

Calisthenics Association of Queensland Inc.



CAQI Return to Qld
Calisthenics Pathway
Twenty20

Executive Summary



COVID-19 – a novel coronavirus that emerged in late 2019 – is a highly transmissible respiratory disease. Whilst for many people it presents as a mild illness, it has the potential to cause severe illness and death. The novelty of the virus means that the epidemiology and scientific evidence is rapidly evolving, as are public health responses and protocols.

On Friday 8 May 2020 the Premier Anastacia Palaszczuk released Queensland's Roadmap to Easing COVID-19 restrictions. The roadmap outlines a staged approach to giving Queenslanders more freedom to travel, participate in more activities and hold more gatherings. The Roadmap provides sensible and gradual steps to a COVID recovery that will reconnect our communities and allow the recommencement of community sports.

This has allowed the CAQI Executive Council the opportunity to adopt the CAQI Return to Qld Calisthenics Pathway Twenty20 for the balance of the year.

In light of ongoing Qld Government restrictions associated with Covid-19, and in the best interest of its members, CAQI has made the difficult decision that there will be no Regional or State Championship Competitions in 2020. Although a return to competitions is not feasible during 2020, a focus on training and skill development is both encouraged and supported by the Qld Roadmap and recent financial grant announcements.

A return to face-to-face training and activities will be available from Stage 2 for all clubs and teams that meet the Roadmap restrictions applicable, to be managed on a Club by Club basis.

These guidelines have been designed to assist clubs in a safe return to training whilst maintaining the safety of our calisthenics community. The aim is to draw together current recommendations and restrictions from the Federal and State level. In particular, the recommendations from the QSport Indoor Sports Group Industry COVID Safe Plan and the Dance and Physical Performing Arts Industry COVID Safe Plan.

We acknowledge this continues to be a changing environment and therefore this document may be updated in the months ahead but is designed as a guide for everyone to consider as a starting point, laying the individual requirements of their training venues and club needs over the top.

We highlight, it will be an individual Club's obligation to meet the requirements of their venue, state and federal restrictions when and how they return to training or events and CAQI takes no responsibility for any breaches or fines as a result of any breach.

Regards

Meg Graham

President

Calisthenics Association of Queensland Inc. (CAQI)

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STAGED APPROACH



STAGE 1: FROM 12.00AM 15 MAY 2020

- Groups of 10
- Non-contact, informal outdoor activities, pools (indoor and outdoor)
- Parks, playground equipment, skate parks and outdoor gyms
- Hiking and recreation activities in national and state parks
- Travel up to 150km from home or 500kms within the outback if you live in the outback
- Maintain physical distancing, 1 person per 4 square metres.

STAGE 2: FROM 12.00 PM 1 JUNE 2020*

- Groups of 20 (includes all pupils, coaches, officials and spectators)
- Non-contact, indoor and outdoor activities and community sports clubs
- Gyms, health clubs, yoga studios
- Canteens where the COVID-19 checklist for dining has been completed
- Travel up to 250km from home
- Camping and overnight accommodation
- Maintain physical distancing, 1 person per 4 square metres.

STAGE 3: FROM 12.00 AM 11 JULY 2020

- Gatherings of up to 100 people
- Community sport (contact and non-contact)
- Indoor personal training (1 person per 4 square metres)
- Dining in (including canteens)
- Gyms, health clubs, yoga studios (4 square metres per person when indoors)
- Competitions/events (up to 100 people)..

*12 June 2020 was the original date proposed for Stage 2. Some restrictions have been lifted earlier to allow Stage 2 to commence on the 1st June

What Each Stage Means for the Return of Calisthenics in Qld

Please note that all guidelines and protocols below will be enforced until and unless it has been formally notified from health authorities that restrictions have been lifted

Stage 1

- No face to face training
- Online training only

Stage 2

- Face to Face training may resume for teams under 20 (including coaches)
- Solo training may resume
- Length of coaching time to be reduced: "Get in, Train, Get Out"
- Duo training may only resume if choreography is modified to maintain physical distancing
- Physical distancing should be maintained as much as possible and where possible alter activities to minimise contact
- 4 square metres per person should be implemented within the training area and physical distancing of 1.5m must be maintained in other areas of the training venue
- Non-essential contact must be avoided i.e. march/stage patterning where individuals would be closer than the 1.5 metre regulation, pair and partner work
- Essential contact is permitted if teams are training for a competition, i.e. where contact less than 1.5m is considered essential to perform the routine. However participants must maintain 1.5m apart when not performing/training for the routine.
- Coaches to practice social distancing with pupils unless contact is considered essential for safety or training reasons and where possible maintain 1.5 metre distance
- Where practical no sharing of equipment. This includes apparatus (clubs and rods), aesthetic skirts and training equipment such as mats, fit-balls, stretch bands, yoga blocks.
- Mats only to be used if fully disinfected between participants.

Stage 3

- Face to Face training may resume for teams larger than 20
- Events/gatherings may be organised of up to 100 people
- Physical distancing should be maintained as per stage 2 guidelines above, including 4 square metres per person within the training area and 1.5 metres in all other areas of the training venue
- Non-essential contact must be avoided i.e. march/stage patterning where individuals would be closer than the 1.5 metre regulation, pair and partner work
- Essential contact is permitted if teams are training for a competition, i.e. where contact less than 1.5m is considered essential to perform the routine. However participants must maintain 1.5m apart when not performing/training for the routine.
- Coaches to practice social distancing with pupils unless contact is considered essential for safety or training reasons and where possible maintain 1.5 metre distance
- Where practical no sharing of equipment. This includes apparatus (clubs and rods), aesthetic skirts and training equipment such as mats, fit-balls, stretch bands, yoga blocks.
- Mats only to be used if fully disinfected between participants.

General Principles for the Resumption of Calisthenics Training

The time at which clubs decide to return to face to face training within Stage 2, will be determined by the individual club, however, will be based on appropriate measures having been put in place by each club as outlined in this document, to mitigate the risks in a COVID-19 environment.

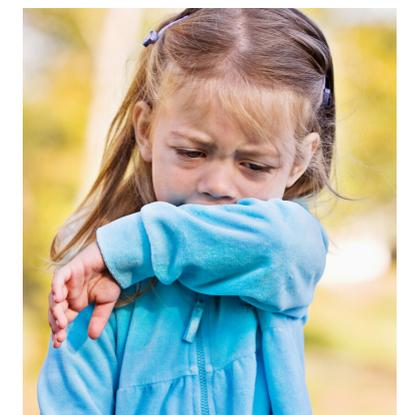
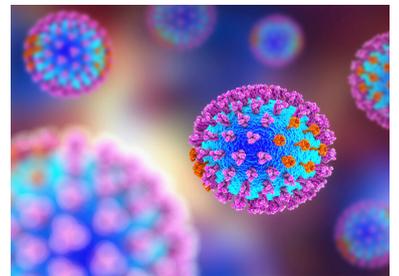
All decisions about a return to training, must take place with careful reference to these guidelines. It is a requirement that each club develop its own COVID-Safety Plan, based on the recommendations in this document, prior to training recommencing. Members, participants, coaches, families and volunteers must be engaged and briefed about the Return to Sport Plan of each club. Please be aware that all COVID Safety Plans developed by each club must be enforced and must remain in place until notified by health authorities that restrictions have been lifted. This may mean plans may stay in place longer than Stage 3.

The training environment should be assessed to ensure precautions are taken to minimise risk to participants & coaches. Plans need to be put in place to accommodate upgraded hygiene protocols and other measures to mitigate risk of a COVID-19 transmission, before training can recommence.

At all times, sport and recreation organisations, must respond to the directives of Public Health Authorities and act accordingly.

Localised outbreaks may require sporting organisations to again restrict activity and those organisations must be ready to respond. The detection of a positive COVID-19 case in your club will result in a standard public health response, which could include quarantine of a whole team or club and close contacts for the required period.

Above all the safety and well-being of the entire community will be the priority in any further decisions.



SAFETY FIRST



PROTOCOL FOR THE RESUMPTION OF CALISTHENICS TRAINING ACTIVITIES IN QUEENSLAND

COVID-19 Safety Coordinator

- Ensure your organisation has appointed a COVID-19 Safety Coordinator.
- The appointed individual must be familiar with the [roles and responsibility of the Safety Coordinator](#) as outlined in the SportAus Return to Sport Guidelines.
- The Safety Coordinator will be responsible for overseeing the ongoing review of the club's safety plans, keeping informed of any local outbreaks in the area and will be responsible for in-house decisions to postpone, cancel or modify training activities as required.

Number of Participants Within the Training Area

- Ensure the number of participants at training including coaching staff are in line with current restrictions.
- For larger teams consider staggering lessons to minimise numbers in the training area and to comply with restrictions.
- For venues with multiple training rooms i.e. 20 in each training room, or a training room that is part of a larger facility shared with others, MUST adhere to the section 5.1 Maximum Allowable Participants of the [DPPA Industry COVID Safe Plan](#) and the [QSport Indoor Sports Group Industry COVID Safe Plan](#)

The Training Environment

- Ensure the training environment is set up to comply with social distancing requirements i.e. 4 square metres per person.
- Mark out training area to ensure participants maintain appropriate distance.
- Where possible, mark out separate entry and exit areas.
- Ensure exit and entry areas do not become congested.
- Set out spacing to ensure personal equipment i.e. training bags, are not overlapping and are spaced out with appropriate distancing.

Modifications to Training

- Modify training to limit time and person-to-person contact: "Get in, Train, Get Out" methodology.
- Schedule extra time (minimum 30 minutes) between training sessions to allow for cleaning and to reduce overlap of participants.
- Apply a graded approach to the training load to mitigate risk from sudden increases in training and risk of injury.
- Modify any choreography to reduce direct contact between participants where it is considered non-essential.
- Limited contact may be permitted if teams are training for a competition, where contact less than 1.5m is considered essential to perform the routine.
- Participants must maintain 1.5m apart when not performing/training for the routine.
- Coaches to practice social distancing with pupils unless contact is considered essential for safety or training reasons and where possible maintain 1.5 metre distance.
- Be creative with your class plans to minimise movements that require contact by the coach such as padding, support for difficult movements, correction of technique.
- When so permitted, by Government regulation, non-essential partner training can occur.
- Within a session partners must remain with the same person.

PROTOCOL FOR THE RESUMPTION OF CALISTHENICS TRAINING ACTIVITIES IN QUEENSLAND

At Risk or Vulnerable Members

- Identify members and coaches that fall within the vulnerable category. Vulnerable people include:
 - Aboriginal and Torres Strait Islander people 50 years and older with one or more chronic medical conditions
 - People 65 years and older with chronic medical conditions
 - People 70 years and older
 - People with compromised immune systems.
- If you identify vulnerable people, you must work with them to ensure their needs are met and risks are mitigated. If risk cannot be mitigated, then alternative arrangements should be considered, for example delaying a return.
- It is the club's responsibility to organise a separate COVID Safe Plan for at risk individuals

Management of Equipment

- No equipment should be shared between participants or between coaches.
- All participants must have their own set of clubs, rods and practice aesthetic skirts.
- Mats can only be used if cleaned between participants, or participants bring their own.
- Where possible participants need to bring their own extra training equipment i.e. yoga mats, yoga blocks, towels, weights.
- Participants should disinfect their own equipment after use and prior to the next training session.

Unwell Participants

- Any participant that is unwell, must avoid training and seek medical clearance before returning to training (see Flow Chart to assess Fitness to train below).
- Any participant that becomes unwell during training needs to be isolated away from other participants and social distancing must be maintained whilst administering help if they are unable to leave the venue immediately.
- Ensure facemasks and disposable gloves are available and are given immediately to anyone that becomes unwell during training and to the person assisting in caring for the unwell individual.

Attendance Records and Tracking

- Attendance records must be taken of all participants and coaches at every training session - See Appendix 1a-1c.
- It is the responsibility of the COVID-19 Safety Co-ordinator to maintain the records of class/training attendance for a minimum of 56 days.
- Reports of any positive test results of COVID must be maintained by the club for a minimum of 5 years.
- Encourage all participants, coaches, volunteers and parents to subscribe to and appropriately use the Government's COVID Safe App.

PROTOCOL FOR THE RESUMPTION OF CALISTHENICS TRAINING ACTIVITIES IN QUEENSLAND

Statement of Compliance

- To show you are following an approved industry COVID Safe plan, you can download and display a statement of compliance at your training venue. This shows that you're undertaking best practice as a COVID Safe business. A statement of compliance can be downloaded at https://www.covid19.qld.gov.au/__data/assets/pdf_file/0030/129927/Statement-of-compliance.pdf

Hygiene Protocols

- All participants must arrive dressed ready to train to minimise use of change rooms and toilets.
- Participants only to arrive at designated training time to minimise risk or congestion in the entry and exit areas.
- Coaching staff and Team Managers must organise the cleaning of training floors, door handles, toilets and basins before each session and at the completion of the training day.
- Cleaning 'Safety Supplies' must include hand sanitisers, disinfectant mops, microfibre cloths, gloves (rated safe) and paper towel.
- All participants are to wash hands and/or apply hand sanitisers prior to coming into the training area.
- If AVAILABLE, test the temperature of all persons entering the training area with a forehead thermometer - persons with a temperature of 37.5 C or more will not be able to enter. They must go into separate quarantine area and then be re-tested 10 minutes later. If temperature remains above 37.5 C they will be sent home.
- If any individual's temperature is measured at 38 C or above they will be immediately sent home.
- Temperature testing if AVAILABLE will be conducted at the entrance to the session by the designated screener.
- An additional adult should be present for the temperature testing of individuals under the age of 18, preferably the child's parent or guardian.
- The training venue must have hand sanitisers available at entry and exit points of the training facility.
- Any participant that leaves the training area must sanitise upon re-entry into the training area.
- Training time will be modified so as not to include eating breaks where possible.
- Younger participants (Tinies and Sub-Juniors) that need to use the bathroom during training will be escorted by a coach.
- Older participants (Juniors and above) must let a coach know that they are leaving the training area to go to the bathroom and must practice appropriate hygiene.
- Hygiene signage MUST be displayed at all venues

PROTOCOL FOR THE RESUMPTION OF CALISTHENICS TRAINING ACTIVITIES IN QUEENSLAND

First Aid

- Any first aid administered during training time, must be done so in the context of a COVID Safe Environment. Please refer to Sports Medicine Australia for an outline on requirements for first-aid.
- It is an expectation that all coaches, volunteers and club officials that may be in a position to administer first aid, have read and are familiar with the above document.

Drop off and Pick up Procedures

- Ensure drop off and pick up procedures have been put in place for all members and have been clearly communicated to parents/caregivers.
- Where possible provide a visual map of your training venue to your members to ensure they are familiar with the drop off and pick up areas, and the entry and exit points.
- Pupils must only arrive at their designated class time and a 'Drop & Go' policy must be adopted by all parents/caregivers.
- At the conclusion of class, parents/caregivers must remain in their vehicles and pupils will be escorted out by the Coaching Staff or Team Manager.

Management of a potential outbreak of COVID-19

- Ensure the club has a system in place to share timely and accurate information to members and parents such as Text Messages, Emails, Team App, WhatsApp as part of a club COVID Safety Plan.
- If any member tests positive or has come in contact with someone that has tested positive, this must be reported to the authorities immediately, training should be ceased and guidance from authorities must be followed. See Appendix Two - Protocol for Reporting a Potential Outbreak of COVID-19.

Payments

- All cash payments should be avoided where possible and the club should put into place online or direct debit payments

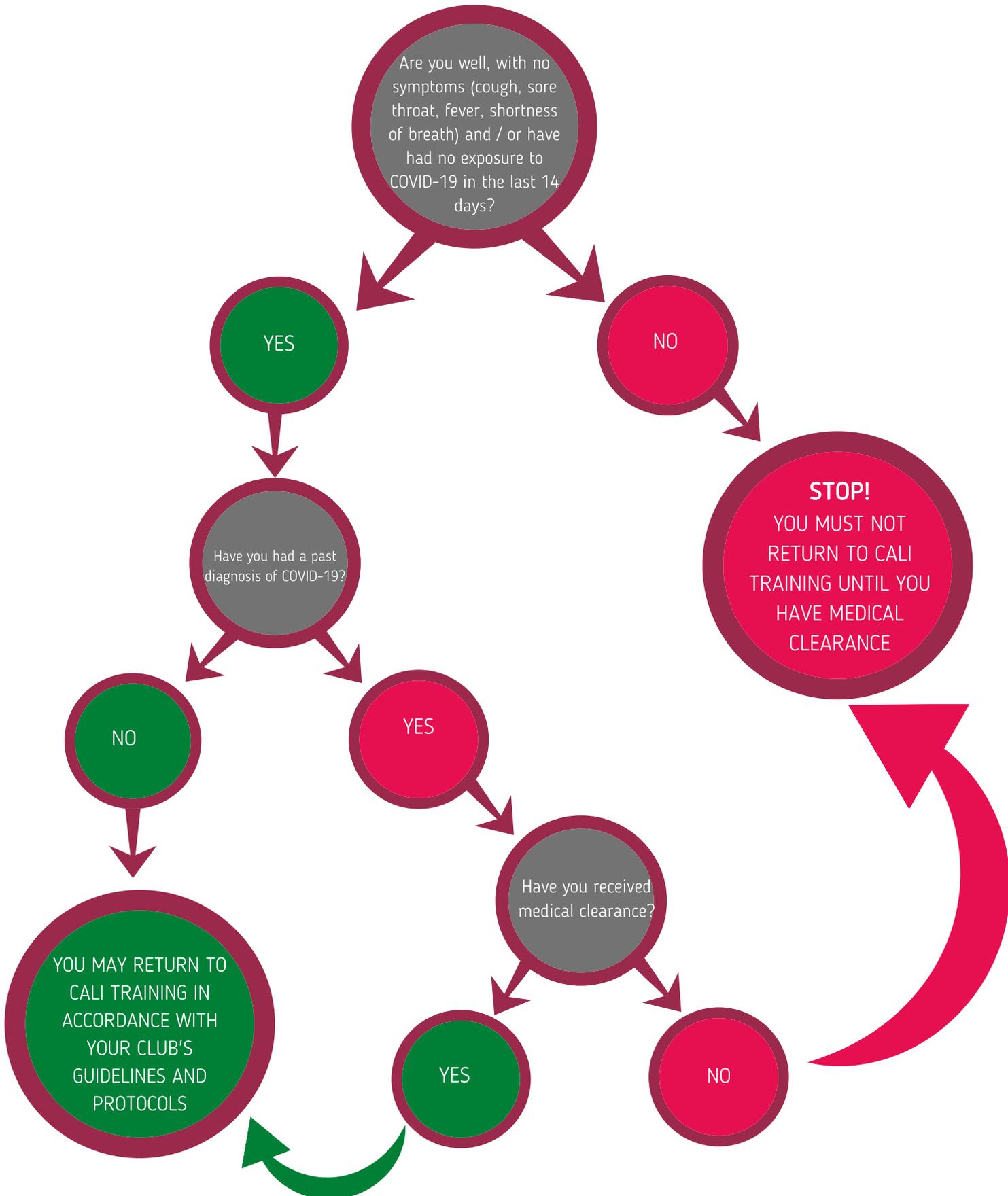
Club Finances

- All clubs need to ensure the financial costs of COVID measures and the return to activity has been researched, with the necessary adjustments to budget and fees put in place.
- Grants to assist can be applied for at <https://www.qld.gov.au/recreation/sports/funding/active-clubs-kickstart>
- Please note it is not the responsibility of CAQI to manage or provide extra finances to clubs. CAQI will not be able to offer financial assistance to clubs that find themselves in financial difficulty due to the COVID-19 requirements.

Non-compliance

- It is the absolute responsibility of the club to be familiar with all requirements outlined in this document and to implement their own individual Club COVID-19 Safety Plan.
- Any fines, training bans or closure of clubs that have been implemented due to non-compliance with COVID-19 regulations as outlined in this document, will be the sole responsibility of the club, not CAQI.

Flow Chart to Evaluate Fitness to Return to Training



Education

Before calisthenics activities can begin again, it is necessary to educate our participants, coaches, volunteers, officials, and parents on risk mitigation strategies. Education will set and promote expectations regarding the required safety behaviours and measures that must be implemented to ensure the health and well being of all our members. This includes dissemination of the Club's Risk Mitigation Strategies and Protocols as developed using this Framework.

CAQI recommend coaches, managers, and any other Club officials who have direct contact with participants, complete the COVID Safe Sport Certification course. The training ensures coaches take the appropriate measures when conducting sport and training sessions. It is accessed online and takes approximately 30 minutes to complete. Registration can be found clicking on the 'Play' button below;



Educational Resources for Members

The following Australian Government and WHO educational material should be widely communicated and promoted to all Club's members, coaches, officials, volunteers and parents.

- [Good hygiene for Coronavirus \(COVID-19\)](#)
- [Clean hands protect against infection](#)
- [Keep that cough under cover](#)
- [Isolation for Coronavirus \(COVID-19\)](#)
- [Advice for people at risk of Coronavirus \(COVID-19\)](#)
- [Coronavirus \(COVID-19\) resources](#)

Education Posters for the Training Environment

It is also mandatory that safety & hygiene practices are displayed at the training venue. Please check with your landlord regarding what materials they may already have in place. If there are no materials displayed, it is recommended that the following Australian Government and WHO resources be prominently displayed in the Cali training environment:

- [Good hygiene practices poster for businesses](#)
- [Good hygiene is in your hands](#)

References

Calisthenics ACT Framework for Resumption of Training & Competitions in a COVID-19 Environment; 2020

Queensland Government: Roadmap to easing restrictions; 8 May 2020.

<https://www.covid19.qld.gov.au/government-actions/roadmap-to-easing-queenslands-restrictions>.

QSport Indoor Sports Group: INDUSTRY COVID SAFE PLAN. 6 June 2020

<https://cdn.revolutionise.com.au/cups/qsport/files/dcbaiifou0tobo2n.PDF>

Dance and Physical Performing Arts: INDUSTRY COVID SAFE PLAN. 6 June 2020

https://www.covid19.qld.gov.au/___data/assets/pdf_file/0009/130230/industry-covid-safe-plan-dance-physical-performing-arts.pdf

Queensland Government: Novel Coronavirus (COVID-19); 26 May 2020. <https://www.covid19.qld.gov.au/>

Australian Government Department of Health: Coronavirus (COVID-19) at a glance; 30 April 2020. Retrieved from Australian Government Department of Health:

<https://www.health.gov.au/resources/publications/coronavirus-covid-19-at-a-glance-30-april-2020>

The Australian Institute of Sport (AIS) Framework for Rebooting Sport in a COVID-19 Environment. Canberra: AIS. Department of Health; 2020

Sport Australia; Return to Sport Toolkit; May 2020.

<https://www.sportaus.gov.au/return-to-sport>.

Queensland Government: Queensland Return to Play; May 2020. <https://www.covid19.qld.gov.au/government-actions/roadmap-to-easing-queenslands-restrictions/sport>

COVID Safe Sport Coaches & Officials Certification. Australian Coaching Council

<https://www.openlearning.com/courses/covid-safe-sport-coach-certification/>

Appendix 2

Checklist of Safety Plan for the Resumption of Calisthenics Training in QLD

	YES	NO
Appointment of COVID-19 Safety Co-ordinator		
Number of participants within the training area meets current government guidelines		
The training area is set up to comply with physical distancing recommendations		
Entry and exit areas are marked out		
Training bags are spaced out with appropriate distance		
Training times have been modified to limit person to person contact		
A minimum of 30 minutes between training times has been scheduled to allow enough time for cleaning between sessions		
Choreography has been modified to reduce direct contact between participants		
Coaches know to minimise any physical contact with participants that is non-essential		
Coaches are aware that no partner training can occur unless permitted by government regulations or unless considered essential for competition training		
At risk individuals have been identified by the COVID Safety Co-ordinator and plans have been put in place to mitigate risk to these individuals		
Plans have been put into place to avoid any sharing of equipment and to ensure where possible, participants have their own equipment		
An area of the training venue has been identified for isolation of any members that become unwell during training		
All members have been made aware that they must avoid training if unwell and seek medical clearance as per the 'Flow Chart to Assess Fitness to Return to Training		
Face masks and gloves are available for individuals who do become unwell during training		

Appendix 2 Cont'd

Checklist of Safety Plan for the Resumption of Calisthenics Training in QLD

	YES	NO
Appropriate plans have been put in place to accurately record attendance	<input type="checkbox"/>	<input type="checkbox"/>
Statement of compliance has been obtained and is displayed at the training venue	<input type="checkbox"/>	<input type="checkbox"/>
Members have been informed that they are only allowed to arrive at their designated training time	<input type="checkbox"/>	<input type="checkbox"/>
All participants have been informed that they must arrive at training changed ready to train.	<input type="checkbox"/>	<input type="checkbox"/>
Sufficient cleaning equipment has been purchased and is available for all coaches to carry out the required cleaning between sessions	<input type="checkbox"/>	<input type="checkbox"/>
All coaches have been informed of the cleaning requirements that need to be carried out	<input type="checkbox"/>	<input type="checkbox"/>
Hand washing/sanitising and temperature checking has been set up the entry points of the training venue	<input type="checkbox"/>	<input type="checkbox"/>
All coaches and club officials have been informed of the requirements of administering first aid under a COVID environment	<input type="checkbox"/>	<input type="checkbox"/>
Drop off and pick up procedures have been put in place and parents/guardians have all been made aware of the requirements	<input type="checkbox"/>	<input type="checkbox"/>
A visual map has been sent to all members so they are aware of the drop off and pick up areas as well as the entry and exit areas of the training venue	<input type="checkbox"/>	<input type="checkbox"/>
All members have been informed to download and appropriately use the COVID Safe App	<input type="checkbox"/>	<input type="checkbox"/>
The club has put into place communication systems to share timely and accurate information to members and parents.	<input type="checkbox"/>	<input type="checkbox"/>
Cash payments have been minimised and club finances reviewed to ensure necessary adjustments to fees and budgets	<input type="checkbox"/>	<input type="checkbox"/>
The club, members and coaches are aware of the protocol to follow if an individual tests positive for COVID-19	<input type="checkbox"/>	<input type="checkbox"/>



Appendix 3

Protocol for Reporting a Potential Outbreak of COVID-19 within your Club

STEP ONE

Anyone who has a fever or respiratory symptoms consistent with coronavirus, no matter how mild, is strongly recommended to attend a COVID-19 clinic, or their GP for assessment and testing

STEP TWO

If it is determined that someone must be tested, they must self-isolate by immediately going home and resting while they wait for the test results. This also applies for anyone that has been contacted via the Government's COVID Safe App due to coming into close contact with an individual that has tested positive

STEP THREE

The COVID Safety Officer must be notified by any person within the club that they have undertaken a COVID-19 test, who then must inform CAQI who will advise on next steps

STEP FOUR

Following a positive test result, the individual must strictly follow all instructions to self-quarantine. They will also be contacted by relevant health authorities to help contact trace their close contacts.

STEP FIVE

Record details of participant (name, contact phone and email)

STEP SIX

Notify all members that would have had **contact** during club training/events with participant in the previous 14 days

STEP SEVEN

Notify all club members of potential risk within the community, highlighting that vigilance should be maintained and not to panic.

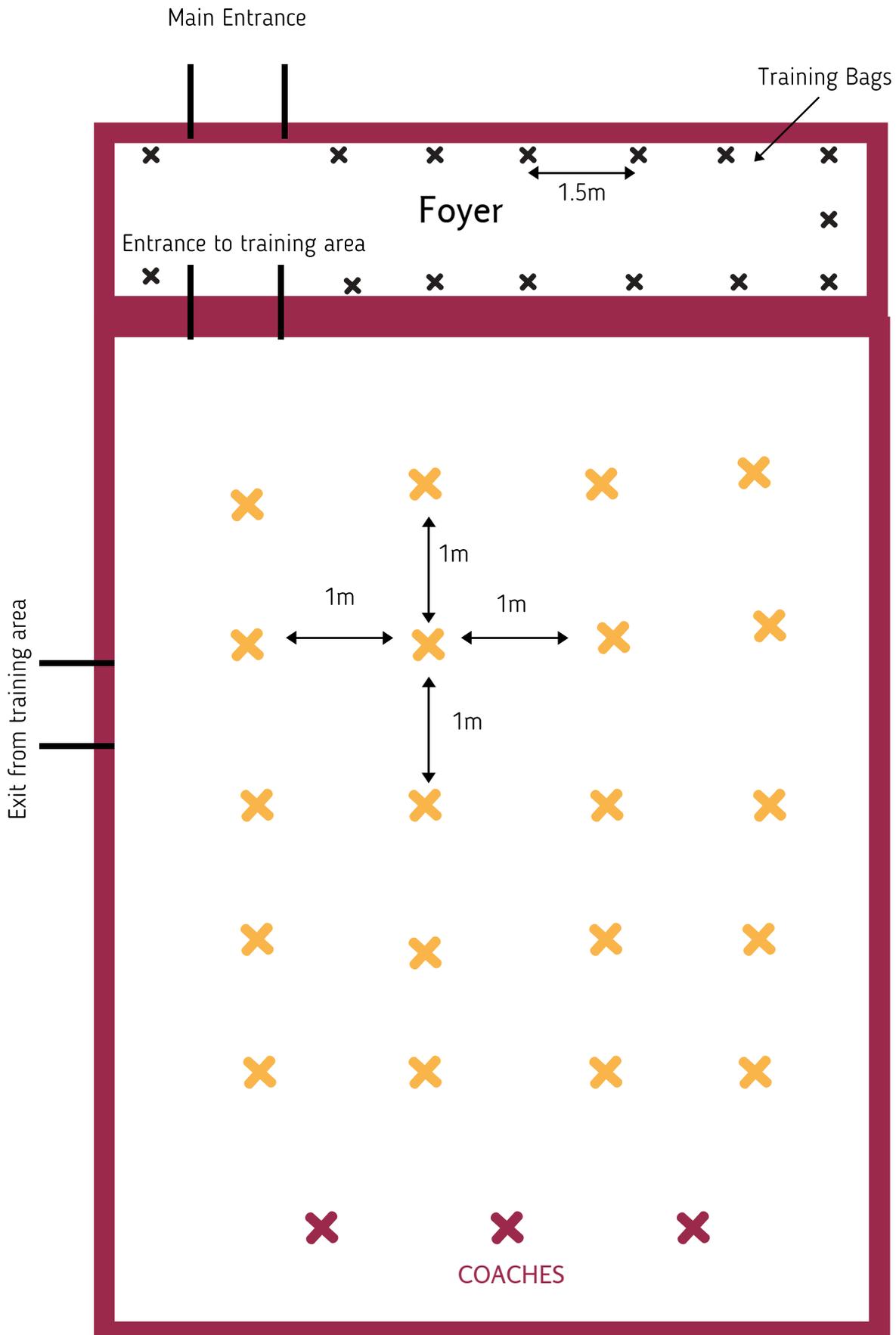
STEP EIGHT

Follow the advice of health authorities with regard to suspension of training.

STEP NINE

Review and update where necessary all COVID Safety Plans to ensure prevention of future contamination within the club

Appendix 4 Example Plan of Training Area*



*Stage 2 - maximum of 20 participants (including coaches, participants and spectators. Stage 3 - up to 100 people in a single training space.

Appendix 5

CAQI Calendar of Dates for the Remainder of 2020

JUNE

- 12pm Monday 1st June - Stage 2 return to calisthenics permitted (according to applicable restrictions, unless otherwise advised by QLD Government)

JULY

- Friday 10th July - Stage 3 return (according to applicable restrictions, unless otherwise advised by QLD Government)
- Sunday 26th July - CAQI Meetings, Brisbane venue TBA (QCCC, Competitons, Executive)

AUGUST

- Monday 24th August - State Team Coaching Applications open*

SEPTEMBER

- Friday 4th September - State Team Coaching applications close*
- Monday 14th September - State Team Coaches announced*

OCTOBER

- Monday 5th October - State Team Audition Registrations open*

NOVEMBER

- Sunday 1st November - First State Team Auditions (all ages), venue TBA*
- Saturday 7th November - CAQI Meetings, Sunshine Coast, venue TBA (QCCC, Competitons, Executive, General)
- Sunday 8th November - Second State Team Auditions (all ages), venue TBA*
- Friday 13th November - State Team announced*
- 13th -19th Pupil Skills Exams, venue & schedule TBA^
- Sunday 22nd November - State Team classes commence, venue TBA*

DECEMBER

- Sunday 20th December last State Team training for 2020*

*All State Team Dates will be confirmed by 31st July

^Pupil Skills dates will be confirmed by 17th August