

COVID-SAFE PLAN

Summary

Name of business	Cardioflex MMA
Business or activity	Indoor physical recreation and fitness Outdoor and indoor sport
Address of business or activity	1 18 MCGOWAN STREET POORAKA SOUTH AUSTRALIA 5095
Owner or Operator name	Craig Icke
Contact name	Craig Icke
Contact phone	0404672112
Date of submission	28/05/2020

People (excluding staff) capacity

Does your business or activity have indoor areas?	Yes	
Indoor areas		
Name	Area in m ²	Maximum number of people (excluding staff) in this area
West Martial Arts Area	210	20
East Gym Floor	150	20
Upstairs Boxing Area	24	6
Total number of people (excluding staff) allowed in indoor areas	46	
Does your business or activity have outdoor areas?	Yes	
Outdoor areas		
Name	Area in m ²	Maximum number of people (excluding staff) in this area
Outdoor training area	120	30

Total number of people (excluding staff) allowed in outdoor areas	30
Total number of people (excluding staff) allowed on premises	<u>76</u>
<p>Note: no venue may have more than 80 people (excluding staff) on site, with a maximum of 20 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.</p>	

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 20 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 80 square metres and a room of 200 square metres can both accommodate no more than 20 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 80 members of the public (excluding staff) is allowed per venue, with a maximum of 20 per separate room or area, and provided that these have enough square metres. This number (80) can be indoors or outdoors, as long as you have enough and sufficiently large areas to accommodate this. Exceptions apply for funerals and primarily outdoor-based sports venues.
- Maintain the physical distancing principle of at least 1.5m separation:
 - 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 facilities (showers, spas, change rooms) except toilets are to be made available.

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

Checked

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 must be limited to a maximum of 10 participants.
- Keep attendance records, including name, phone number or email address, and date and time.

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Outdoor and indoor sport

- People conducting or in charge of any indoor sports activities must keep a record of attendees, including each participant's name, phone number or email address and date of attendance.

Outdoor sport

- Non-contact competition can commence from 1 June 2020 (training was already allowed).
- Contact training can commence from 1 June.
- Contact competition can commence from 25 June 2020.

Indoor sport

- Non-contact sport training and competition can commence from 1 June.
- Contact sport training can commence from 25 June.
- Contact competition cannot yet recommence.

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

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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.
- Ensure all staff have undertaken COVID-safe online training.

Ready to reopen

- 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

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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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Outdoor and indoor sport

- Keep gatherings of adults/spectators to an absolute minimum, with a recommendation of one caregiver per participant.
- Encourage participants to follow the AIS advice of to “get in, train, and get out”.
- Follow the Australian Institute of Sport “Framework for Rebooting Sport in a COVID-19 Environment” for individual sports.
- Once competitions commence, fixtures must reduce the number of teams in contact with each other. For example:
 - Commence competitions within a club between players of similar level
 - Once competition commences between clubs, redesign fixtures such that a significantly reduced number of clubs play against each other

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