



**Australian
Calisthenic
Federation**

INFECTION CONTROL POLICY

Commencement Date 22 September 2026

ACKNOWLEDGEMENT

The Australian Calisthenics Federation respectfully acknowledges the Traditional Owners of Country throughout Australia and recognises their continuing connection to land, waters and culture.

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INTRODUCTION

The Australian Calisthenics Federation (ACF) has a duty of care to protect the health, safety and wellbeing of all members. This duty extends beyond safe calisthenic movements to include preventing and managing the risk of infectious diseases.

PURPOSE

- To protect the health, safety and wellbeing of all ACF members and participants.
- To set clear principles for infection control that apply to all ACF activities, venues and events.
- To reduce the risk of infectious and communicable disease transmission through safe and consistent practices.

POLICY PRINCIPLES

Duty of Care

- The ACF will treat infection control as part of our duty of care.
- We will protect members, coaches, officials, and participants by applying consistent infection control practices.

Application

- This policy applies to everyone involved in ACF activities, including members, coaches, officials, administrators, participants, affiliated clubs and venues.
- All individuals and organisations covered by this policy must comply.

Adoption and Compliance

- ACF, Member States and Affiliated Clubs must adopt, promote and comply with this policy.
- They must update constitutions and rules where required to make this policy enforceable.

Infection Control Standards

- Everyone must follow Standard Precautions at all times (hygiene, safe disposal of waste, use of protective barriers).
- Additional Precautions must be applied where there is a higher risk (e.g. masks, isolation, physical distancing, modified activities).

Personal Responsibility

- Each person is responsible for their own health and for protecting others.
- Good hygiene — especially regular handwashing — is required at all times.

Precautionary Principle

- All bodily fluids and spillages must be treated as infectious.
- Gloves, masks, sharps disposal and other protective measures must be used to reduce risk.

Risk Management

- Infection control must be included in all risk assessments and activity planning.
- Clubs and individuals must consider immunisation and personal health risks such as pregnancy or weakened immune systems.

Protection of Vulnerable People

- Extra measures must be taken to protect people who are pregnant, immunocompromised or otherwise at higher risk.
- Reasonable adjustments, such as improved ventilation, mask use, physical distancing or modified participation must be made where needed.

Commitment to Public Health Measures

- ACF will apply simple and proven public health measures such as handwashing, respiratory hygiene, distancing and ventilation, especially during outbreaks of highly transmissible diseases.

ROLES AND RESPONSIBILITIES

ACF, Member States and Affiliated Clubs must:

- Adopt and comply with this policy in full.
- Publish, distribute and promote the policy to members.
- Provide access to the policy and make amendments to governing documents to support enforcement.

Coaches, Administrators and Participants must:

- Follow the principles and practices in this policy at all times.
- Take individual responsibility for their own health status and for safe participation.
- Support a safe and hygienic environment for all members.

PROCEDURES

The ACF will adopt a two-tiered approach to infection control, using *Standard Precautions* for all activities and *Additional Precautions* when there is a higher risk.

Standard precautions include:

- handwashing and drying hands thoroughly;
- using protective barriers such as gloves and masks;
- safe handling and disposal of sharps and waste.
- Additional precautions must be applied when dealing with known or suspected infectious diseases (e.g. measles, chickenpox, whooping cough).
- All activities must be planned and managed with infection control in mind, as part of our duty of care.

Protection of Immunocompromised Individuals

- Immunocompromised people face higher risks of infection and serious illness.
- Clubs, coaches and administrators must:
 - exclude unwell people from participation until safe to return;
 - keep environments clean, hygienic and well ventilated;
 - provide reasonable adjustments where needed, such as masks, distancing or modified activities;
 - consider these risks when planning and conducting all activities.

Practices for Infection Control

- All bodily fluids and spillages must be treated as infectious.
- Everyone must wash their hands thoroughly before and after activities, after contact with body fluids, and after bathroom use.
- Broken skin must be covered with a watertight dressing.
- Gloves and protective equipment must be worn when cleaning spillages or handling waste.
- Hands must be washed after removing gloves.
- Sharps must only be disposed of in approved containers that meet Australian Standards.
- Needles must never be recapped, bent, broken, or left unsecured.
- Mouth-to-mouth resuscitation must only be performed using approved protective equipment (e.g. Laerdal mask, Resusci Face Shield).

Occupational Risks

- All people are at some risk of infection.
- Simple precautions, including handwashing and up-to-date immunisation, reduce this risk.
- Coaches and administrators must seek medical advice on their immunisation status.

Infectious Diseases During Pregnancy

- Certain infectious diseases can harm unborn children.
- People who are pregnant must take extra precautions to avoid exposure to:
 - rubella,
 - cytomegalovirus (CMV),
 - toxoplasmosis,
 - parvovirus (fifth disease),
 - chickenpox.

Highly Transmissible Infections

During outbreaks of diseases such as COVID-19, ACF members must:

- wear masks indoors or when distancing cannot be maintained;
- wash hands regularly;
- practise respiratory hygiene (cover coughs and sneezes);
- maintain safe physical distancing;
- ensure good ventilation in all activity spaces.

RELATED DOCUMENTS

The following documents may be used as reference information for the deployment of this policy/procedure:

Reference	Title	Identifier
(1)	Document Title	Document Number
(2)	Document Title	Document Number
(3)	Document Title	Document Number

AUTHORISATION

Signature of ACF Chair – *Kerry Sargent*

Date of Approval by the Board – 22 September 2025

Australian Calisthenics Federation

Version Control Table

Version	Date Endorsed	Approved By