

## Tasmanian Government 2021-22 Improving the Playing Field Grant Program (Large) New Extension and Health and Safety Improvements

In October 2021, Zodiacs applied for the **Tasmanian Government 2021-22 Improving the Playing Field Large Grant Program**, as part of a two-stage new building extension and health and safety improvements to our training facilities. Stage One has an estimated project cost of \$170,000, of which we are excited to announce \$142,610 has been funded by the Tasmanian Government 2021-22 Improving the Playing Field Grant.

### Project Descriptions

STAGE ONE: (now funded, and due to be completed by December 2023)

- Insulation to the non-insulated part of training facilities.
- New Extension - First Aid Room and Change Room Facility.
- Design Engineering, Document Certification, Council Fees and Levies, Building Surveyor and Preliminaries for both Stage One and Stage Two.
- LED Lighting Solution – installation of 14 Hergy LKN Bay Lights to improve visibility in training conditions.

STAGE TWO: (future grant funding application)

- New extension areas for a Strength & Conditioning training area and Barre & Choreography training area. Building Plans and initial Council Permits will be approved as part of the funding received in Stage One.
- Enclosure of parent/spectator area for improved safety and training conditions for coaches and gymnasts.

The Zodiacs Management Committee have identified and set aside adequate funding for both stages (minimum 15% of project costs), however the preference is to adopt a cautious approach to this investment with Health and Safety being the priority (Stage 1). This approach has arisen through our risk management review to adopt a conservative approach with significant investments and use of fundraising money. This will help manage risks associated with increased building costs and unexpected contingencies that may occur throughout the project.

Stage One will deliver significant improvements in health and safety. Insulation was identified as the first step and top priority in addressing extreme high and low temperatures in the gym. Insulation will help prevent the risk for environmental related injury through exercising in extreme hot or cold environments.

The next safety upgrade will be to lighting. Our gym will see the installation of LED lighting in order to increase lighting standards to improve safety for gymnasts. A well-designed lighting system can enhance all visual tasks, improving athlete performance and reducing the risk of injuries. Our current facility lacks uniformity which is the measure of how evenly light projects across the activity area. Where uniformity is poor, the eye can struggle to adjust and may result in participants misjudging distances to the floor or apparatus. The major factor in light loss is lumen and dirt depreciation. By converting our current lighting from the traditional metal-halide to the new LED options, this will achieve the recommended illuminance or lux level of a lighting system for a facility, as per the Gymnastics Australia National Facilities Guidelines. The conversion to LED will also provide the Club with less maintenance and operating costs (up to 80% more energy efficient than conventional bulbs) over the life of the lighting systems and a more positive effect on the environment with less energy required. This change to LED lighting will improve our safety standards for training with better lighting conditions for staff and participants.

A further area identified during our strategic planning process were concerns stemming from the only option for children to change for classes or competitions being the toilet facilities. With approximately 300 participants in classes that run from Monday to Saturday (not including school group bookings), this can be unhygienic with the large number of users and lacks floor to ceiling doors for privacy. The Club has a daily average of over 70 participants Monday to Friday, with some children arriving straight from school and needing to change at the gym. In addition to the class participants are the families spectating and using the bathroom facilities which increases the use of toilet facilities. A separate purpose-built change room would ensure a greater level of child safety and protection for children. For this reason, a new change room facility was identified as a Stage One priority.

In addition to the above was the desire to have a specialised First Aid room, which was separate to the main activity area. Injuries from gymnastics do unfortunately occur and require treatment, which may involve anything from applying a band-aid to needing specialised medical equipment. The need for privacy and a quiet space for gymnasts to lay down and have their injuries attended to is a major assurance to a child experiencing this. During all classes there is a First Aid qualified coach in the building and a dedicated First Aid room would ensure injured gymnasts can be cared for effectively and privately until an ambulance or parents arrive. The Gymnastics Australia National Facilities Guidelines recommend Clubs having a First Aid room in order to protect the dignity and privacy of the gymnasts or staff. This room should have all the materials necessary for handling an emergency from equipment to emergency telephone numbers, medicine, towels, strapping tape, elastic wraps and other medical treatment materials.

Consideration should also be given to emergency service access (including stretcher access and turning) and enabling a visual link to the activity area and reception area, while keeping in mind the privacy of the individual. Gymnastics Australia recommend a First Aid room be close to the general office, for the purpose of control and supervision. Ideally the First Aid room should also be adjacent to the accessible Disability Discrimination Act (DDA) compliant disabled toilet and a disabled change room. For this reason we have identified the best placement for this first aid room will be at the front entrance with a new purposely built extension that will house the first aid room and desk for coaching staff to maintain a visual link to the activity area and entrance, along with new change rooms.

This new extension and safety upgrades would not be possible without the ongoing support of the Tasmanian Government and our valued members fundraising efforts over many years, along with the wider community usage which all support Zodiacs Gymnastics Club Inc. The Zodiacs Management Committee would like to sincerely thank all involved to help achieve this fantastic outcome for our wonderful community sporting Club.

