

**> BE COVID SAFE.  
HELP NSW STAY IN BUSINESS.**



## Your COVID-19 Safety Plan

### Gyms and indoor recreation

#### Business details

Business name	Performance Driven Health PTY LTD
Business location (town, suburb or postcode)	Cameron Park
Select your business type	
Gyms	
Completed by	Karina Burt
Email address	<a href="mailto:info@performancedrivenhealth.com.au">info@performancedrivenhealth.com.au</a>
Effective date	2 August 2021
Date completed	13 August 2021

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#### Wellbeing of staff and customers

**Exclude staff, volunteers and visitors who are unwell from the premises.**

Agree

Yes

### **Tell us how you will do this**

All operations are held outdoors no more than 2 people exercising together as per CIVUD regulations.

Maintaining a social distance of 1.5m.

Outdoor Equipment is sanitised between each use.

### **Provide staff with information and training on COVID-19, including when to get tested, physical distancing, wearing masks and cleaning.**

**Agree**

Yes

### **Tell us how you will do this**

Via Wodify System Email communication and Facebook members group.

### **Display conditions of entry including requirements to stay away if unwell and record keeping.**

**Agree**

Yes

### **Tell us how you will do this**

There is no entry into premises at any times including bathrooms. All training is conducted outside as per COVID exercise regulations. This is communicated to all clients via email.

**Other types of venues or facilities within the premises must complete COVID-19 Safety Plans where applicable. If contact details are captured electronically upon entry to the main premises on the relevant day, additional collection of contact details via electronic methods may not be required if there is no other public access to the sub-premises. However, additional contact details and time of entry must be captured where these sub-premises are gyms, entertainment facilities, hospitality venues, nightclubs and retail premises.**

**Agree**

Yes

### **Tell us how you will do this**

Wodify sign-in system for all clients.

No subcontractors are permitted onsite during lockdown period.

### **Encourage staff to access COVID-19 vaccination.**

**Agree**

Yes

### **Tell us how you will do this**

share government marketing material on members group page as applicable.

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## **Physical distancing**

**Capacity must not exceed the greater of one person per 4 square metres of space in the premises, or 25 persons.**

**Note: Gym and group dance classes must not exceed 20 people.**

**Agree**

Yes

### **Tell us how you will do this**

Wodify system provides reservations at a capped number as determined by the business and in accordance with COVID regulations

### **Ensure 1.5m physical distancing where possible, including:**

- **at points of mixing or queuing**
- **between seated groups**
- **between staff.**

**Agree**

Yes

**Tell us how you will do this**

line markings to separate clients.

outdoor stations are positioned 5 metres apart from each other.

Directions and instruction to clients to stay within their allocated zone is communicated via email.

**Avoid congestion of people in any specific areas within the venue where possible, such as change rooms and other communal facilities.**

**Agree**

Yes

**Tell us how you will do this**

Signage

**Have strategies in place to manage gatherings that may occur immediately outside the premises.**

**Agree**

Yes

**Tell us how you will do this**

line markings to separate clients.

outdoor stations are positioned 5 metres apart from each other.

Directions and instruction to clients to stay within their allocated zone is communicated via email.

**Singing by audiences is not allowed in indoor areas.**

**Patrons can only consume alcohol when seated in indoor areas.**

**Agree**

Yes

**Tell us how you will do this**

Not applicable to our business

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## **Hygiene and cleaning**

**Face masks must be worn by staff and customers in indoor areas, unless exempt.**

**Note: People engaging in strenuous physical exercise are exempt, unless they are participating in an indoor gym class or dance class.**

**Agree**

Yes

**Tell us how you will do this**

signage

Directions and instruction to clients is communicated via email.

**Adopt good hand hygiene practices. Have hand sanitiser at key points around the venue.**

**Agree**

Yes

**Tell us how you will do this**

multiple sanitiser stations are provided with disposable cleaning wipes.

Directions and instruction to clients is communicated via email.

**Ensure bathrooms are well stocked with hand soap and paper towels or hand dryers.**

**Agree**

Yes

**Tell us how you will do this**

During regular operations a professional cleaner is contracted to stock all consumables during the cleaning service.

**Clean frequently used indoor hard surface areas (including children's play areas) at least daily with detergent/disinfectant. Clean frequently touched areas and surfaces several times per day. Reduce sharing of equipment where practical and ensure these are cleaned with detergent and disinfectant between use. Encourage visitors to wipe down equipment after they have finished using it**

**Agree**

Yes

**Tell us how you will do this**

Equipment is sanitised after every use.  
Professional cleaning services are engaged as needed.

**In indoor areas, increase natural ventilation by opening windows and doors where possible, and increase mechanical ventilation where possible by optimising air conditioning or other system settings (such as by maximising the intake of outside air and reducing or avoiding recirculation of air).**

**Agree**

Yes

**Tell us how you will do this**

N/A large open shed with full ventilation.

## Record keeping

**Use the NSW Government QR code system to collect an electronic record of the name, contact number and entry time for all staff, volunteers, visitors and contractors.**

**Note: Community centres and halls are not required to collect electronic entry records but are strongly encouraged to do so.**

Agree

Yes

**Tell us how you will do this**

printed QR codes are posted around the facility.

**Processes must be in place to ensure that people provide the required contact information, such as by checking phones for the green tick to confirm they have checked in (keeping 1.5m physical distance between staff and patrons). QR codes should be clearly visible and accessible including at entrances to the premises.**

Agree

Yes

**Tell us how you will do this**

Coach checks before each session commences.

**If a person is unable to provide contact details, for example due to age or language barriers, another person may provide contact details on their behalf. If it is not possible for check-in to occur, keep a record of the name, contact number and entry time for all staff, volunteers, visitors and contractors for a period of at least 28 days. These records must be provided in an electronic format such as a spreadsheet as soon as possible, but within 4 hours, upon request from an authorised officer.**

Agree

Yes

**Tell us how you will do this**

Wodify membership system provides information on all clients, with reservations and sign in attendance.

**I agree to keep a copy of this COVID-19 Safety Plan at the business premises**

Yes