



SHARE complies with **NSW Health COVID-19 Safety Procedures**. The purpose of the SHARE safety plan is to help demonstrate to NSW Health and the community that we conduct exercise classes safely and in an efficient way.

- Physical and social distancing

Physical distancing (also known as social distancing) is one of the most effective methods of reducing the spread of viruses. The more space between you and other participants, the harder it is for the coronavirus to spread. Good practice physical distancing principles are to:

- maintain 1.5-meter separation between people.
- maintain a minimum of 4 square meter per person.

It is a requirement that all the SHARE classes are non-contact only.

SHARE ensures:

- Maximum of 20 participants (excluding instructor) per venue; and
- Allow a minimum of 4 square meter per person.

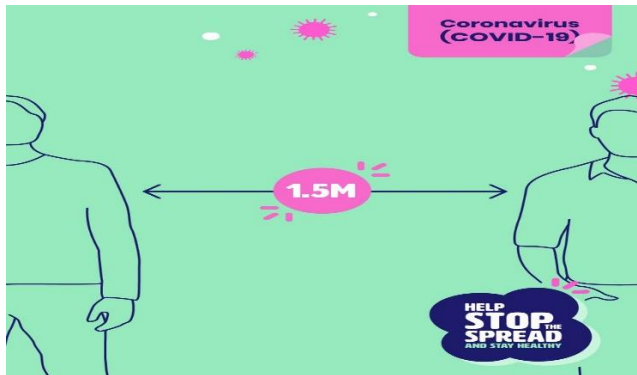
Exercise Venues

Outdoor venues may have up to 20 participants per training zone at any one given time. Each training zone should allow for 4 square meter per person. Maintain social distancing where practicable during the training session.



Hydrotherapy pool

Allow maximum of 20 participants per pool which is also subject to one person per 4 square meter.



Managing interaction between instructor and participants

In order to serve and interact with participants, instructor may need to move within 1.5m. In these situations, Instructor should avoid direct contact and minimize face-to-face time in order to reduce the risk of transmission. If instructors come into direct contact with participants, staff should follow good hygiene practices such as hand washing and cleaning.

Social distancing between instructors

SHARE ensures that instructors and participants stay at home if they are unwell.

In addition to practicing good hygiene and cleanliness, the following approaches will minimize the risk of transmission of communicable diseases in the work place and maximize continuity of exercise program:



- Review scheduled classes, rehearsals, training arrangements to reduce interaction, consider small teams working separately from one another, including staggered start and finish times.
- Maintain the social distancing protocol of 1.5m across the venue.

- Hygiene/Cleaning

Cleaning hands

SHARE provides alcohol-based hand sanitizer for participants at the exercise venues. Alternatively, a hands-free hand basin with liquid soap and paper towels may be available at different venues. Regularly washing hands is a great way to prevent the spread of germs and virus. It is mandatory for all the participants to apply hand sanitizer or wash their hands with soap and water before and after each exercise classes. In addition to this, participants are asked, whether they have flu-like symptoms. COVID-19 screening clearance form must also be completed prior commencing exercise programs.





Cleaning equipment

SHARE encourage the participants to bring their own equipment such as stretching Thera band, mats, towel, water bottle, and dumbbells (If possible). Equipment must be clean after exercise sessions with disinfectant wipes (provided by SHARE). It is important to ensure thorough and regular cleaning of common contact surfaces, 'high touch' items and shared amenities, such as handles, taps, tables, chairs and toilets. SHARE recommends that the frequency of cleaning in all areas increased. Share would have to continue to comply with COVID19 safety plan.

- Training and Education

SHARE ensures regular communication with instructors and participants about restrictions, policies and procedures. This can be via hard copy notices displayed in the venue, electronic communication and via a briefing.





- Maintain Attendance Records

It is a requirement for SHARE to maintain attendance records of participants, it is a common procedure for SHARE. This will assist a NSW Health with contact tracing in the event of a positive COVID-19 case in your premises:

- Records can be physical (i.e. class attendance roll managed by instructor) which must include a name and contact information for each participant.
- Records must not be used for purposes other than contact tracing (i.e. contact information is not to be used for marketing purposes)

SHARE will implement a process consistent with any privacy obligations they have for obtaining and safely maintaining these records of our participants.

IMPORTANT: If you have been suspected OR diagnosed of having COVID19 it is vital that you contact the SHARE office immediately on 85800628 or info@share.org.au so we can notify relevant authorities.