

Play, active recreation and sport at Alert Level 2

Alert Level 2 - Reduce

Under Alert Level 2 the disease is contained, but there is still a risk of community transmission. The objective of these guidelines is to minimise the risk of transmission of the virus, and to be able to rapidly track and isolate any cases that may arise.

Subject to the range of public health measures outlined below, play, active recreation and sport can resume under level 2. This includes contact team sports and physical activities **only** if fewer than 10 people are participating, good contact tracing is possible and hygiene measures, particularly washing and drying of hands, and regular sanitising of equipment and surfaces are in place. Make sure you know (or can identify) anyone who is participating in your activity, including players, officials and spectators/supporters, in case someone gets sick.

Public health measures

Required

- Gatherings must be restricted to a maximum of 10 people initially (both indoor and outdoor facilities), this will be reviewed on 25 May. For sport and recreation, a gathering includes spectators, players, officials and support staff. Gathering restrictions do not apply to professional sport players, officials or support staff.
- A system to record and retain the contact details of all people involved in, or attending your activity, must be in place to enable contact tracing should it be required. This information should be accessible at all times for contact tracing purposes up to 4 weeks after the contact was recorded.
- Surfaces and equipment must be regularly cleaned and disinfected where practicable.
- Good personal hygiene practices should continue – wash and dry your hands before and after activities, cough into elbow and don't touch your face.
- Stay home if you're sick and do not take part in sport or recreation if you have flu-like symptoms, self-isolate at home and get tested immediately.

Recommended

- Physical distancing of 2 metres should be maintained wherever possible, especially from people that you don't know. It is recognised that contact during physical activity will occur but this should be minimised as much as possible, especially off the field of play.
- People at high risk of severe illness from COVID-19 (particularly older people and those with existing medical conditions) should take additional precautions when undertaking physical activity.
- Business premises (e.g. cafes/bars in club rooms, or pro shops) can be open for staff and customers provided that they meet the relevant workplace requirements.
- Travel should be done safely to reduce the possibility of transmission and spread of the virus.

What does this mean for play, active recreation and sport generally?

Alert level 2 continues to expand the opportunities for play and active recreation and reintroduces the opportunity for competitive sport at a local level if the public health measures outlined above are implemented to create a safe environment for physical activity. Sports are expected to take some time to prepare to resume. It is important that sports codes and clubs do not rush into starting activities again. It is essential to get all the protocols in place before activity resumes again, and ensure that everyone in your club or organisation is on the same page. Please work closely with your regional and/or national organisation to get advice on how to make your activity safe.

Personal hygiene is a key public health measure that will reduce the risk of transmission of the virus through physical activity. Each participant should wash their hands with soap and dry them before and after play or use hand sanitiser if this is not possible. There will also need to be regular sanitation of shared equipment. In addition to practicing good hygiene, the ability to record participants to aid contact tracing is very important, further information on hygiene requirements and contact tracing can be found [here](#).

Playgrounds, gyms, pools and public courts will be able to reopen, subject to meeting the above public health measures. Public conservation land is open to the public for walking, biking, and hunting but there are guidelines on the use of DOC huts and campgrounds. Check that where you want to go is open before setting off – you may need to book in advance. Further announcements will be made shortly regarding the duck shooting season.

During Alert Level 2 there may be some refinements to the public health measures. Any implications for play, active recreation and sport as a consequence of changes to the government's expectations and measures will result in these guidelines being updated and reissued.

Considerations that apply to all of Play, Active Recreation and Sport

Alert Level 2

Contact Tracing

Contact tracing register for all participants and spectators must be in place and able to be accessed quickly.

Cleaning and Hygiene

You must adhere to basic hygiene measures, including washing and drying hands before and after any activity. Also exercise caution with common touch points (e.g. gates or doors) and wash or sanitise your hands after touching these surfaces.

Facilities must have a written plan for safe operation in place. Sanitation measures can be found [here](#). Facilities, water, soap and towels/drier should be made available for participants to wash and dry their hands or use hand sanitiser (containing at least 60% alcohol).

Gatherings

Gatherings must be limited to a maximum of 10 people (either indoors or outdoors).

If unwell

If you or members of your household are unwell, you should stay home.

You must not participate in physical activity (or leave home) if you are displaying symptoms of COVID-19, awaiting a test result, or required to self-isolate.

Physical Distancing

People are encouraged to remain 2 metres apart from people they don't know or where there is no contract tracing in place.

Risky activities

Activities should only be completed within your confidence and skill level to continue to reduce the need for essential services assistance.

Scenarios at Level 2

Contact Tracing

Ensure that all events and facilities have a contact tracing register and that all participants and spectators complete it, an electronic system or an online registration system. The register should be accessible to the Ministry of Health for contact tracing purposes at all times up to 4 weeks after the contact took place. This process should be detailed in your organisation's plan for safe operation. You may need to consider restricting the number of spectators or asking people to register in advance.

Cleaning and Hygiene

All participants should wash and dry their hands before and after partaking in any play, active recreation or sport. Ideally, they should be advised of this in advance of attending to allow time for this to happen safely.

Measures should be taken to minimise the sharing of equipment if possible. Equipment must be washed and dried before and after use. For example, balls need to be washed before and after each game.

Gatherings

All indoor and outdoor facilities will need to restrict entry to a maximum of 10 people. This limit will still need to be considered in the context of maintaining the 2 metre physical distancing requirement.

For sports that take place outdoors in a large open area with multiple fields and courts the requirements on the numbers of people apply to a single field and court, so long as this is managed in accordance with other public health guidelines and the attendees at one gathering do not mingle or interact with each other in any way.

Gathering restrictions apply to each separate space e.g. an outdoor court that can be managed separately with suitable physical distancing between these spaces.

For large areas such as golf courses or ski fields, individual groups engaging in activities should keep physically distanced from each other. Careful measures will be necessary to maintain physical distancing between groups while indoors. The Government is working closely with the ski industry to work out how the ski season can go ahead safely at Alert Level 2.

Care must be taken to avoid interacting at communal points such as entries and car parks. Phasing of activities could be used to allow time for people to pass through these areas safely.

For smaller venues a lower maximum number may be more appropriate to maintain physical distancing.

Physical Distancing

Physical distancing remains important, when people are interacting with people they don't know and that wouldn't be able to easily trace. For example, while mountain biking avoid gathering at trail heads or sections of trail where physical distancing will be difficult.

Play	Alert Level 2	Scenarios at Level 2
<p>(e.g. playing in homes, neighbourhoods and playgrounds)</p>	<p>Public and school playgrounds are able to open and families can get together for their children to play.</p> <p>You can drive to play in a public space, for example a beach or a park.</p> <p>Physical Distancing</p> <p>People are encouraged to remain 2 metres apart from people they don't know or where there is no contact tracing in place.</p>	<p>Cleaning and Hygiene</p> <p>You should wash and dry your hands or use hand sanitiser before and after using play equipment.</p> <p>You should also try not to touch your face, cough and sneeze into your elbow, and if you have cold or flu symptoms to stay off the equipment.</p> <p>Physical Distancing</p> <p>You should, where possible, keep physical distance of 2 metre from people that you don't know and wouldn't be able to trace.</p>
Active Recreation	Alert Level 2	Scenarios at Level 2
<p>(e.g. walking or going to the gym)</p>	<p>Contact Tracing</p> <p>Facilities and events must keep a contact register of contact details for everyone who visits. Individuals should also make a note of the places they visit and when, to assist in contact tracing.</p> <p>Cleaning and Hygiene</p> <p>Measures should be taken to minimise the sharing of equipment/balls. However, for activities where equipment must be shared ensure that all participants wash and dry their hands before and afterwards, and where possible clean and disinfect the equipment before and after use.</p> <p>Also exercise caution with common touch points (e.g. gates or doors) and wash or sanitise your hands after touching these surfaces.</p> <p>Facilities, water, soap and towels/drier should be available (where practicable) for participants to wash and dry their hands or hand sanitiser (containing at least 60% alcohol).</p> <p>If unwell</p> <p>If you or members of your household are unwell, you must stay at home.</p> <p>You should not be participating in physical activity (or leaving home) if you are displaying symptoms of COVID-19, awaiting a test, or required to self-isolate.</p> <p>Physical Distancing</p> <p>You should try as much as possible to maintain 2 metre physical distancing from people that you don't know while exercising and recreating.</p> <p>Risky activities</p> <p>Activities should only be completed within your confidence and skill level to continue to reduce the need for emergency services assistance.</p> <p>Activities previously not allowed</p> <p>Hunting is allowed on public conservation land with the necessary permits at Alert Level 2.</p> <p>Longer and overnight tramping is permitted, although these should still be easy trips within your ability and to places you've been before. The Department of Conservation have further advice on specific public health measures to take and the availability of their facilities.</p>	<p>Contact Tracing</p> <p>When exercising take a note of where you have been. For example, make a note of the route you ran and when. If visiting a public facility (e.g. a gym or swimming pool) make sure that you complete their contact register.</p> <p>If going on a 'pack' run or cycle ride someone in the group needs to record the names of the participants.</p> <p>Cleaning and Hygiene</p> <p>Where possible equipment should be cleaned before and after each use, for example gym users should wipe down and clean equipment between each use.</p> <p>For recreation activities where equipment is unable to be sanitised, for example ropes, a withholding period could be considered to allow any virus particles on these surfaces to die.</p> <p>Gatherings</p> <p>Indoor and outdoor facilities will need to restrict entry (10 people per gathering).</p> <p>For smaller venues (e.g. a yoga studio) a lower maximum number may be necessary to maintain physical distancing.</p> <p>Physical Distancing</p> <p>Try to maintain 2 metre physical distancing e.g. when running make sure to run single file when approaching others and give them a wide berth when passing.</p> <p>e.g. If sharing a lane when swimming in the local pool avoid resting at the same time at the same end.</p> <p>Risky Activities</p> <p>Activities should still be well within your confidence and skill level to reduce the likelihood of needing emergency services. For example, only mountain biking on known trails within your ability level and stay on clearly defined and marked tracks in the back country.</p>
Sport	Alert Level 2	Scenarios at Level 2
<p>(e.g. team sport)</p> <p><i>Contact sport – is an activity, particularly a team activity, in which by participating you are coming into close contact to others as part of competing or taking part in that activity – for example, physical contact sports like rugby and wrestling, sport where there is close contact like football, squash, basketball, hockey, netball or a rowing crew (in which case also refer to guidance for Water-based Activities below).</i></p> <p><i>Non-contact – are activities in which you can comfortably avoid coming closer than 2 metres to others as part of participating in that activity – for example, running, cycling, golf or bowls.</i></p>	<p>All facilities must practice sanitation measures, and record contact tracing details. Facilities with employees must have a WorkSafe plan in place.</p> <p>Contact Tracing</p> <p>Contact tracing register for all participants and spectators must be in place and able to be accessed quickly.</p> <p>Gatherings</p> <p>All facilities must adhere to requirements regarding mass gatherings.</p> <p>Cleaning and Hygiene</p> <p>Participants should wash and dry their hands before and after playing; equipment should be washed and dried before and after playing.</p> <p>Measures should be taken to minimise the sharing of equipment/balls. However, for sports or activities where equipment must be shared ensure that all participants wash and dry their hands before and afterwards, and clean and disinfect the equipment before and afterwards.</p> <p>Also exercise caution with common touch points (e.g. gates or doors) and wash or sanitise your hands after touching these surfaces.</p> <p>If unwell</p> <p>No one should be participating (or leaving home) if they are displaying symptoms of COVID-19, awaiting a test, or if required to self-isolate.</p> <p>Physical Distancing</p> <p>People may participate in team sport and physical activity, including where physical distance cannot be maintained. This means that training and competition for contact sports will be possible if other public health measures are observed.</p> <p>Participants should maintain physical distancing when not participating in the sport or activity.</p>	<p>Contact Tracing</p> <p>A Contact tracing register must be in place and it must be quickly accessible if needed by public health authorities.</p> <p>Particular care should be taken to record the details of any spectators at a game.</p> <p>Cleaning and Hygiene</p> <p>Make sure that participants wash and dry their hands before and after playing.</p> <p>Facilities, water, soap and towels/drier should be available for participants to wash and dry their hands.</p> <p>Make sure the equipment is washed and dried before and after games.</p> <p>For example, equipment is shared by people but at different times (e.g. a club kayak) the equipment should be cleaned before and after each use.</p> <p>Gatherings</p> <p>Indoor and outdoor facilities will need to restrict gatherings to a maximum of 10 people, while maintaining physical distancing requirements, if a contact tracing register is being used.</p> <p>For smaller venues a lower maximum number may be more appropriate to maintain physical distancing.</p> <p>For sports that take place outdoors, in a large open area with multiple fields and courts, the requirements on the number of people apply to a single field and court, so long as this is managed in accordance with other public health guidelines.</p> <p>Gathering restrictions apply to each separate space e.g. an outdoor court that can be managed separately with suitable physical distancing between these spaces.</p> <p>For large areas such as golf courses, individual groups engaging in activities should keep physically distanced from each other.</p> <p>Care must be taken to avoid gathering at communal points such as entries and car parks. Phasing of activities could be used, to allow time for people to pass through these areas safely.</p> <p>Sports clubs should follow public health guidelines on physical distancing and personal hygiene. If you are having club events, consider limiting numbers to ensure physical distancing can take place, take extra care on cleaning surfaces and when preparing food to minimise risks. Now is not the time to have a large club prizegiving or event, think about keeping things simple.</p> <p>Physical Distancing</p> <p>Think about modifications that can be made to your game to minimise the amount of contact between players.</p> <p>Participants should try to maintain physical distancing before and after the game, and in changing rooms or in clubrooms.</p>

Water-based Activities	Alert Level 2	Scenarios at Level 2
<p>(e.g. swimming, kayaking, surfing)</p>	<p>All recreational boating and water-based activities are permitted.</p> <p>Physical Distancing Participants should try to keep to the physical distancing as much as practicable.</p> <p>Cleaning and Hygiene Measures should be taken to minimise the sharing of equipment. However, for sports or activities where equipment must be shared ensure that all participants wash and dry their hands before and afterwards, and if possible clean and disinfect the equipment before and afterwards.</p> <p>Also exercise caution with common touch points (e.g. gates or doors) and wash or sanitise your hands after touching these surfaces.</p> <p>Risky activities High risk activities should only be completed within the confidence and skill level of the individual participating to continue to reduce the need for emergency services assistance.</p>	<p>Cleaning and Hygiene Ensure that club boats are cleaned before and after each use and any shared equipment, like life jackets, are disinfected. Where equipment is unable to be sanitised, for example ropes, a withholding period could be considered to allow any virus particles on these surfaces to die, e.g. 120 hours between uses.</p> <p>Risky activities Be responsible and follow Maritime NZ guidance (https://www.maritimenz.govt.nz/recreational/).</p>
Commercial	Alert Level 2	
<p>(e.g. sports who sell merchandise or run bar/café facilities)</p>	<p>All venues and sporting facilities, including clubrooms and gyms, are able to open. All venues must have a WorkSafe plan in place for safe operation.</p> <p>Retail and hospitality operations must meet the public health guidelines for these operations.</p> <p>Business premises can open for staff and customers. Services can also be provided on customers' premises (e.g. coaching or personal training).</p> <p>These businesses must operate safely. This means:</p> <ul style="list-style-type: none"> • Complying with general Alert Level 2 settings • Meeting appropriate public health requirements for their workplace, as outlined above (e.g. having contact tracing systems) • Fulfilling all other health and safety obligations. <p>Additional guidance for close contact business (e.g. sports massage, personal trainers or physiotherapists) is provided by WorkSafe.</p>	