



Live Life Get Active COVID Risk and Safety Plan

Live Life Get Active PTY LTD

223 Liverpool Street
Darlinghurst NSW 2010

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Contact:

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Nature of Activity

Live Life Get Active is a health promotion charity, that provides free 45 minute outdoor fitness camps in New South Wales, Queensland, Victoria, South Australia, Australian Capital Territory and Western Australia.

Live Life Get Active will adhere to a strict set of measures and obligations that fit within the current legal requirements and directives of each state and local council, to prevent the spread of COVID-19 within our outdoor fitness camps.

Obligations

General Obligations

- Outdoor camps will have a maximum of 20 registered attendees plus one qualified fitness instructor.
- Sessions will be held outdoors only.
- A record of attendees, including, each participant's name, phone number, email address and date of attendance will be documented. This will all be completed online to avoid contact.
- All activities will be non-contact and each attendee will be 2m apart which will be monitored by the fitness instructors.
- We will be providing general education and information to all of our participants to help prevent the spread of COVID-19
- There will be no use of equipment or yoga mats. Use of equipment will be reviewed at the end of term 3 (late september).
- We will be encouraging no gatherings pre or post sessions. Members will be asked to arrive on time, train, then leave immediately after the session finishes.
- Live Life Get Active will not be providing face masks, hand sanitizer or temperature checks at our camps. This is to be done at the discretion of members and fitness instructors.

Fitness Instructor Obligations

- Instructors must stay home if they are sick, and go home immediately if they become unwell.
- Unwell Instructors 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.
- Instructors will maintain a distance of 2m between themselves and attendees, while also monitoring all attendees remaining 2m between each other.
- Instructors will be conducting equipment free and contactless exercise classes.



- The trainer must report any suspected cases to Live Life Get Active Head Office, who will then seek government health advice.
- Response Planning to ensure instructors have a basic understanding of how to respond to a case of COVID-19
 - Keep 2m apart from the suspected case, talk to the person concerned; if they need urgent medical help, call 000 immediately.
 - 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.

Member Obligations

- Members must stay home if they are sick, and go home immediately if they become unwell.
- Unwell members with COVID-19 compatible symptoms should be tested for COVID-19 and remain in isolation until they receive a result. They can return to the park once a test is negative and their acute symptoms have resolved.
- Members must bring their own water bottles, towels and mats. These items are not to be shared with other members.
- A distance of 2m between themselves and attendees, while also monitoring all attendees remaining 2m between each other.
- If you have children; please ensure you are following our guidelines
 - If your child is sick or has come into contact with someone who is sick or diagnosed with COVID please stay at home
 - Children as always are welcome to come and are not counted in the 20 people, as they are not participants and instead the responsibility of their supervising adult.
 - Unwell children with COVID-19 compatible symptoms should be tested for COVID-19 and remain in isolation until they receive a result. Members with children can return to the park once a test is negative and their child's acute symptoms have resolved.

Our COVID Risk and Safety Plan will be reviewed and updated as restrictions ease or alter to ensure Live Life Get Active is adhering to State and local Council directives.

We also want to reiterate that these guidelines are to be followed by the individual. Live Life Get Active holds no responsibility or liability for these guidelines to be enforced. These are rules put in place for everyone to follow and to work together to keep each other safe.

Healthy Regards,
Live Life Get Active