

Athletics New Zealand Guidelines for Alert Level 3

Alert Level 3 – Restrict Heightened risk that disease is not contained	Alert Level 3 – Athletics NZ measures Prepare for return to Athletics
<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. Stay in extended bubbles, which can 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, 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 are postponed or cancelled. • All forms of group training are postponed or cancelled. • All in-person meetings or workshops are postponed or cancelled. • Athletics clubrooms and facilities are closed. • 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. • Plan for your Club’s return to play at Level 2 and beyond. • Review the Athletics NZ <i>Planning for Summer Athletics at Covid Level 2</i>. <ul style="list-style-type: none"> ○ Note that this advice may change, but will allow you to begin to plan for summer athletics. • Athletes can train on their own or with others who are in their bubble. Can train 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.

Please note, this advisory is current as of 27 August 2021 and is subject to change.

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