

Athletics New Zealand Guidelines for Alert Level 1 (valid until further notice)

New Zealand is at Alert Level 1, with the exception of Auckland, which remains at Alert Level 2. This advice is specific to centres and clubs outside of Auckland. Auckland-based organisations should refer to the Auckland specific advice, which is available on our website.

| <p>Alert Level 1 – Prepare Disease is contained but there is isolated household transmission occurring.</p> | <p>Alert Level 21 – Athletics NZ measures</p> |
|--|---|
| <p>Outcome: Continue to practice good hygiene to minimise the risk of community transmission.</p> <p>Summary: Athletics under Alert Level 1 looks much like it did pre-COVID-19, with border restrictions. There are no restriction on gatherings, no mandatory requirements for physical distancing, although all clubs must display a QR code for contact tracing purposes.</p> <p>Public health measures: Contact tracing (mandatory use of QR codes), cleaning and hygiene.</p> | <p>Overview: Local athletics can continue with ongoing observance of public health measures.</p> <ul style="list-style-type: none"> • Clubs MUST display a QR code to assist people in tracking their movements. • If you're sick, stay home. Do not train, compete, coach, officiate etc, alongside others. • Maintain strong hygiene practices <ul style="list-style-type: none"> ○ Wash your hands ○ Sneeze or cough into your elbow and regularly clean shared surfaces ○ Avoid spitting ○ Facility providers should continue to regularly clean shared surfaces and to provide hand washing or sanitising facilities. • While physical distancing is not required you should still consider distancing yourself from people you don't know, if you can. • Review the Athletics NZ Level 2 Club Support Resource to be prepared for any future move back to Alert Level 2. • Be kind to others and be kind to yourself. |

Please note, this advisory is current as of 22 September 2020 and is subject to change.

If you have any questions, please contact Hamish Meacheam hamishm@athletics.org.nz or Mariah Ririnui mariahr@athletics.org.nz