



DANCE & FITNESS WITH TAMARA PITTS COVID SAFE PLAN

Following government guidance regarding co-vid safe plans the following document represents actions Dance & Fitness with Tamara will take to ensure the health & safety of its clients as well as abiding by the government guidelines regarding restrictions, social distancing & sanitisation.

BUSINESS DETAILS	
Business Name:	Dance & Fitness with Tamara Pitts
Locations:	Monday & Thursday - 6:30-8:30pm Somerset Hills State School Tuesday 7:30-8:30pm Albany Hills State School
Plan Completed By:	Tamara Pitts

PURPOSE

The purpose of the Dance & Fitness with Tamara Pitts COVID safe Plan is to demonstrate to health authorities & the community the measures taken to ensure safe operation of operating businesses & document guidance to Queensland's Roadmap to Easing Restrictions (the Roadmap).

COVID-19

The COVID-19 novel coronavirus is a new strain of coronavirus affecting humans. Some coronaviruses can cause illness similar to the common cold & others can cause more serious diseases such as Severe Acute Respiratory Syndrome (SARS) & Middle East Respiratory Syndrome (MERS). This novel coronavirus is still new & as such we are still learning more about it.

Signs & Symptoms:

Symptoms reported in identified cases of COVID-19 novel coronavirus include:

- Fever
- Coughing
- sore throat
- fatigue
- shortness of breath
- loss of taste or smell

There is no specific treatment for COVID-19 infection. Antibiotics are not effective against viral infections. However, most of the symptoms can be treated with medical care. There is currently no vaccine for COVID-19 novel coronavirus.

COVID-19 is highly transmissible between people & immediately spreads to close contacts of infected individuals. The risk for First Nations communities is great &, as such, risk analysis must reflect this. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects & surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces (fomites), then touching their eyes, nose or mouth. The virus can survive in the air for up to three hours & on a range of surfaces for up to 72 hours.

REQUIREMENTS	ACTIONS
Wellbeing of staff & visitors	
Exclude Staff, volunteers & visitors who are unwell.	<ul style="list-style-type: none"> If instructor is feeling unwell & no other instructor is available to take class - class will be cancelled & all participants notified COVID-19 Screening to be undertaken by all participants All participants will be asked to stay home if not feeling well for any reason
Provide staff & volunteers with information & training on COVID-19, including when to get tested, physical distancing & cleaning, & how to manage a sick visitor.	<ul style="list-style-type: none"> Instructor has undertaken training on COVID19
Make staff aware of their leave entitlements if they are sick or required to self-isolate.	<ul style="list-style-type: none"> Instructor is aware of leave entitlements & are committed to not conduct class if symptomatic
Display conditions of entry (website, social media, venue entry).	<ul style="list-style-type: none"> Conditions of entry will be displayed on website, social media, emails, booking systems & venue entry

REQUIREMENTS	ACTIONS
Physical Distancing	
Ensure the number of people in a facility does not exceed one person per 4 square metres (excluding staff) Ensure participants maintain 1.5 metres physical distance where practical.	<p>SOMERSET HILLS STATE SCHOOL</p> <ul style="list-style-type: none"> Size of venue is 225m2 <ul style="list-style-type: none"> Allowing 4m2 space per client allows a maximum number of attendees to be 50 <p>ALBANY HILLS STATE SCHOOL</p> <ul style="list-style-type: none"> Size of venue is approx 400m2 <ul style="list-style-type: none"> Allowing 4m2 space per client allows a maximum number of attendees to be 100 <p>All limits of venue & class sizes will be adhered to at all times</p>
Ensure activities are non-contact as much as practical. Accidental contact may occur but no deliberate body contact drills.	<ul style="list-style-type: none"> All of my classes are non-contact dancing participants will be encourage to avoid physical greetings such as hugging, kissing or hand shaking
Ensure any spectators comply with 1.5 metres physical distance where practical, such as through staggered seating. Household contacts are not required to distance	<ul style="list-style-type: none"> No spectators allowed into class at this stage
Ensure communal facilities such as showers, change rooms & lockers have strategies in place to reduce crowding & promote physical distancing.	<ul style="list-style-type: none"> Bathrooms are limited to 3 per time & this will be communicated to participants
Where practical, stagger the use of communal facilities. Strongly encourage visitors to shower/change at home where possible.	<ul style="list-style-type: none"> No showers, change rooms or lockers available - N/A
Reduce crowding wherever possible & promote physical distancing with markers on the floor, including where people are asked to queue.	<ul style="list-style-type: none"> Where possible crosses will be placed on the ground to ensure physical distancing will be maintained Posters with guidelines & physical distancing rules will be verbally explained before & during classes
Have strategies in place to manage gatherings that may occur immediately outside the premises	<ul style="list-style-type: none"> We will adopt the Get in, Dance, Get out method & participants will be asked to not stop to chat after class & to head straight to their vehicles or home
Use telephone or video platforms for essential staff meetings where practical.	<ul style="list-style-type: none"> Only 1 instructor - N/A
Review regular business deliveries & request contactless delivery & invoicing where practical	<ul style="list-style-type: none"> Contactless delivery via on site postal locker utilised

REQUIREMENTS	ACTIONS
Hygiene & cleaning	
Adopt good hand hygiene practices.	<ul style="list-style-type: none"> Alcohol based sanitiser & soap & water available & used as condition of entry. Signage to promote the same.
Ensure hand sanitiser is accessible at the venue entry & throughout the facility or ground.	<ul style="list-style-type: none"> Alcohol based sanitiser available for use
Ensure bathrooms are well stocked with hand soap & paper towels or hand dryers. Consider providing visual aids above hand wash basins to support effective hand washing.	<ul style="list-style-type: none"> School Venues supply this in hall amenities Visual aids with posters to be provided by me if not done by school
Encourage visitors to bring their own water bottles, sweat towels & equipment.	<ul style="list-style-type: none"> Agreed & will be communicated to participants
Clean frequently used indoor hard surface areas, including children's play areas, at least daily; first with detergent & water, & then disinfect. Clean frequently touched areas & surfaces, including in communal facilities, several times per day.	<ul style="list-style-type: none"> School Venues will attend to cleaning of the room as per contract Frequently touched surfaces such as registration desk & door handles will be cleaned before & after class
Clean areas used for high intensity cardio classes with detergent & disinfectant after each use.	<ul style="list-style-type: none"> School venues will attend to cleaning of the room as per contract
Reduce sharing of equipment (including hire equipment) where practical & ensure these are cleaned with detergent & disinfectant between use.	<ul style="list-style-type: none"> No equipment will be used that does not belong to the participant Instructor equipment such as speaker, mic will only be used by instructor & all handling of equipment will be done by instructor only
Ensure there is accessible detergent/disinfectant & gloves for visitors to use, should they wish.	<ul style="list-style-type: none"> Alcohol based sanitiser & wipes available for general use Gloves available if required
Disinfectant solutions need to be maintained at an appropriate strength & used in accordance with the manufacturers' instructions.	<ul style="list-style-type: none"> Pre-made wipes
Staff are to wear gloves when cleaning & wash hands thoroughly before & after with soap & water	<ul style="list-style-type: none"> Contact precautions will be maintained
Encourage contactless payment options.	<ul style="list-style-type: none"> Encourage students to book & pay online prior to class Square facility available with tap & go facilities

REQUIREMENTS	ACTIONS
Record Keeping	
Keep a record of name & a mobile number or email address for all staff, volunteers, participants, visitors & contractors for a period of at least 28 days. Ensure records are used only for the purposes of tracing COVID-19 infections & are stored confidentially & securely.	<ul style="list-style-type: none"> Booking system & attendance sheets will be a compulsory part of the booking process & will be securely kept
Make your staff aware of the COVIDSafe app & its benefits to support contact tracing if required.	<ul style="list-style-type: none"> Aware & downloaded & will encourage participants to also download the app
Cooperate with QLD Health if contacted in relation to a positive case of COVID-19 at your workplace, & notify SafeWork QLD	<ul style="list-style-type: none"> Agreed & will notify QLD health if I am made aware of a positive COVID-19 case from any of my participants

CLASS INFORMATION

- Given the post pandemic average of class sizes between 10 & 35 people & being winter when classes are always quieter (Over a period of 5 years) the maximum numbers will not likely to be exceeded so no pre-booking system will be required for classes
- However if the number of participants is an unprecedented amount no more than the maximum numbers will be allowed into the class & the requirement for a pre-booking system will be reviewed & implemented if required
- All communication to participants via email, verbal or social media will make them aware of the restrictions on number in each venue space
- Posters will be put up in plain sight also explaining the social distancing guidelines for each venue that participants must abide by

GUIDELINES FOR ATTENDEES

Dance & Fitness will adapt a 'Get in, dance, get out' guide to limit personal exposure during activities. This includes:

- Limiting time & person-to-person contact on site to class time only - no staying after class etc
- Toilets will remain open - 3 people at one time - soap amenities will be provided by school as well as cleaning
- Attendees will be encouraged to arrive dressed & ready for class wherever possible
- Arrive on time, leave on time
- Maintain good hygiene practices
 - washing hands or use alcohol-based sanitiser
 - not sharing water bottles or personal equipment
 - avoid touching their face
 - limit touching of surfaces
 - limiting the use of shared equipment or cleaning after use
 - covering sneezes & coughs
- Maintain physical distancing between themselves & other people
 - Avoid physical greetings such as hugging, kissing or hand shaking
 - 1.5 distance between people when gathering or talking
 - Stick to 4m² space when working out

General Class Rules

- All participants feeling unwell will be asked to not attend or leave class
- All participants will be advised no spectators allowed & no children under the age of 12 to participate in classes
- All participants will be required to complete a covid19 safe screening tool & provide contact details for contract tracing
- All participants will be encouraged to download the governments contact tracing app