

COVID-SAFE PLAN – STEP 3

Business name:

VFIT Holistic

Has a maximum capacity of:

75 people (excluding staff)



is aware of current infection control and precautionary measures as recommended by health authorities and set out in this plan



agrees to comply with general and specific obligations under current Emergency Management Directions



this COVID-Safe Plan is available on-site

Venue areas		
Name	Area (in m ²)	Max people (excluding staff)
Indoor Fitness Studio	150	75
		0

COVID-SAFE PLAN – STEP 3

Summary

Name of business	VFIT Holistic
Business or activity	Indoor physical recreation and fitness
Address of business or activity	108 PROSPECT ROAD PROSPECT SOUTH AUSTRALIA 5082
Owner or Operator name	Vu Nguyen
Contact name	Vu Nguyen
Contact phone	0431245252

People capacity (excluding staff)

Venue areas

Name	Area in m ²	Maximum number of people (excluding staff) in this area
Indoor Fitness Studio	150	75
		0
Total number of people (excluding staff) allowed on premises	<u>75</u>	

Note:

- To have more than 1,000 people, you must have a COVID Management Plan approved by SA Health.
- You also need a COVID Management Plan if you wish to offer both consumption of alcohol and dancing at your premises/activity.
- If you have indicated your interest in either of these things, you will be contacted with more information about how to submit a COVID Management Plan.

Obligations

General principles

- The maximum number of members of the public per separate room or outdoor area must not exceed 1 person per 2 square metres of publicly accessible space. Note: this requirement does not apply to movable places.
- 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 COVID-Safe Plan must be submitted by all individuals or organisations that own, operate or host Defined Public Activities as outlined by the Emergency Management (Public Activities No 3) (COVID-19) Direction 2020.

This includes all venues/facilities that were previously directed to close by Emergency Management Directions.

The form must be produced on request from an authorised officer.

- No more than 1,000 people are allowed on site at any one time. To have more than 1,000 people on-site, you will need to prepare a dedicated COVID Management Plan and have this approved by SA Health.

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

- Indoor contact sport competitions may recommence from 29 June 2020 onwards.

Class-based indoor physical recreation and fitness activities – attendance records

- You must keep an attendance record, including the name, phone number or email address, and date and time of people attending your class-based indoor physical recreation or fitness activity.
- This attendance record must be provided for inspection when requested by an authorised officer.
- This attendance record may only be used for the purpose of contact tracing in relation to COVID-19.

Note: this is only required for classes, not for regular attendance. For example: you do not have to keep records of individual people exercising on their own in gyms, etc.

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

Recommendations

General

Physical distancing

- Maintain and encourage others to maintain the physical distancing principle of at least 1.5 metres separation, where possible:
 - This includes between groups within each room.
 - At entry and exit points.
- Consider venue layout and move tables and seating to comply with physical distancing (1.5m separation) and density requirements (1 person per 2 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/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 any 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.
- Provide hand sanitiser on entry and exit of the premises.
- Consider installing signage on hand hygiene and cough etiquette.
- 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.
- Consider keeping communal showers closed where possible, however, if used, maintain 1.5 metres distance between people.
- Communal toilets and change rooms can now be used. Physical distancing should be observed in change rooms.

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 cross over 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 or download your COVID-Safe Plan.
- 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 newly implemented measures do not create new 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 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. Seek government health advice.
 3. If well enough, ask the person to go home, 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. Open doors and windows to increase airflow.
 5. Notify SA Health via HealthCommunicableDiseases@sa.gov.au so that 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.

- Regularly review your COVID-Safe Plan. Update it if needed, for example if your place of doing business or the services you offer change.

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

Checked

Indoor physical recreation and fitness

Indoor physical recreation and fitness – distancing

- Staff should monitor physical distancing and equipment cleaning.
- Consider extending opening hours to allow more members of the public through in a day while adhering to density requirements.
- 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, exercise, and get out”.

Indoor physical recreation and fitness – hygiene

- Participants should 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 each equipment use (i.e. 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)