



**Gymnastics**  
New South Wales

# 2022

# Spectator Guide

Companion document to be read in conjunction with the "Competition Guidelines - COVID INFORMATION 2022" which is available on the event page on the GNSW Website

# Let's help keep our events COVIDSafe

## COVID SAFE Competition



Not feeling well?  
Please stay home.



Please remain distanced in the grandstands.



If distancing is difficult, masks are recommended while inside.



Make sure to regularly sanitise or wash your hands.

Do not attend the event if you, or a member of your household is unwell or have any cold or flu-like symptoms;

Don't go anywhere if you are sick. Get tested immediately and isolate until you receive a negative result.

If you are in the moderate or high exposure category, do not attend the event; if you are in the low exposure category and you need to attend, we encourage you to do a rapid antigen test just beforehand.

If you have tested positive through a PCR or Rapid Antigen Test (RAT), you must isolate immediately for 7 days. If you have a sore throat, runny nose, cough or shortness of breath after 7 days, please remain in isolation until 24 hours after your symptoms have resolved.

If you live with someone who has COVID-19 then you must follow the NSW Health Self Isolation Guidelines and self-isolate for 7 days. You must also follow the NSW Health Self-Isolation Guidelines for 7 days if you have been notified to do this by NSW Health.

If your exposure to COVID-19 was someone outside of your household, please assess your own personal risk using the NSW Health exposure table. Consider the nature of your contact with the person with COVID-19 and your own personal circumstances, such as the risk that you could infect the other people attending the event.

All directions from NSW Health must continue to be followed, including self-isolation, testing and stay home orders if and as required.

# Before the Event

## Before you leave home

- Stay home if you have been feeling unwell, have been in contact with anyone who has been diagnosed with COVID-19, or is awaiting on the results of a COVID-19 test (including yourself).
- If you have tested positive through a PCR or Rapid Antigen Test (RAT), you must isolate immediately for 7 days and cannot attend the event. If you have a sore throat, runny nose, cough or shortness of breath after 7 days, please remain in isolation until 24 hours after your symptoms have resolved.
- If you live with someone who has COVID-19 then you must follow the NSW Health Self Isolation Guidelines and self-isolate for 7 days. You must also follow the NSW Health Self-Isolation Guidelines for 7 days if you have been notified to do this by NSW Health.
- If your exposure to COVID-19 was someone outside of your household, please assess your own personal risk using the NSW Health exposure table. Consider the nature of your contact with the person with COVID-19 and your own personal circumstances, such as the risk that you could infect the other people attending the event.
- If you are in the moderate or high exposure category, do not attend the event
- Maintain social distancing of 1.5 metres from anyone who is not part of their immediate group, particularly while queuing and moving through concourses.

## Feel sick at the event?

Coaches and participants are to notify GNSW staff as soon as possible upon someone becoming unwell and follow appropriate established processes.

The unwell participant is to follow hand hygiene etiquette, put on a face mask and will be placed in a designated isolation area until they are able to leave the venue. Unwell participants will need to leave the event as soon as possible.



# Arrivals and Departures

## **Aim to arrive only 10mins before your session**

To avoid crowds, please arrive only 10min before your allocated time.  
If you arrive early, please stay in your car.

Participants and officials cannot enter the competition venue (including the wider facility if applicable) earlier than the designated time prior to their session or before the participants and officials of the previous session have departed.

## **Club meeting point**

- Clubs will organise a meeting point outside the venue where the parents will meet the coaches and drop-off their gymnasts. This point must not be the entrance door or within any entry/exit points or thoroughfares which must be kept clear and free of congestion at all times.
- Coaches are to collect their gymnasts at this meeting point and will escort their group of gymnasts into the venue and sign-in for the session they are entering.
- Parents dropping-off and picking-up athletes should not linger in these zones, and if arriving early, should wait in their car or away from the meeting point and any other groups until the appropriate time. The designated club coach is responsible to oversee safe drop-off and pick-up for their group of athletes.

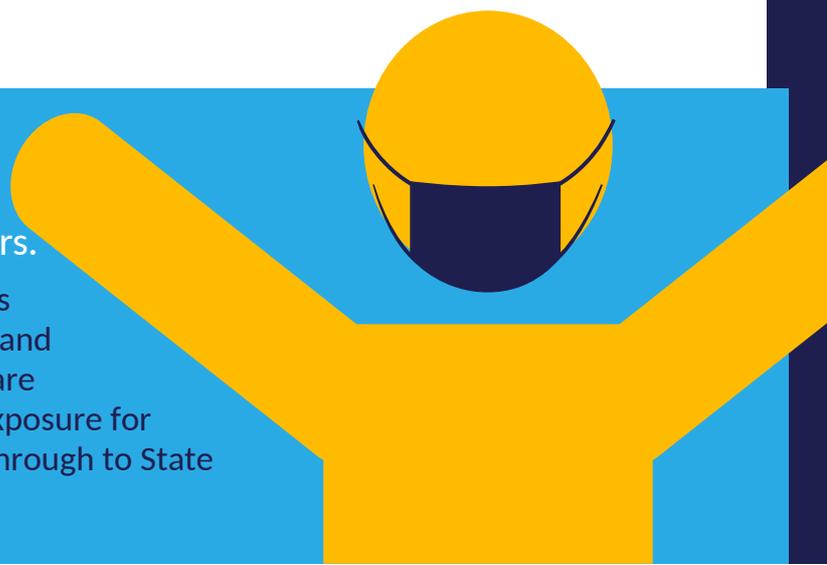
At the gymsports designated entry time, club groups will be permitted to begin entering the venue. No individual coaches or athletes will be allowed into the venue. Club gym sport groups must enter the venue together.

## **Maintain social distancing at all times**

Maintain social distancing of 1.5 metres from anyone who is not part of your immediate group, particularly while queuing and moving through venue and concourses.

The NSW health guidelines encourage masks for indoor setting where you cannot maintain a safe distance from others.

We strongly encourage the wearing of masks as a safety precaution to help protect the officials and athletes competing in the event. All attendees are encouraged to assist in minimising the risk of exposure for the athletes and officials seeking qualification through to State Championships.



# While inside the venue

- Maintain social distancing of 1.5 metres from anyone who is not part of their immediate group, particularly while queuing and moving through concourses.
- Follow direction from our staff, security and signage during your visit.
- Remain seated unless using the amenities or service areas.
- Wipe down your seat with the anti-bacterial wipes provided, upon arrival and departure from the seating area.
- Leave the venue in a quiet and orderly manner ensuring you do not mingle or congregate outside the venue.
- Practice high-level hand hygiene, by washing your hands regularly while in the Stadium.
- Spectators must not mingle or enter any athlete or official zones and participant and spectator groups to remain separate at all times.
- Abide by GNSW Policies, including the Gymnastics NSW – Spectator Code of Behaviour and Photography Policy.
- All scoring or technical administrative queries at an event will only be entertained if submitted by the club in accordance with the applicable Gymsport rules and procedures for enquiries. No direct enquiries from spectators will be answered.
- Any breaches to the codes of conduct may result in removal from the venue and/or refusal of entry. In addition, breaches will be referred to the GNSW CEO and the GNSW Board for further action.
- The right is reserved to add, withdraw, reschedule or make substitutions to the advertised event schedules, programs, competition work plans, seating arrangements and audience capacity.
- The right of admission is reserved and is subject to the GNSW and the venue's terms of admission.
- By attending the competition, we thank everyone for acknowledging their role in helping us to successfully implement the Stadium and Competition's COVID-19 Safety Plan.

## Photography Policy

GNSW permits parents and spectators to take photographs from the spectator area provided all shots are appropriate. Parents should only take images (still and moving) of their own children, unless they have the express approval of the parents of other children. Cameras lenses must be below 50mm. Parents who suspect that other spectators are taking images of their child, or taking photos of another child that is not the child of the person taking the image, may report the incident to the Competition Manager.

# Share Your Event Experience



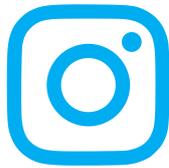
Watch all the action on  
YOUTUBE

@GYMNSW



Join the Conversation  
on TWITTER

#GYMNSW



Check out event  
photos on INSTAGRAM

@GYMNSW



See the action on  
TIKTOK

@GYMNSW



Get all the event details  
ONLINE

GYMNSW.ORG.AU



Give us a thumbs up on  
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