



CLASSES

To make sure all FCGC members stay safe we have some new procedures that we need you to understand and follow.

It is essential that everyone reads and understands our full "FCGC Gymnastics outdoor training Covid Safe Plan" which can be found on our website.

Please Note - All conditions listed within the pan form part of our enrolment terms and conditions effective immediately and entry to our classes assumes acceptance of these conditions

Do not come to class/bring your child/attend our venue if you, your child or anyone in your imediate familiy is not well or anyone you have had contact with in the past 2 weeks has been tested for or has been diagnosed with Covid-19 or is unwell with cold/flu like sympotoms, or if anyone in your household has travlled overseas in the past 14 days.

If you become aware of your gymnast being exposed to someone who is being tested for or diagnosed with Covid-19, you must immediately advise FCGC Gymnastics to enable appropriate actions to be taken.

Procedures for coming to class.

- Parents/ guardians/ responsible adult should arrive at the gym NO MORE than 5 minutes before your class start time and arrive 5 minutes before the class conclusion to collect your gymnast promptly at the conclusion of their class from the allocated waiting area that will be supervised by staff. Use the mantra "Get in, train, get out" to guide your gymnasts' participation.
- NO SPECTATORS ALLOWED. Unless participating in one of our parent / guardian led preschool programs (where an adult is required on the floor with the gymnast) parents / guardians / responsible adults are asked to drop and go.
- For Parent / guardian led preschool programs only one adult will be able to attend with their gymnast to ensure adherence to government guidelines.
- Everyone must utilise sanitiser on arrival, when directed by a coach, after using the bathroom and when leaving.
- Bring a labelled drink bottle as there will be no drink taps available at the venue
- All staff, volunteers, participants and customers 12 years and over must wear a face covering at all times (including when stretching) except when performing strenuous exercise, eating or drinking.

If you will not be able to attend your session, simply notify us via email -info@fcgc.com.au before the class start time

Covid Safe Behaviour

Everyone entering our venue must adhere to Covid safe behavior including

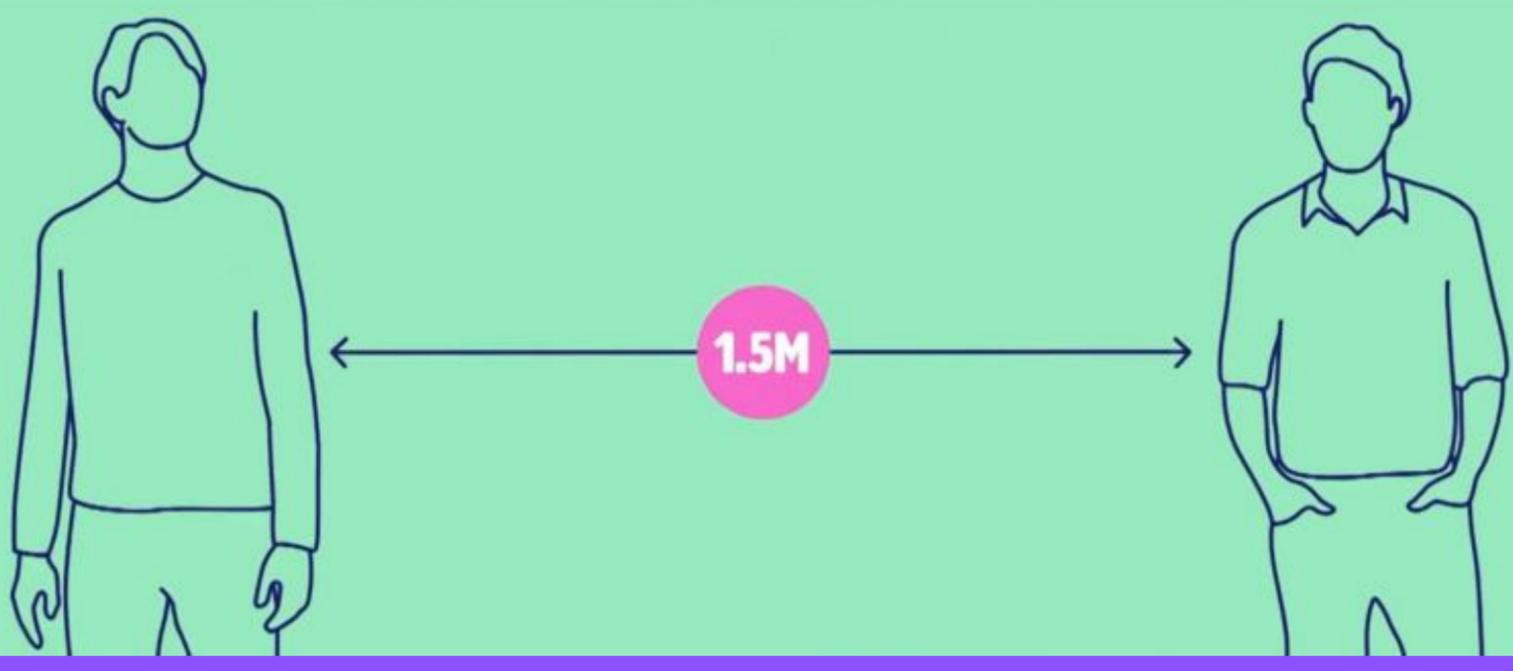
- good hand hygiene at all times including sanatising hands upon arrival
- pricatice social distancing
- cough and sneeze into your arm
- stay at home if unwell and consider being tested for Covid-19
- Considering downloading the Covid Safe App
- Follow FCGC staff instrictuions
- Inform FCGC imediatley if you or one of your close contacts tests positive for Covid-19

FCGC Membership Service

Our office / reception hours will chnage based on the number of staff members in our facility at any one time. Based on this and to adhere to social distancing requirements, we encourage all members to ustilise the customer portal and app as much as possible.

Our customer portal and app will have information on your child's class time and level, current account balance and you can also pay invoices easily online.

If you have any questions we recommend that you email us at info@fcgc.com.au so that we can assist remotely. Likewise, if you have any questions for your child's coach, please email us and we will speak to the coach on your behalf.



To see all of FCGCs policies visit WWW.FCGC.COM.AU

We have also created a child friendly version of our policy that all children should be acquainted with before attending class.