

**> BE COVID SAFE.
HELP NSW STAY IN BUSINESS.**



Your COVID-19 Safety Plan

Gyms and indoor recreation

Business details

Business name	Your Life Fitness Centre
Business location (town, suburb or postcode)	Port Macquarie
Select your business type	
Gyms	
Completed by	Gavin Wilcox
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Effective date	12 April 2021
Date completed	5 May 2021

Wellbeing of staff and customers

Exclude staff, volunteers and visitors who are unwell from the premises.

Agree

Provide staff with information and training on COVID-19, including when to get tested, physical distancing, wearing masks and cleaning.

Agree

Display conditions of entry including requirements to stay away if unwell and record

keeping.

Agree

Other types of venues or facilities within the premises must complete COVID-19 Safety Plans where applicable. If contact details are captured electronically upon entry to the main premises on the relevant day, additional collection of contact details via electronic methods may not be required if there is no other public access to the sub-premises. However, additional contact details and time of entry must be captured where these sub-premises are indoor gyms, nightclubs, dine-in hospitality venues, pubs and bars.

Agree

Physical distancing

Capacity must not exceed the greater of one person per 2 square metres of space in the premises, or 25 persons.

Agree

Support 1.5m physical distancing where possible.

Agree

Avoid congestion of people in any specific areas within the venue where possible, such as change rooms and other communal facilities.

Agree

Consider having strategies in place to manage gatherings that may occur immediately outside the premises.

Agree

Hygiene and cleaning

Adopt good hand hygiene practices. Have hand sanitiser at key points around the

venue.

Agree

Ensure bathrooms are well stocked with hand soap and paper towels or hand dryers.

Agree

Clean frequently used indoor hard surface areas (including children's play areas) at least daily with detergent/disinfectant. Clean frequently touched areas and surfaces several times per day. Reduce sharing of equipment where practical and ensure these are cleaned with detergent and disinfectant between use. Encourage visitors to wipe down equipment after they have finished using it.

Agree

In indoor areas, increase natural ventilation by opening windows and doors where possible, and increase mechanical ventilation where possible by optimising air conditioning or other system settings (such as by maximising the intake of outside air and reducing or avoiding recirculation of air).

Agree

Record keeping

Keep a record of the name, contact number and entry time for all staff, volunteers, visitors and contractors for a period of at least 28 days. Contact details must be collected for each person using a contactless electronic method, such as a QR Code or similar.

Note: Community centres and halls are not required to collect electronic entry records but are strongly encouraged to do so.

Agree

Processes must be in place to ensure that customers provide the required contact information. Electronic check-in systems, such as QR codes, should be clearly visible and accessible including at entrances to the premises.

Agree

Records must be provided as soon as possible, but within 4 hours, upon request from an authorised officer.

Agree

If a person is unable to provide contact details, for example due to age or language barriers, another person may provide contact details on their behalf. If there are unexpected circumstances which prevent the use of electronic methods to collect contact details (such as an internet outage), any paper records must be entered into an electronic format such as a spreadsheet within 12 hours.

Agree

I agree to keep a copy of this COVID-19 Safety Plan at the business premises

Yes