

Athletics New Zealand Guidelines for Alert Level 2 and 3

<p>Alert Level 3 – Restrict Heightened risk that disease is not contained</p>	<p>Alert Level 3 – Athletics NZ measures Prepare for return to Athletics</p>
<p>Outcome: Restrictions on activities, including at workplaces and socially, to address a high risk of transmission within New Zealand.</p> <p>Summary: Stay at home, other than for essential personal movement, and going to work/school. Stay in extended bubbles, which can now include close family or caregivers.</p> <p>Public health measures: People should keep 2 metres apart outside home where possible (apart from with people within their extended bubble). In a controlled environment such as a workplace, 1 metre distancing is required.</p>	<p>Overview: No organized Athletics or group trainings permitted, to align with public health requirements.</p> <ul style="list-style-type: none"> • All forms of competition and club events must be postponed or cancelled. • All forms of group training must be postponed or cancelled. • All in-person meetings or workshops must be postponed or cancelled. • Athletics clubrooms and facilities must close. • Athletics NZ staff and volunteers to stay home and stay safe. <p>Athletics NZ recommends:</p> <ul style="list-style-type: none"> • Keep in touch with your members online. • Consider planning for future virtual activities. • Plan for your Club’s return to play at Level 2 and beyond. • Athletes can run on their own or with others who are in their bubble. Can run from home or places readily accessible from home without the need to drive. Maintain physical distancing. • Care must be taken not to be injured and require medical care.
<p>Alert Level 2 – Reduce Disease is contained but risk of community transmission</p>	<p>Alert Level 2 – Athletics NZ measures Return to Athletics, with health measures in place</p>
<p>Outcome: Physical distancing and restrictions on leisure and social activities to address sporadic cases or a cluster in New Zealand.</p> <p>Summary: Businesses open, but physical distancing applies. Travel is permitted between regions that are at Alert Level 2.</p> <p>Public health measures: Physical distancing, restrictions on gatherings, contact tracing and good hygiene and sanitation practices.</p>	<p>Overview: Athletics activities can commence with public health measures in place.</p> <ul style="list-style-type: none"> • Events, races and organized group trainings can commence, with contact tracing, good hygiene practices, and physical distancing measures in place. • Events or meetings may be held indoors, such as committee meetings or an AGM, with contact tracing, good hygiene practices and physical distancing measures in place. • All gatherings such as organized trainings, races and events, must be restricted to a maximum of 100 people. This includes athletes, spectators, coaches and officials. • Multiple gatherings can take place at the same event or facility, as long as they can be kept separated. Phasing of activities could be used to allow time for people to pass through communal areas safely. A venue can have multiple defined spaces by keeping people in groups of up to 100 and groups separate either through consistent 2 metre physical distancing when outdoors or

	<p>barriers. These groups are prevented from intermingling or sharing common facilities at the same time.</p> <ul style="list-style-type: none"> • Clubrooms and gym facilities can open, and training equipment can be used, with strict cleaning and hygiene measures in place.
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Athletics New Zealand COVID-19 Public Health Measures for Return to Athletics

Athletics NZ recommend the following public health measures for clubs to apply at Alert Level 2:

Public Health Measure	Details
Cleaning and Hygiene	<ul style="list-style-type: none"> • Everyone must adhere to basic hygiene measures, including washing and drying hands before and after any activity, and before and after using any shared equipment. • Facilities like clubrooms, equipment sheds, and gyms must have a written plan for safe operation in place that includes details about equipment sanitation and handwashing protocols. • Minimise use of shared equipment. Shared training equipment, such as hurdles, throwing implements or cones etc., should be cleaned and dried before and after training sessions or races. Gym users should wipe down and clean equipment between each use. Athletes should bring their own personal equipment, such as towels and water bottles. • Facilities, water, soap, and towels/drier should be made available for participants to wash and dry their hands, otherwise hand sanitizer should be provided (containing at least 60% alcohol). • Stay home if you're sick and do not take part in any sport or recreation if you have flu-like symptoms, self-isolate at home and get tested immediately. Regularly communicate this message to your members. • People with existing and underlying medical conditions should stay home. • Cough into elbow, avoid touching your face. • Avoid spitting. • Ensure your facilities have signage and information regarding precautions for managing COVID-19.
Physical Distancing	<ul style="list-style-type: none"> • Physical distancing is not required during a field of play, which includes training sessions, events and races. However, 1 metre physical distancing should be maintained before and after training sessions and events. In these instances, contact tracing <u>must</u> be undertaken. • People are encouraged to remain 2 metres apart from people they don't know or where there is no contact tracing in place. <p><u>Training and Event Tips:</u></p>

	<ul style="list-style-type: none"> • Ensure someone in the group is assigned to the responsibility of undertaking contact tracing – this includes all group training sessions and group runs, however informal they may be. • Choose a venue that will allow plenty of space between runners. • Avoid group runs where space is limited and where you might come into close contact with members of the public. • If you are using a public venue, can you book the venue for your club’s sole use? Otherwise, consider an early start time where other members of the public are less likely to be there. • Consider starting races in waves or splitting into age groups.
Contact Tracing	<ul style="list-style-type: none"> • Set up a system to record and retain the contact details of all people involved in, or attending organized group trainings, club activities, events, races and meetings, including athletes, coaches, spectators and officials. • The register should be kept for at least 1 month and be easily accessible. • The Sport NZ Contact Tracing Log template can be accessed here: https://sportnz.org.nz/covid-19/sector-advice/sector-templates/
Gatherings	<ul style="list-style-type: none"> • All gatherings such as organized trainings, races and events, must be restricted to a maximum of 100 people. This includes athletes, spectators, coaches and officials. • Multiple gatherings can take place at the same event or facility, as long as they can be kept separated. Phasing of activities could be used to allow time for people to pass through communal areas safely. A venue can have multiple defined spaces by keeping people in groups of up to 100 and groups separate either through consistent 2 metre physical distancing when outdoors or barriers. These groups are prevented from intermingling or sharing common facilities at the same time. • Hygiene standards and record-keeping requirements for contact tracing must be maintained at all gatherings.

Please note, this advisory is current as of 21 August 2020 and is subject to change.

If you have any questions, please contact Hamish Meacham hamishm@athletics.org.nz