

Athletics New Zealand Guidelines for Alert Level 1 & 2

As of 6am, Sunday the 7th of March, Auckland is at Alert Level 2, with the rest of New Zealand at Alert Level 1.

| <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> |
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| <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. People advised to avoid non-essential travel.</p> <p>Public health measures: Physical distancing, restrictions on gatherings, contact tracing and good hygiene and sanitation practices.</p> | <p>Overview: Local Athletics can continue with public health measures in place.</p> <ul style="list-style-type: none"> • Group trainings and club activities can take place, with contact tracing, gathering restrictions, good hygiene practices, and physical distancing measures in place. • Clubs can hold events or meetings indoors, such as committee meetings, with contact tracing, gathering restrictions, good hygiene practices and physical distancing measures in place. • Be sure to follow gathering restrictions. Up to 100 people can gather in a defined space. If in doubt, cancel or postpone your event. • Clubrooms and gym facilities can open, and training equipment can be used, with strict cleaning and hygiene measures in place, and a restriction on numbers. • Refer to the Athletics NZ Planning for Summer Athletics at Covid Level 2 guidelines for further tips on athletics at Level 2. |
| <p>Alert Level 1 – Prepare Disease is contained but there is isolated household transmission occurring.</p> | <p>Alert Level 1 – 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>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 |

Public health measures: Contact tracing (mandatory use of QR codes), cleaning and hygiene.

- 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.



Athletics New Zealand COVID-19 Public Health Measures at Level 2



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

| Public Health Measure | Details |
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| <p>Cleaning and Hygiene</p> | <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. |

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| | <ul style="list-style-type: none"> • 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 do not know or where there is no contact tracing in place. <p>Training and Event Tips:</p> <ul style="list-style-type: none"> • Ensure someone in the group is assigned to the responsibility of undertaking contact tracing – this includes reminding people to scan the QR codes at all group training sessions and group runs, however informal they may be. • Choose a venue that will allow plenty of space between athletes. • 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. • Refer to the Athletics NZ Planning for Summer Athletics at Covid Level 2 guidelines for further tips on athletics at Level 2. |
| Contact Tracing | <ul style="list-style-type: none"> • It is mandatory for clubs and training facilities to set up a NZ Covid Tracer app QR Code, and have an alternative method if sign in. • The register should be kept for at least 1 month and be easily accessible. • Assign a volunteer to remind people to sign in when they visit your club / facility. |
| Gatherings | <ul style="list-style-type: none"> • Gatherings for Community Sport are limited to groups of 100 in a defined space. • The 100-person limit includes athletes, spectators, coaches and officials. • A sports field or venue can have multiple defined spaces, providing you have the resources to keep groups separate – either through consistent 2metre physical distancing, or with barriers. • If in doubt, cancel or postpone your event. |

Please note, this advisory is current as of 7 March 2021 and is subject to change.

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