



SIMPLY FITNESS COVID-19 SAFE PLAN

Introduction

In accordance with the gradual easing of restrictions related to the COVID-19 pandemic in Australia, the government has provided recommendations for a staged return to fitness and leisure activities over the following months.

The purpose of this document is to provide guidance, in accordance with recommendations from Fitness Australia, on requirements for their staff and clients to support a COVIDSAFE workplace.

The framework, provided by Fitness Australia, aligns with public health and Safe Work Australia recommendations for workplaces. It has been developed through consultation with industry nationally and internationally (IHRSA, UK Active and Exercise New Zealand). Further to this, Fitness Australia has also utilised resources from both national and international standards of practice. The framework has also been endorsed by Industry leaders across the sector and Occupational and Environmental Physician Dr Andrea James MBBS, FAFOE (RACP) FRACGP GDOEH.

This guidance document will be reviewed and updated regularly in accordance with public health and government legislation which takes precedent.

Key Recommendations

Over the coming months, organisations have an important role in reducing the rate of transmission of COVID-19 in the workplace and community.

The key recommendations by public health authorities to control the transmission of the virus are:

- 1. Physical distancing**
- 2. Practice good hand hygiene, clean and disinfect your environment**
- 3. Stay at home if you are unwell and display any symptoms of the virus**
- 4. Contact tracing**

This document outlines specifically how Simply Fitness Southern Highlands has reacted and implemented these guidelines



1. Physical Distancing

A. In accordance with public health directives it is recommended that we minimise the number of people in an indoor space to one person per four square meters of floor space. This will allow all clients to maintain a 1.5m from any other person.

At Simply, the Black covered training area is 55m². This permits 13 people including me. However we are limiting classes to 10 clients plus me. This is separate to what Runners Boutique can have as this is classed as separate area.

B. To ensure we have the correct number of people in each class you will need to book in for the class, ideally through Glofox. Please note, some classes are limited to 8 (TRX based classes) and some 6 (Pilates Stick). You will then also need to cancel if you cannot make it otherwise a session will be taken from 10 packs or a \$10 no show charge will be levied.

C. The timetable has been adjusted to allow for 15 min between classes and PT sessions. This is to allow ease of access and exit from your session and also, prevent congregating in the shop or outside the premises. As outlined earlier, the shop will have its own customer number limits.

D. There will be a combination of mat placement, standing dots and marks on the barre to identify where clients should be during their exercise session.

E. The TRX units are already placed 2.5m apart and give a standing distance of 2m apart.

F. We will suspend, until otherwise directed, circuit based classes. Rather, clients will remain in situ and preform the exercises with a limited range of equipment that will then be thoroughly cleaned before the session closes.

G. Boxing is also, until otherwise directed, suspended as it requires close contact. It will be replaced with a boxing based cardio workout using sand weighted, inflatable targets and weights/ body weight.

H. For a number of classes we are operating them as 'hybrid classes'. In other words, they will available in the studio and a virtual class at the same time. Other classes will be virtual only.

I. Pigeon holes are still available for belongings or you may keep them close to your spot if you prefer.

J. Due to the limited numbers we won't be able to have kids in the studio for the next little while unless it's a PT session.





2. Hygiene – Cleaning And Disinfecting

Personal hand hygiene, cleaning and disinfecting is a public health recommendation to minimise the transmission of the virus. The virus can be transmitted from the environment to people when they touch infected items and then touch their mouth, nose and eyes.

Frequent washing of hands with soap and water or an alcohol-based hand sanitizer, regular cleaning and disinfecting of surfaces and items will reduce transmission.

In general, Simply Fitness has a regular clientele of less than 100 people. This means it is easy to control the environment and its cleaning. No one goes off and does their own workout where the complete onus is on that person to clean down everything between workout stations, not just at the end of a session. We aren't that sort of gym. Where required you will be issued with the equipment for that session and that's it. You won't be wondering around the studio getting other bits throughout your workout. There is a maximum of 10 of you and 1 of me...a pretty good ratio.

- A.** Hand sanitizer is available at the entrance to the shop and then again, the studio and you will be required to use it prior to your workout. If you have your own, all good, bring it with you.
- B.** It is also in the office, in the toilet and other bottles around the studio for your convenience.
- C.** We have acquired hospital grade disinfectant. This will be used for all mats, equipment, Barre's, handles, surfaces, floors etc.
- D.** Disposable disinfectant wipes are available too.
- E.** A Daily Cleaning roster will be available and visible.
- F.** You will be responsible for cleaning the mat and equipment that you used. As lovely as it is, no more cleaning of other peoples mats etc.
- G.** If you wish to bring your own mat, equipment etc please feel free to do so.
- H.** It is now a requirement to wear socks or Pilates socks in Barre and Pilates Stick. With TRX sneakers are still fine. Please use socks/ sneakers though with any foot - in- strap exercises. No bare feet.
- I.** We don't tend to have massive sweat based classes but if you tend to get a 'glow on' best bring a towel.
- J.** As mentioned previously, we have 15 mins between sessions to allow for cleaning
- K.** Please put all used wipes straight into the bin.
- L.** If preferred disposable gloves are available for cleaning
- M.** The communal toys will no longer be available



3. Stay At Home If Unwell

Public health authorities advise all people to stay at home if they are unwell or display any symptoms of COVID-19 infection. People are advised to seek medical advice and testing for COVID-19 if they suspect they have the infection.

- A.** So, if the above applies please don't come in. We will have an on demand library of workouts for you to use via Glofox and some of the classes will be available virtually through Zoom. Please use one of these or even better, rest up!
- B.** Even if you know it's just hay fever or allergies, please still refer to point A. Let's not incite fear and make your fellow exercise buddies uncomfortable.
- C.** Even worse, I don't want to be in that awful situation of asking you to leave. Ickky.
- D.** If someone in your household/ been in close contact with someone who has been infected with COVID-19 , please observe points A, B and C.
- E.** If someone does contract COVID-19 the following steps will be implemented:
 - i. The studio will be closed for a deep clean
 - ii. All clients who have attended a class with the said person will be notified – see section Contact Tracing.
- F.** Likewise, if I find myself in the above position then the above steps apply to me as well. Classes will be virtual until I am able to resume.



4. Contact Tracing

A key component of managing the COVID-19 pandemic and reducing transmission of infection o the community, is rapid and effective contact tracing. Contact tracing is undertaken by public health authorities.

To support this, we are...

- A.** As a fitness centre we need to maintain a Register of Attendance. We will achieve this through clients booking into a class and I will mark off attendance. There is no need to communal sign in hub (for hygiene reasons and to avoid again, congestion around the device
- B.** Have a system in place for providing government authorities member access logs for the purposes of contact tracing with confirmed or suspected cases of COVID-19 only. This data will not be used for any other purpose.
- C.** Simply Fitness fully endorses the COVID Safe app.