

## Athletics New Zealand Guidelines for Alert Level 2 and 3

*Alert Level Three Guidelines are relevant for Northland and the parts of the Waikato at Alert Level 3. Please review the Auckland specific information if you reside in Tamaki Makaurau.*

<b>Alert Level 3 – Restrict</b> Heightened risk that disease is not contained	<b>Alert Level 3 – Athletics NZ measures</b> Prepare for return to Athletics
<p><b>Outcome:</b> Restrictions on activities, including at workplaces and socially, to address a high risk of transmission within New Zealand.</p> <p><b>Summary:</b> Stay at home, other than for essential personal movement. Stay in extended bubbles, which can include close family or caregivers.</p> <p><b>Public health measures:</b> 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><b>Overview:</b> No organized Athletics or group trainings permitted, to align with public health requirements.</p> <ul style="list-style-type: none"> <li>• All forms of competition and club events are postponed or cancelled.</li> <li>• All forms of group training are postponed or cancelled.</li> <li>• All in-person meetings or workshops are postponed or cancelled.</li> <li>• Athletics clubrooms and facilities are closed.</li> <li>• Athletics NZ staff and volunteers to stay home and stay safe.</li> </ul> <p><b>Athletics NZ recommends:</b></p> <ul style="list-style-type: none"> <li>• Keep in touch with your members online.</li> <li>• Plan for your Club’s return to play at Level 2 and beyond.</li> <li>• Review the Athletics NZ <a href="#">Planning for Summer Athletics at Covid Level 2</a>.</li> <li>• Athletes can train on their own or with others who are in their bubble.</li> <li>• Train from home or places readily accessible from home without the need to drive. Maintain physical distancing.</li> <li>• Care must be taken not to be injured and require medical care.</li> </ul>
<b>Alert Level 2 – Reduce</b> Disease is contained but risk of community transmission	<b>Alert Level 2 – Athletics NZ measures</b> Return to Athletics, with health measures in place
<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. People advised to avoid non-essential travel.</p> <p><b>Public health measures:</b> Physical distancing, restrictions on gatherings, contact tracing and good hygiene and sanitation practices.</p>	<p><b>Overview:</b> Local Athletics can continue with public health measures in place.</p> <ul style="list-style-type: none"> <li>• Group trainings and club activities can take place, with contact tracing, gathering restrictions, good hygiene practices, and physical distancing measures in place.</li> <li>• 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.</li> <li>• Be sure to follow gathering restrictions. Up to 100-people can gather in a defined outdoor space.</li> <li>• Officials do not have to be included in the 100-person gathering, however it is recommended that in this case officials wear appropriate Personal Protective Equipment and are clearly designated as officials if moving between gatherings, (ie. wearing hi-vis clothing)</li> <li>• 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.</li> <li>• Refer to the Athletics NZ <a href="#">Planning for Athletics at Covid Level 2</a> guidelines for further tips on athletics at Level 2.</li> </ul>

## 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
<p><b>Cleaning and Hygiene</b></p>	<ul style="list-style-type: none"> <li>• Ensure your facilities have signage and information regarding precautions for managing COVID-19. This is a legal requirement.</li> <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'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.</li> <li>• People with existing and underlying medical conditions should stay home.</li> <li>• Cough into elbow, avoid touching your face.</li> <li>• Avoid spitting.</li> </ul>
<p><b>Physical Distancing</b></p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• People are encouraged to remain 2 metres apart from people they do not know or where there is no contact tracing in place.</li> </ul> <p><b>Training and Event Tips:</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 reminding people to scan the QR codes at 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.</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>• Refer to the Athletics NZ <a href="#">Planning for Summer Athletics at Covid Level 2</a> guidelines for further tips on athletics at Level 2.</li> </ul>
<p><b>Contact Tracing</b></p>	<ul style="list-style-type: none"> <li>• It is mandatory for clubs and training facilities to set up a <a href="#">NZ Covid Tracer app</a> QR Code, and have an alternative method if sign in.</li> </ul>

	<ul style="list-style-type: none"> <li>• The register should be kept for at least 1 month and be easily accessible.</li> <li>• Assign a volunteer to remind people to sign in when they visit your club / facility.</li> </ul>
<b>Face Coverings</b>	<ul style="list-style-type: none"> <li>• It is recommended that you wear face coverings when you are indoors at sport and recreation facilities such as gyms and clubs, apart from when you are exercising or playing sports.</li> <li>• It is recommended that all customer-facing volunteers at indoor sport facilities wear a face covering while serving members/participants.</li> </ul>
<b>Gatherings</b>	<ul style="list-style-type: none"> <li>• Gatherings for Community Sport are limited to groups of 100 in a defined space.</li> <li>• These group limits include participants and spectators, but not officials.</li> <li>• A sports field or venue can have multiple defined spaces, providing you have measures in place to keep the groups separate.</li> <li>• Measures to keep groups separate include separate entrances/exits if possible, temporary or permanent walls between groups, and separate airflow for each group for indoor facilities.</li> <li>• These groups must not mingle or share common facilities at the same time.</li> <li>• If in doubt, cancel or postpone your event.</li> </ul>

**Please note, this advisory is current as of 16 October 2021 and is subject to change.**

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