

— Flipping Fit

Move Like A Gymnast

What is Flipping Fit doing to protect our staff, members and families?



Vaccinated staff & members: At this stage, all our current and future staff and eligible members are required to be fully vaccinated in order to protect our community and grant us access to the facilities we hire. Medical exemptions apply.



Masks: At this stage, all our staff will be wearing masks while it remains to be the Australian Government health advice and a requirement for the facilities we hire. All participants grade 3 (school age) and above are required to wear a mask while indoors unless a medical exemption is provided. Gymnasts may remove masks while engaging in gymnastic activities but at all other times a mask must be worn.



Social distancing: Following advice from the Australian Government we will be asking anyone attending our programs to remain 1.5m apart. We have instructed our coaches to ensure social distancing is also applied to activities during class to help reduce the risk of any potential transmission. The only time coaches will not social distance is when 'spotting' is required.



Division of gym into two separate spaces: At Waverley Gymnastics Centre (WGC), the gym space has been divided into North and South bubbles via a six-foot fence to encompass separate training areas, entrances, exits, and toilets so that there will be no contact within 1.5 meters between the two spaces. Flipping Fit (FF) will be utilising only the North side.



Car Parking: As per normal, all participants are encouraged to park around the back side of the ORC to utilise the WGC. This car parking area is accessible via Bolch Place.



Entry & Exit: At this stage, all class participants will be required to enter the ORC via the WGC Squad Entrance doors on Bolch Place. Participants will be required to leave the gym space via the WGC back corner doors (on the opposite side of the building) also accessible from Bolch Place.



Minimising numbers: To help reduce the risk of Covid-19 transmission at any of the facilities we hire, only gymnasts will be allowed to enter the facilities. Parents, partners, sibling or friends will not be allowed to enter any indoor areas of the facilities we hire. Parents dropping underage children must check-in their child with a FF Coach before leaving the facility. No spectators are allowed until further notice.



Hygiene and cleanliness: Cleaning and sanitising equipment during and after class will be one of our highest priorities. Flipping Fit will be guided by the cleaning protocols of WGC. These protocols are guided by the Gymnastics Australia "[Club Surface and Equipment Cleaning Guidelines](#)".



Covid Marshal: A Covid Marshal will be appointed at each class to facilitate check-in and ensure Covid safe practices are being followed throughout hours of operation of onsite classes.



Change-rooms & Toilets: At all the facilities we hire, toilets will remain accessible but change rooms will remain out of bounds until further notice. Please make sure you arrive dressed appropriately and with a small bag for personal belongings to be brought into the gym. Drink taps will also be out of bounds so please make sure you bring a full water bottle. Toilets within WGC will only be accessible after 8.30pm. At any other time members will need to walk around the outside of the building to access the ORC toilets.



Air ventilation: At the WGC, the air conditioning/heating system will be switched to fresh air intake the majority of the time we are operating, leading to significantly improved ventilation and air exchange.