

**Athletics New Zealand Guidelines for Alert Level 2 (valid until Monday 14 September)**

*New Zealand is 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><b>Alert Level 2 – Reduce</b> Disease is contained but risk of community transmission</p>	<p><b>Alert Level 2 – Athletics NZ measures</b> Limited Athletics activities</p>
<p><b>Outcome:</b> Physical distancing and restrictions on leisure and social activities to address sporadic cases or a cluster in New Zealand.</p> <p><b>Summary:</b> Businesses open, but physical distancing applies.</p> <p><b>Public health measures:</b> Contact tracing (mandatory use of QR codes), limitations on public gatherings, physical distancing, face coverings recommended where physical distancing is not always possible, cleaning and hygiene.</p>	<p><b>Overview:</b> Local Athletics can continue with public health measures in place, and strict observance of the gathering requirements (100-person limit)</p> <ul style="list-style-type: none"> <li>• People can gather in groups of up to 100 in a defined space. This 100-person limit includes all athletes, officials and spectators.</li> <li>• 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.</li> <li>• Clubs can hold events or meetings indoors or outdoors.</li> <li>• Clubrooms and gym facilities can open, and training equipment can be used, with strict cleaning and hygiene measures in place, and restrictions on numbers.</li> <li>• If you will be running an event under Alert Level 2 Guidelines, Athletics NZ and/or your centre are available to assist with practical advice and guidance.</li> </ul>

**Athletics New Zealand COVID-19 Public Health Measures for Athletics**



*Athletics NZ recommend the following public health measures for clubs to apply at Alert Level 2 (outside of Auckland):*

Public Health Measure	Details
<p><b>Cleaning and Hygiene</b></p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• 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.</li> <li>• 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).</li> <li>• Stay home if you are 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.</li> <li>• Cough into elbow, avoid touching your face.</li> <li>• Avoid spitting.</li> <li>• Ensure your facilities have signage and information regarding precautions for managing COVID-19.</li> <li>• Face coverings are recommended in situations where physical distancing is not always possible.</li> </ul>
<p><b>Physical Distancing</b></p>	<ul style="list-style-type: none"> <li>• Physical distancing is not required during a sporting activity, although it should be encouraged as much as practical. This 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.</li> <li>• People are encouraged to remain 2 metres apart from people they don't know or where there is no contact tracing in place.</li> </ul> <p><b><u>Training and Event Tips:</u></b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Choose a venue that will allow plenty of space between athletes, and/or groups of athletes.</li> <li>• 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.</li> <li>• Consider how you can separate your groups, even in controlled training situations. i.e. not every group needs to train at 10am on a Saturday morning.</li> </ul>

<p style="text-align: center;"><b>Contact Tracing</b></p>	<ul style="list-style-type: none"> <li>• It is mandatory to display a QR code for the NZ COVID Tracer app prominently at the main entry point of your building or facility.</li> <li>• Further information on the QR code and how to get one can be found <a href="#">here</a>.</li> <li>• You must also keep a record of and retain the contact details of all people involved in, or attending your activity. This must be in place to enable contact tracing should it be required.</li> <li>• This information should be accessible at all times, for contact tracing purposes up to 2 months after the contact was recorded.</li> <li>• Particular care should be taken to record the details of any spectators at an activity.</li> </ul>
<p style="text-align: center;"><b>Gatherings</b></p>	<ul style="list-style-type: none"> <li>• Gatherings must be limited to a maximum of 100 people, either indoors or outdoors. This limit will be reviewed on 14 September 2020.</li> <li>• 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.</li> <li>• The 100-person limit includes athletes, spectators, coaches and officials.</li> </ul>

**Please note, this advisory is current as of 4 September 2020 and is subject to change.**

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