

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

*New Zealand is at Alert Level 1, stay vigilant, be kind.*

<p><b>Alert Level 1 – Prepare</b> Disease is contained but there is isolated household transmission occurring.</p>	<p><b>Alert Level 1 – Athletics NZ measures</b></p>
<p><b>Outcome:</b> Continue to practice good hygiene to minimise the risk of community transmission.</p> <p><b>Summary:</b> 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><b>Public health measures:</b> Contact tracing (mandatory use of QR codes), cleaning and hygiene.</p>	<p><b>Overview:</b> Local athletics can continue with ongoing observance of public health measures.</p> <ul style="list-style-type: none"> <li>• Clubs <b>MUST</b> display a QR code to assist people in tracking their movements.</li> <li>• If you're sick, stay home. Do not train, compete, coach, officiate etc, alongside others.</li> <li>• Maintain strong hygiene practices               <ul style="list-style-type: none"> <li>○ Wash your hands</li> <li>○ Sneeze or cough into your elbow and regularly clean shared surfaces</li> <li>○ Avoid spitting</li> <li>○ Facility providers should continue to regularly clean shared surfaces and to provide hand washing or sanitising facilities.</li> </ul> </li> <li>• While physical distancing is not required you should still consider distancing yourself from people you don't know, if you can.</li> <li>• Review the Athletics NZ Level 2 Club Support Resource to be prepared for any future move back to Alert Level 2.</li> <li>• Be kind to others and be kind to yourself.</li> </ul>

**Please note, this advisory is current as of 15 March 2021, and is subject to change.**

If you have any questions, please contact Hamish Meacheam [hamishm@athletics.org.nz](mailto:hamishm@athletics.org.nz)