

COVID-SAFE PLAN

Summary

Name of business	Total Toning Fitness Pty Ltd
Business or activity	Indoor physical recreation and fitness
Address of business or activity	233A HENLEY BEACH ROAD TORRENSVILLE SOUTH AUSTRALIA 5031
Owner or Operator name	Paul Rose
Contact name	Paul Rose
Contact phone	0435269012
Date of acknowledgement	

People (excluding staff) capacity

Venue areas

Name	Area in m ²	Maximum number of people (excluding staff) in this area
Upstairs	200	50
Downstairs	150	37
Carpark	200	50
Total number of people (excluding staff) allowed in indoor areas	137	
Total number of people (excluding staff) allowed on premises	<u>137</u>	

Note: no venue may have more than 300 people (excluding staff) on site, with a maximum of 75 per separate room or area, and provided that these have enough square metres. This can be indoors or outdoors, as long as you have enough and sufficiently large areas. However, exceptions apply for funerals and primarily outdoor-based sports venues.

Obligations

General principles

- A COVID-Safe Plan must be submitted by all venues/facilities that have previously been closed by an Emergency Management Direction. The form must be produced on request from an authorised officer.
- The maximum number of members of the public per room is not to exceed 1 person per 4 square metres of public space.
- A maximum of 75 members of the public per separate room or area applies regardless of the size of a room (Example: a room of 60 square metres can accommodate 15 people. A room of 300 square metres and a room of 500 square metres can both accommodate no more than 75 people).
- To be considered a separate room, a space must be enclosed by a ceiling, and substantially enclosed by floor to ceiling walls, regardless of whether the ceiling or walls or any part of them are permanent or temporary.
- A maximum of 300 members of the public (excluding staff) is allowed per venue, with a maximum of 75 per separate room or area, and provided that these have enough square metres. This number (300) can be indoors or outdoors, as long as you have enough and sufficiently large areas to accommodate this.
- Maintain the physical distancing principle of at least 1.5m separation where possible:
 - Between groups within each room
 - At entry and exit points
 - Note that this means there must be at least 1.5 m between tables, but not necessarily between people at the same table.
- No communal showers are to be made available, but toilets and change rooms can be used.

I understand that the above requirements are legal obligations under current Emergency Management directions. If I do not comply with these, I may face a fine of up to \$5,000

Indoor physical recreation and fitness

- Non-contact sport competition can commence from 5 June 2020
- Contact sport training activities can commence from 25 June 2020
- Indoor fitness classes If space allows for 1 person per 4 square metres, indoor group fitness classes may have up to 10 people. If space allows for 1 person per 7 square metres, indoor group fitness classes may have up to 20 people per room
- Keep attendance records, including name, phone number or email address, and date and time.

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Recommendations

General

Physical distancing

- Consider venue layout and move tables and seating to comply with physical distancing (1.5m separation) and density requirements (1 person per 4 square metres).
- Dedicate separate bathroom facilities for each separate room or area of a venue, where possible. Install signage to make members of the public aware of which bathroom to use.
- Dedicate separate entry and exit doors from separate rooms, and pathways to encourage “one-way traffic” where possible.
- Minimise mixing between separate rooms or groups of people as much as possible.
- Display signage at the venue entrance to instruct members of the public (and staff) not to enter if they are unwell or have COVID-19 symptoms.
- Encourage contactless payments to be used where possible.
- Encourage online bookings, reservations and pre-ordering where practical.
- Consider using physical barriers, such as plexiglass screens, in areas that involve high volume interactions (e.g. point of sale).
- Consider placing floor or wall markings or signs to identify 1.5 metres distance between people, particularly for queues and waiting areas.
- Monitor compliance with physical distancing requirements, with particular regard to areas where members of the public might congregate.
- Consider limiting the duration of the activity to 2 hours or less where possible.
- Encourage and support downloading of COVID-Safe App.

Hygiene

- Conduct frequent environmental cleaning and disinfection especially of touch-points (door handles, push plates including bathroom, EFTPOS facilities, counters, table tops, backs of chairs, food preparation areas etc).
- Frequency of cleaning will be determined by the turn-over of patrons – the more patrons over a period of time, the more cleaning required.
- Clean bathrooms more frequently than lower traffic areas, especially taps, door handles and other frequently touched points.
- Ensure bathrooms have soap and running water for handwashing.
- Hand drying facilities must be made available. Provide disposable paper towels or hand dryers only. Cloth towels should only be provided if they are for single use.
- Provide hand sanitiser on entry and exit of the premises.
- Consider installing signage on hand hygiene and cough etiquette.

Staff

- Staff must stay home if they are sick, and go home immediately if they become unwell. Unwell staff with COVID-19 compatible symptoms should be tested for COVID-19 and remain in isolation until they receive a result. They can return to work once a test is negative and their acute symptoms have resolved.
- Minimise unnecessary contact between staff. Consider dividing staff into fixed teams or shifts that do not crossover to reduce the risk of transmission.
- Consider how you will minimise contact between staff and site visitors such as delivery personnel.
- Consider if staff need any additional training to be able to implement your COVID-Safe Plan.

Ready for business

- Print your COVID-Safe Plan and Record of Completion.
- Print and display SA Health COVID-Safe materials (such as signage/posters on hygiene, physical distancing).
- Check the condition of equipment and facilities to ensure they are fully functioning, such as gas, electricity, toilets.
- If relevant, check food and beverages have not been contaminated or are now out of date.
- Ensure all staff are aware of this plan and the requirements that are relevant to them.
- Review obligations under existing legislation which will continue to apply.
- Check that COVID-19 safety measures are risk assessed to ensure that any implemented do not create safety or security risks.

Response planning

- Ensure you and your staff have a basic understanding of how to respond to a case of COVID-19 at the workplace.
- A brief, step-by-step summary of actions to take is:
 1. Keep others away from the confirmed or suspected case. Talk to and assess the person concerned; if they need urgent medical help, call 000 immediately.
 2. If the person is at your premises when symptoms emerge, assess the situation and risks. Talk to the person about your concerns and next steps, and seek government health advice.
 3. If well enough, ask the person to go home, and seek medical advice and testing for COVID-19, and self-quarantine until a result is returned. Ensure the person has safe transport to get home; if not, you may need to arrange for a taxi.
 4. Close the premises, ask all patrons and unnecessary staff to leave and arrange for a full environmental and disinfection clean (refer to 6). Open doors and windows to increase airflow.
 5. Notify SA Health via HealthCommunicableDiseases@sa.gov.au to ensure they can trace any contacts of this person and contain the spread. SA Health may ask for any attendance records you may have kept to assist with this.
 6. SA Health will assess whether other staff, patrons or contractors may have been exposed to COVID-19, and direct them to self-quarantine at home. Note: this may include your staff; as such, it is recommended to have contingency plans in place.
- Update your COVID-Safe Plan when required, for example, when restrictions ease further at Step 3.

I understand these recommendations and will implement them where I can, to the extent possible, to ensure my operations are COVID Safe

Indoor physical recreation and fitness

Indoor sport, training and fitness – physical distancing

- Gym staff should monitor social distancing and equipment cleaning.
- Consider extending opening hours to allow more members of the public through in a day while adhering to density requirements and group maximums.
- Consider restricting members of the public to attending for no more than a 2 hour block at one time.
- Encourage participants to follow the AIS advice of “get in, train, and get out”.

Indoor sport, training and fitness – hygiene

- Participants must bring their own clean towels/mats.
- Provide facilities for wiping down/disinfecting equipment between users.
- Members of the public should clean or sanitise hands between equipment user (ie after finishing on a piece of equipment and before moving to the next item).
- Do not use fans as this can spread body secretions and droplets.

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Notes (optional, for use by owner/operator)