

## ATHLETICS AT ALERT LEVEL 3 – STEP 2

Athletics in Auckland and some parts of the Waikato and Northland has had a disrupted start to the season, but at Alert Level 3 – Step 2, Athletics can commence with some innovation and flexibility.

### Key Guidelines

To keep our community safe, Athletics NZ emphasises the importance of key guidelines.

#### Contact tracing

It is mandatory for clubs and training facilities to set up a [NZ Covid Tracer app QR Code](#), and have an alternative method of sign in.

#### Feeling unwell

If you have cold, flu or COVID-19 symptoms, call Healthline, your doctor or iwi health provider. They will tell you if you should get a COVID-19 test. Do not attend any athletics activities if you feel unwell or are awaiting a negative test result.

#### Face covering

You are strongly encouraged to wear a face covering, except when participating

#### Physical distancing

Please keep 2m physical distancing, especially around people you do not know.

### Gatherings of up to 25

At Alert Level 3 – Step 2, gatherings of up to 25 can take place, including for outdoor training, classes and meets.

The limit of 25 *includes* any coaches, officials and organisers.

Some tips to successfully stage gatherings of up to 25 people include;

- Do not share equipment outside your bubble
- Common touch points must be minimised. It is good practice for the event organiser's to sanitise all surfaces (e.g. gates, flags, holes, nets etc) after each use.
- Don't share food or drink, and water fountains should not be used.
- Don't share equipment (e.g. clubs, balls, towels, water bottles etc) outside of your bubble.
- There can be no congregating. You must leave as soon as you have completed your recreation activity.

### Ideas for clubs to consider at Alert Level 3 – Step 2

#### Athletics NZ Foundation Programmes

Get Set Go and Run Jump Throw resources are free for all Athletics NZ member clubs and are a great way to engage tamariki under the current alert levels. If you're interested in exploring using some of these programmes, please contact our Young Persons Lead Fiona Maisey.

Get Set Go makes it easy for athletics clubs to plan and deliver a developmentally-appropriate programme for young members to enjoy and learn life-long movement skills. The quality resources (including skills cards, session planners and videos) allow athletics clubs to easily implement key fundamental movement skills for children aged 3-8 years. We will shortly be releasing an online series of videos designed for parents to use at home. This will be available to all members.

Run Jump Throw supports athletics clubs to plan and implement a quality, developmentally-appropriate and fun programme for children aged from 6-11 years old. Run Jump Throw provides

athletics clubs with easy to use resources that support the planning and delivery of teaching athletics skills in a fun environment. It is designed to be flexible so it can fit into any club scenario.

### **Coaching**

Groups can and have been gathering for coaching since Step 1 of Alert Level 3. Coaches must count within the gathering limit and are encouraged to wear a face covering and ensure they maintain physical distancing as much as practical. No shared equipment is to be used, and indoor training is not permissible.

If your club does not typically offer coaching, now might be a great time to consider it as a way to engage members under the current restrictions. Contact Athletics NZ who can suggest local coaches who you can work with.

### **Small scale club meets**

Well organised and tightly controlled small scale meets can take place at Alert Level 3 – Step 2. The key things to keep in mind if you are planning to host a small scale meet at your club are;

- Officials, coaches, organisers, parents etc all fall under the gathering limit of 25 unless they maintain more than 2m physical distancing, they do not congregate, and they wear face coverings.
- Planning is paramount, it is a requirement to have a Covid safety plan, and we recommend using the template on the [Covid 19 section](#) of the Athletics NZ website.
- Utilise the Athletics NZ system by creating events so people have to sign up, and you can keep track of exactly who is planning to attend your meets.
- Scheduling is king! Ensure any programme allows for groups to arrive, warm up, and leave, without the risk of 'crossing over' with any other groups.
- Any equipment used must be cleaned between rotations.
- Consider how you can utilize your entire facility to successfully cater for multiple groups of 25. Could you operate sprint events on the back straight as well as the home straight, can you simultaneously run multiple field events?

The key thing to remember is to only run a small scale meet if you are confident you can do so in a way that protects your members safety. Athletics NZ is happy to consult on your planned activities at Alert Level 3 – Step 2.

### **Key Contacts**

Covid 19 related enquiries  
Hamish Meacheam – Community Manager  
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Foundation programmes and children's athletics  
Fiona Maisey – Young Person's Lead  
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General club enquiries  
Stuart Savage – Club Development Lead  
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