

# COVID Safe Plan – Conditions of entry

## Reducing the risk of infection during exercise classes

### Exercise class activity description:

The exercise classes run by New Edge Performance are light exercises focusing on balance and leg strength. There is no high intensity cardio exercise as part of these exercise classes.

All staff who run exercise classes by New Edge Performance have undertaken Infection Control Training - COVID 19 by the Australian Government Department of Health.

### Cleaning:

- All touchable surfaces will be cleaned before and after exercise classes to reduce the spread of diseases as per department of health guidelines.
- Touchable surfaces include, but not limited to, chairs, tables and sink taps

### Instructions for participants when attending exercise classes:

- We recommended you don't attend an exercise class if you feel unwell or show any symptoms of COVID-19 such as:
  - Fever
  - Flu like symptoms such as coughing, sore throat, and fatigue.
  - Shortness of breath
- It is advised to minimise periods spent in waiting areas. It is advised that you wait in your car or outside until closer to the exercise class start time.
- When you enter the exercise class you will be required to use hand sanitiser which will be placed near the entrance.
- You will also need to sign-in as we need to keep a record of who attends for 28 days.
- All exercise class participants must bring your own exercise band/s to reduce shared equipment. If you are new or don't have an exercise band then you will be provided with one.
- The exercises in the class will be spread out around the room to maintain maximum distance between participants.
- The normal participant limit on our exercise classes is 20 participants. The rooms that we hire in the community centres are able to allow up to 20 participants while adhering to the requirements of 1 person per 4 square meters. We are predicting to have no more than 15 participants until things return to normal.
- Hand sanitiser and hand washing areas will be provided for you throughout the exercise class.
- It is advised that you bring your own bottle of water or coffee/tea cup.
- Tea and coffee may still be provided after exercise class. Disposable cups will be provided in case you do not bring your own.