

**Advice and Guidance for Auckland-based Coaches at Alert Level 3**

<p><b>Alert Level 3 – Restrict</b> Heightened risk that disease is not contained</p>	<p><b>Step 1</b></p>	<ul style="list-style-type: none"> <li>Group training sessions can take place but are limited to 10 people, including the Coach, from as many as 10 bubbles.</li> <li>Everyone must maintain 2 metres physical distancing, so there should be no contact to greet each other, demonstrate/correct technique or perform any ‘hands on’ coaching.</li> <li>The Coach should wear a face covering at all times. Athletes are not required to wear face coverings while training.</li> <li>Equipment should not be shared during training sessions.</li> <li>Travel throughout the Auckland region for training sessions is permitted. For example, you may now travel to your nearest track or park to do your training or coaching session.</li> </ul>
	<p><b>Step 2</b></p>	<ul style="list-style-type: none"> <li>Group training sessions of up to 25 people are permitted.</li> <li>The same rules with face masks, physical distancing and travel apply.</li> </ul>
	<p><b>Step 3</b></p>	<ul style="list-style-type: none"> <li>Group training sessions of up to 50 people are permitted (in a defined space).</li> <li>The same rules with face masks, physical distancing and travel apply.</li> </ul>

**Advice and Guidance for Coaches at Alert Level 2**

<p><b>Alert Level 2 – Reduce</b> Disease is contained but risk of community transmission</p>	<ul style="list-style-type: none"> <li>Be sure to follow gathering restrictions. Up to 100-people can gather in a defined space.</li> <li>If you feel unwell, stay home.</li> <li>Try to keep a 2-metre distance from people you do not know.</li> <li>Gyms will be open with restrictions. Please follow their guidelines.</li> <li>When training at a public facility, check if there is a QR code on site or try to record the day and time you held a session.</li> <li>Equipment may be shared. Be sure to wash or sanitise your hands after using shared equipment. For example, if you are using shared starting blocks or hurdles that belong to your club, be sure to wash your hands before and after using these, and wipe these down if there are cleaning facilities available.</li> <li>We encourage coaches to wear a face covering during training sessions.</li> </ul>
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Please note, all other Government guidelines apply. If you have any questions, please contact Athletics NZ Coaching Coordinator Mariah Rinui [mariahr@athletics.org.nz](mailto:mariahr@athletics.org.nz) or Community Manager Hamish Meacheam [hamishm@athletics.org.nz](mailto:hamishm@athletics.org.nz)