



# Golden Rules for Everyone at Alert Level 1

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Although the risk of exposure to COVID-19 is now considered to be low, we have put the following guidelines in place to help the prevention of future spread.

To keep everyone safe, these golden rules will apply:

- If anyone is feeling unwell, they should **stay home** and seek appropriate medical advice if necessary - Healthline - 0800 611 116
- Practice good hygiene at all times: cover coughs and sneezes with your elbow or a tissue.
- Wash your hands, wash your hands, wash your hands!
- We encourage alternative end of game traditions (instead of hi-fives).
- QR codes will be available at all our courts and we ask all teams and their supporters to download the NZ Government tracer app and scan the QR code every week when attending netball. Please advise all supporters.
- All teams are required to list their players on the back of the scorecards in their playing positions each week.
- Teams are also responsible to keep a record of their attendees (players and supporters).
- Players are encouraged to sanitise before, at half time and after their games. Please keep hand sanitiser in your team bags.
- Hand sanitiser stations will be available at a number of places on the school site.
- We are asking our community to make sure they are up to date with the [Ministry of Health's COVID-19 webpage](#) and the [NZ Government COVID-19 webpage](#).
- In the event of community transmission in New Zealand, schools are required to advise us of any cases in their school community as soon as possible.

We ask that all schools take responsibility for players and supporters of their teams. Our model is that the coach/manager of each team has the responsibility to ensure that all supporters of their teams have the NZ Government tracer app and have scanned the QR code.

Although gatherings have no restrictions and the public health requirements are not mandatory, it is still important to remain vigilant and continue to practice good hygiene to minimise the risk of community transmission.

People will have had different experiences over the last couple of months. Whatever you are feeling - it's ok. Be kind to others. Be kind to yourself.

Thank you for your continued support.