

Athletics New Zealand Guidelines for Alert Level 3 (Auckland)

Restrictions in Auckland are easing as part of a three-step plan. The following advice is specific to Auckland during step one of this process.

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 events permitted, to align with public health requirements.</p> <ul style="list-style-type: none"> • All forms of organised competition and club events are postponed or cancelled. • Group training sessions can take place but are limited to 10 people, including the Coach, from as many as 10 bubbles. • In these training sessions <ul style="list-style-type: none"> ○ Everyone must stay 2 metres apart. ○ It is encouraged to wear a face covering when you are not exercising. ○ You will not be able to use any indoor changing facilities. <p>Athletics NZ recommends:</p> <ul style="list-style-type: none"> • Clubs support coaches to organise trainings in a way that aligns with Government Guidelines. • Coaches check that facilities are open before organising training. • Keep in touch with your members online. • Plan for your Club’s return to play at Level 2 and beyond. • Review the Athletics NZ Planning for Summer Athletics at Covid Level 2. • You are allowed to travel throughout Auckland for training activities. • Care must be taken not to be injured and require medical care.

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

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