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

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| **Alert Level 3 – Restrict**Heightened risk that disease is not contained | **Alert Level 3 – Athletics NZ measures**Prepare for return to Athletics |
| **Outcome:** Further restrictions on activities, including at workplaces and socially, to address a high risk of transmission within New Zealand.**Summary:** Stay at home, other than for essential personal movement, and going to work/school. Stay in extended bubbles, which can now include close family or caregivers.**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 such as a workplace, 1 metre distancing is required. | **Overview:** No organized Athletics or group trainings permitted, to align with public health requirements similar to Level 4.* All forms of competition and club events remain postponed or cancelled.
* All forms of group training remain postponed or cancelled.
* All in-person meetings or workshops remain postponed or cancelled.
* Athletics clubrooms and facilities remain closed.
* Athletics NZ staff and volunteers to stay home and stay safe.

**Athletics NZ recommends:*** Similar to Level 4, keep in touch with your members online.
* Virtual activities remain the best way to keep members motivated and active.
* Plan for your Club’s return to play at Level 2 and beyond.
* Athletes can run on their own or with others who are in their bubble. Can run 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.
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| **Alert Level 2 – Reduce**Disease is contained but risk of community transmission | **Alert Level 2 – Athletics NZ measures**Return to Athletics, with health measures in place |
| **Outcome:** Physical distancing and restrictions on leisure and social activities to address sporadic cases or a cluster in New Zealand.**Summary:** Businesses open, but physical distancing applies. People advised to avoid non-essential travel.**Public health measures:** Physical distancing, restrictions on gatherings, contact tracing and good hygiene and sanitation practices. | **Overview:** Local Athletics can commence with public health measures in place.* Group trainings, club events and races with attendance up to 100 people can commence, with contact tracing, good hygiene practices, and physical distancing.
* Clubs can hold events or meetings indoors for up to 100 people, such as committee meetings or an AGM, with contact tracing, good hygiene practices and physical distancing of 1 metre is maintained.
* Clubrooms and gym facilities can open, and training equipment can be used, with strict cleaning and hygiene measures in place.
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**Athletics NZ COVID-19 Public Health Measures for Return to Athletics**

Athletics NZ recommend the following public health measures for clubs to apply at Alert Level 2:

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| **Public Health Measure** | **Details** |
| **Cleaning and Hygiene** | * 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.
* 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.
* 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.
* 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).
* 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.
* People aged 70 and over and others with existing and underlying medical conditions should also stay home. This includes athletes, officials, volunteers and spectators.
* Cough into elbow, avoid touching your face.
* Avoid spitting.
* Ensure your facilities have signage and information regarding precautions for managing COVID-19.
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| **Physical Distancing** | * 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 must be undertaken.
* People are encouraged to remain 2 metres apart from people they don’t know or where there is no contact tracing in place.

**Training and Event Tips:*** Ensure someone in the group is assigned to the responsibility of undertaking contact tracing – this includes all group training sessions and group runs, however informal they may be.
* Choose a venue that will allow plenty of space between runners.
* Avoid group runs that will use a roadside footpath where space is limited and where you might come into close contact with members of the public.
* An ideal course would be on private property where you can manage who is there (eg. A private farm) – something to consider if you live rurally.
* 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.
* Consider starting races in waves or splitting into age groups. For example, allow 5-10 minutes between age groups.
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| **Contact Tracing** | * Set up a system to record and retain the contact details of all people involved in, or attending organized group trainings, club activities, events, races and meetings, including athletes, coaches, spectators and officials.
* The register should be kept for at least 1 month and be easily accessible.
* The Sport NZ Contact Tracing Log template can be accessed here: <https://sportnz.org.nz/covid-19/sector-advice/sector-templates/>
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| **Gatherings** | * Gatherings with attendance up to 100 people can commence (both indoor and outdoor facilities).
* Note, we have formally submitted a question to Sport NZ for clarification about the 100 people limit, as there appears to be some contradiction in the Sport NZ Guidelines. We will update stakeholders when we receive a response.
* For events or races where you are expecting over 50 people, we recommend taking pre-event registrations online, that includes asking for information about any coaches, family members or supporters that will be accompanying the athlete.
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**Please note, this advisory is current as of 8 May 2020 and is subject to change.**

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