



EVOLVE ALL STARS RETURN TO CHEER GUIDELINES UPDATED OCTOBER 2020

The following guidelines have been put in place to keep everyone at Evolve healthy and safe. These guidelines have been developed from the Australian Cheer Sport Alliance's (ACSA) Framework (approved by VicSport), the Australian Institute of Sport (AIS) Framework, the Department of Health and [Victoria's roadmap: Community Sport and Recreation](#).

While everyone at Evolve is responsible for keeping our gym healthy, Ascha is the designated COVID-19 Safety Coordinator. If you have any queries please do not hesitate to get in touch via info@evolveallstars.com.au

Based on current advice when we reopen on Wednesday 28th October, we will be training outdoors only. Subject to restrictions we plan to move to indoor training from 9th November.

We will be opening at level C of the ACSA/AIS Framework which involves full contact training for athletes aged 18 years and under. Teams with athletes aged over 18 (Influence and Euphoria) will initially be training with physical distancing. We will take attendance for every training to ensure we adhere to record keeping protocols.

Outdoor training will run in the Evolve carpark according to our Outdoor Training timetable. If the weather prevents outdoor training, we will run those classes via Zoom (following the same outdoor timetable). We will contact you via email and post on our social media and TeamApp if outdoor training is moved to Zoom due to weather. Please bring/wear warm clothing for outdoor training. We recommend that you pack sunscreen, insect repellent and sunglasses in your bag just in case you need it!

It is important to read and understand these guidelines. By adhering to these guidelines, you play an important part in keeping Evolve a safe and healthy place.

1. Do not attend training or come to Evolve if you or your family are feeling unwell

Athletes, their families, and Coaches/Staff will not attend Evolve All Stars if they:

- Are feeling unwell (even slightly unwell; a cautious approach should be taken).
- Are currently required to be in quarantine because they have been diagnosed with coronavirus (COVID-19).
- Have been directed to a period of 14-day quarantine by the Department of Health and Human Services (DHHS) because of being a close contact of someone with coronavirus (COVID-19).

If an athlete develops flu-like symptoms during training, they will be asked to wait in the office until they can be collected by a parent/guardian.

If you are feeling unwell, please refer to a doctor in accordance with local Public Health Authority guidelines and do not return to training until you have clearance from a medical professional. Guidance on the symptoms of COVID-19 can be found on the Department of Health Symptom Checker available online at www.health.gov.au/resources/apps-and-tools/healthdirect-symptom-checker

Any athletes with a possible case of COVID-19 should refrain from training (even at home) until they have been cleared to do so by a doctor. Athletes returning to sport after COVID-19 infection require medical clearance and special consideration prior to resumption of high intensity physical activity.

2. 'Get in, train and get out'

While we love our community and strive to foster a welcoming environment, to ensure we can offer a safe environment for our athletes we must temporarily adopt the 'get in, train and get out' approach promoted by ACSA, the AIS and Sport Australia. 'Get in, train and get out' encourages the minimisation of time spent at Evolve. We ask that all families observe the following guidelines:

- We encourage 'drop and go'. We will have a coach supervising at the gate/outside for drop off and pick up times to ensure the athletes are supervised and safe.
 - *Under the current restrictions, spectators are not allowed. However, those required for supervision of young children or to support people with a disability are permitted. Please physically distance from others.*
- Please arrive no more than **5 minutes** before the start of your class. If you arrive earlier please wait in your car or walk around the block but please do not congregate outside Evolve, as we need to ensure the athletes from the prior class are able to safely depart.
- Please pick up athletes on time at the end of their class
 - there will be a collection area marked by physically distanced markers in front of our gate for parents to wait and collect their athletes. If there are not enough markers, we ask that you keep 1.5 metres apart from others and wait until there is sufficient space to collect your athlete. Young athletes will not be permitted to leave until there is a parent/guardian waiting in the collection area.
 - when we move to indoor training the waiting room will be closed and Teams will enter via the office and exit the gym via the roller door/gym door
- Athletes need to arrive dressed and ready to train.
- Toilets will be open to athletes only. As outdoor training is under 1 hour our preference is for athletes to only use the toilets where essential.

3. Practice Good Hygiene

- Everyone entering Evolve must use hand sanitiser or wash their hands upon entering and exiting the building.
 - *We have automatic hands-free WHO-approved sanitiser available at entry and around the training area. We have also installed automatic hands-free soap dispensers and paper towel dispensers in the bathrooms.*
- We encourage athletes to wash their hands frequently with soap and water e.g. after going to the toilet.
- We will display posters reminding athletes about good cough and sneeze etiquette.
- We will discourage athletes and staff from touching their own face.
- To assist athletes with social distancing we have placed Velcro dots 1.5 metres apart.

4. Wear a Face Mask

- Everyone aged 12 years and over must wear a face mask to and from training and during training (unless an exemption applies). Athletes under 12 are welcome to wear a mask if they feel comfortable doing so but are not required to.
- Facemasks can be removed when drinking water or physically exerting e.g. huffing and puffing but should be kept on during other non-strenuous activities. Hand hygiene should be followed when removing or putting a mask on.
 - Single use face masks should be disposed of and replaced after they have been removed. It is recommended that athletes 12 years and over carry a spare mask in a plastic zip pocket to change their mask after exercising.
- For the most up to date information on wearing face masks please refer to DHHS website - <https://www.dhhs.vic.gov.au/face-masks-vic-covid-19>

5. Food and drinks

- Each athlete should bring their own named water bottle as we will not have cups available. We will have disposable bottles for sale, but we encourage athletes to bring their own reusable bottle.
- In line with the 'Get in, train and get out' approach athletes should avoid eating at the gym.

6. Equipment / Area Sterilisation

Evolve will adhere to our cleaning policy developed from the Department of Health routine environmental cleaning and disinfection information this includes:

- Minimising the sharing of equipment between athletes.
- Disinfecting all high touch surfaces (e.g. door handles, tumble shapes) between each team's training.
- Completing sterilisation of all equipment and general areas at the end of every night.

7. Gradual Return to Training

- We will develop a graded (i.e. gradual, progression based) return to training to mitigate injury risk.
- Coaches will assess the athletes and the team on their general fitness and cheer fitness and develop lesson plans to gradually increase training load.
- Coaches will adapt training to the outdoor environment to ensure athlete safety.
- Initially there will be a strong focus on conditioning and drills and technique over skills progression, to increase strength, control, flexibility, and timing.
- It is important for athletes to know that skills will be reintroduced gradually, and each athlete will be able to work at their own level.
- Athletes are encouraged to discuss with their coach any concerns or questions they may have regarding returning to training.