

Australian Academy of Tai Chi & Qigong Queensland Covid-19 Risk Management Plan

We already have a comprehensive and up-to-date Risk Management Plan. We have added new considerations and procedures to cover the Covid-19 requirements.

The COVID-19 pandemic requires a uniquely focused approach to work health and safety (WHS) as it applies to our business, our instructors and our clients in public sessions.

We are using the following: -

“Businesses and workers must actively control against the transmission of COVID-19 while at work, consistent with the latest advice from the Australian Health Protection Principal Committee (AHPPC)” and INDUSTRY COVID-SAFE PLAN FOR FITNESS FACILITIES (<https://www.covid19.qld.gov.au/>)

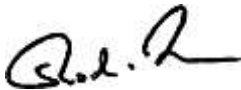
These new considerations include: -

- All instructors have the right to a healthy and safe working environment. Vulnerable instructors or instructors with vulnerable immediate family should be protected from physical contact with clients eg we have to accommodate a workplace absence during the time of most risk.
- No shared equipment to be used. Tai Chi & Qigong do not use any equipment. However, sanitiser / wipes should be available to wipe down pens / pencils used during the collection of information prior to each session or collect(write) this information yourself.
- Information of every participant at every session must be collected, including at least the name and contact phone number.
 - Maintain an accurate attendance record of all individuals that are present on site
- Numbers will be limited to the current group size as advised by the Queensland Government / Local Government AND governed by 4 sq m per person safe distancing.
 - ensure class participants are adequately spread out around the room/area
- Inform participants of hygiene standards that are expected when they attend our sessions with distancing signs at the entrance for indoor sessions
- At the start of every session, participants must be advised to maintain safe physical distancing (over one arm’s length in each direction) – not only during the session, but upon arrival and after the session too. Tai Chi inherently requires this distance anyway to have enough space to perform the movements in each session.
- Participants are informed NOT to attend the session, or are to leave immediately, if not feeling well.
 - Advise participants that they must not attend the session if they are unwell, have symptoms of COVID-19, suspect they may have been infected with COVID-19 (including close contact with a person diagnosed with COVID-19) or been advised by health authorities to self-isolate. This message should be regularly communicated to members via email/signage and in each session.
- Participants are advised of good personal hand and respiratory hygiene practices, and are warned to cover coughs or sneezes with their elbow (not hands) or a tissue which should be immediately disposed of.
- Frequent hand washing (at least 20 seconds with soap and water or sanitiser if soap and water not available) is advised for prior to attending, and following the session. Hand washing techniques are often taught during our sessions, as they closely follow our existing hand massage sets.

- For indoor sessions, the instructor is required to wipe all surfaces touched eg door knobs, taps, light switches, toilet doors/buttons/taps, bench/table tops at the start and end of each session.
- Encourage contactless payment or sign-in where possible.

These measures will be constantly monitored, and adjusted as current requirements dictate.

- On-going review and monitoring
 - Regularly monitor and review the implementation of hygiene measures to ensure they are being followed and remain effective.



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