levers and the edges of weights where you have handled them. Where weightbelts are used, spray both ends with the isopropyl alcohol spray, and leave damp.

- The area of the bench pull bench where your face lies is to be wiped down with alcohol after you have used it; elsewhere on this and other benches the towel you are using to lie on will be sufficient.
- To minimise the requirement for cleaning, it is recommended that you use one item completely before moving on to another item of equipment.
- At the end of the session use the chux cloth to wipe down the spray bottle and dispose of the used cloth in the bin.