



# **Restart – Risk and Safety**

- All facilities will be 'COVID-safe' before reopening
- Pre-start and re-opening checklists have been developed for all facilities which will include social distancing requirements and other COVID-safe measures
- Staff will be required to complete the **COVID-Safe online training** provided by the Department of Health and Human Services and complete a COVID-Safe commitment statement to ensure that everyone understands what COVID-safe looks like at YMCA Victoria
- Staff and patron COVID-safe expectations and rules will be displayed at all facilities and communicated via social media and website
- Personal protective equipment and hygiene supplies will be provided. Things like gloves, hand sanitiser, disinfectant wipes, tally counters. Managers will be communicated with to determine what is needed at their site in the coming week.



# **COVID-Safe and Social distancing**

# The follow will be tailored to suit each facility where necessary

- All staff, visitors and members of the public will be temperature checked prior to entering a facility ٠
- Maintaining 1.5 metre and 4m2 social distancing or modification of environments to ensure social distancing is ٠ possible – eg. removal or closure of seats
- **Decal stickers** on floors ٠
- **Sneeze screens** (eg. screen protectors at reception) ٠
- **Booking systems** will be in place: We have a responsibility to record all visitors at our sites. This is more important • than ever before if there is a confirmed case of coronavirus to be able to identify and trace to limit the spread.
- Identification of all spaces and the **capacity limits of each space** (eg. Meeting rooms, fitness rooms, dining halls) ٠
- **COVID-Safe Operating Procedures** for programs, tasks and facility areas (eg. fitness classes, adventure activities, • spas and saunas.)
- There will be **increased cleaning of facilities** and in the event of a confirmed case a **de-contamination clean** of ٠ the area or facility will be undertaken



# Suspected or confirmed case of COVID-19 at work

# If the suspected or confirmed case of COVID-19 is at work



# 1. ISOLATE

Isolate the person from others, provide them with a disposable surgical mask if available and isolate them in a separate room.



## 2. TRANSPORT

Ensure the person has transport to their home or medical facility.



## 3. ESCALATE

Notify your manager immediately, manager to escalate to ELT. Initiate Critical Incident Process.

Manager to ring the national COVID-19 hotline (1800 020 080). Follow the advice of health officials.

## **CRITICAL INCIDENT TEAM (CIT)**



## 5. CLOSE / ISOLATE

CIT to determine the level of isolation or closure of site, staff or public to be evacuated from area / site.



## 6. IDENTIFY

CIT to identify who at the site had close contact with the infected person in the 24 hours before that infected person started showing symptoms. Send those people home to isolate. Allow employees to raise concerns.



# 7. CLEAN

CIT to determine the level of cleaning required. Engage cleaning company Smart Clean to conduct decontamination clean (0422 289 744).

CIT to review: risk management controls relating to COVID-19, whether work may need to change and if site can re-open. Keep employees and public up to date with what is happening.

If the suspected or confirmed case of COVID-19 (Staff or Public) is not at site when diagnosed - START AT STEP 3







## 4. INFORM



## 8. REVIEW / OPEN

# **Employee Assistance Program**

Please remember to take care of yourself during this time. Managing our mental and physical health during challenging times like these is so important.

• EAP – Our Employee Assistance Program is available to you 24/7 and provides so much more than just traditional counselling. EAP can be accessed through Lifeworks - our external provider - by visiting the Lifeworks website or by calling 1300 361 008



# **Highlights: Community Activation Award**

This week it was announced the Y won the Community Activation Award in the 2020 Australian Fitness Awards,

for our partnership program with the Wangaratta Council.

The winning program was the Walk To School Program, where 2,370 local students walked, rode or scooted a combined total of 30,630kms together to school.

Congratulations to the team involved at Wangaratta YMCA.





# **Highlights: Latrobe Youth Space funding**

The Latrobe Youth Space in Morwell has received \$4.3million funding from the State Government to redesign, redevelop and run this space.

This funding will also help to generate up to 50 future employment opportunities which is wonderful.

# news

LOCAL young people are being supported with \$4.3 million in state government funding to design, develop and run the Latrobe Youth Space

in Morwell. Minister for Youth Ros Spence announced earlier this week that Warragul-based company Kubale Constructions had been appointed as the head contractor to redevelop the youth space facility, generating up to 50 onsite jobs. "The new Latwice Youth Space is in the

"The new Latrobe Youth Space is designed by young people, for young people. This space will provide young people across the Valley with the resources and opportunities they need to thrive," Ms Spence said.

The project will kick-off in the next month, and s being delivered in partnership with the Latrobe alley Authority to support the engagement of ocal contractors.

Latrobe Youth Space manager Kylie Dubrich-McLoughlin said this was positive news for the eam of young co-designers who selected the space

a former car yard at 497 Princes Drive. "We were really excited, to see this happening is onderful. Now the builder has been appointed, it's ill steam ahead," Ms Dubrich-McLoughlin said. I think young people are now feeling like they we been listened to and are getting what they ked for"

Ms Dubrich-McLoughlin said builders would gin extending the mezzanine level, installing lift, a new kitchen, unisex toilets and spaces uding a young parents' area.

The young people had been consulting with chitects from day one, they've been picking the ours and the furniture. They've already begun nning, this is all youth-led to get the features want," she told The Express.

e new "safe and inclusive" space will allow n to run more programs which are guided by a th governance committee made up of 14 young ole aged 12 to 25.

and recreation activities and programs for online platforms.



Major support: The state government has committed \$4.3 million in funding to the design, develop and run the Latrobe Youth Space in Morwell. photograph havley m

isolated young people, young parents and LGBTI people, and is overseen by YMCA Victoria. In the past year, it has connected with more than

12,000 young Gippslanders. Latrobe Youth Space had been operating in an interim shopfront at Mid Valley while waiting for the go ahead for the new larger site, but had now shifted online due to COVID-19 rules.

Ms Dubrich-McLoughlin said they hoped to move into the new facility in about six months, but in youth space offers education and training, the meantime were adapting their programs to



"We've been having many engagements with young people, and catching more people feelin isolated who would not normally come into Mi Valley," she said.

Labor Member for Eastern Victoria Harrie Shing said the Gippsland community has provide "invaluable support" to Latrobe Youth Space.

"Appointing a local contractor to this proje means the local community - and the regist economy - will be supported in return," Ms Sh

# **Highlights: National Volunteer Week**

This week is National Volunteer Week.

In the past few months, our volunteers have given almost 800 hours of their time to host inclusive online sessions to provide support and engagement for young people and other volunteers. This has been through the Youth Hubs, through the e-Y-Space initiatives and through **Y-Solation** sessions on the Y Victoria Facebook page.

## So thank you to all our amazing volunteers - the Y wouldn't be the same without you.



It's time to pull out your comfiest robe, warmest slippers and best aerobics moves! For this week's Y-Solation session, YMCA volunteer and personal trainer Ruby will be bringing iso-robe-ics straight to your living room. Join in the livestream on Friday at 6pm, where she'll take you through a bunch of fun exercises you can do at home in your best iso-getup. 🏹 😅

Her tip for young people during this time: "My best advice to a young person trying to stay connected is to embrac... See More





COB Kergen Angel and 6 others

Good morning, everyone! If you're going to join the gnocchi making class today, this is the recipe we will be using. Please note, we STEAM the potatoes instead of BOILING the potatoes at the beginning. If you have a steamer, this is important! However, if you don't, feel free to boil (although, it will retain moisture in the potatoes!).

Also, it is worth noting that I will steam my potatoes BEFORE we start so that they're ready to go at the beginning of the live stream, so if you are following along you might like to do the same 🙂



TASTE.COM.AU Potato gnocchi Create a delicious Italian meal from scratch with this step-by-step guide to.

19 Comments





# **Highlights: Carlton Baths food service**

Carlton Baths are finding a way to **continue to support the community** despite their doors being closed.

They have connected with local cafes, such as Tanaka Coffee and Grocers, who have generously donated meals and fresh produce to give to locals living in the Carlton housing estate across the road.

Carlton Baths have coordinated this through the Carlton Neighbourhood Learning Centre, and last week **100 meals were delivered to vulnerable members of the community**.

Thank you Carlton Baths!



