

Play, active recreation and sport at Alert Levels 4 & 3

On 20 April 2020 the Prime Minister announced the following principles to abide by:

- Stay home
- Work and learn from home if you can
- Make your business COVID-19 safe Further business advice is available on the COVID-19 website: <https://covid19.govt.nz/alert-system/alert-level-3/#workers-and-businesses>
- Stay regional Further travel advice is available on the COVID-19 website: <https://covid19.govt.nz/alert-system/alert-level-3/>
- Keep your bubble as small as possible
- Wash your hands often with soap and cough into your elbow
- If you're sick, stay home and get advice from a GP and do that quickly

As at 29 April 2020

Contact Sport	Alert Level 4	Alert Level 3	Scenarios at Level 3
<p>(e.g. team sports)</p> <p><i>Contact Sport - is an activity, particularly a team activity, in which by participating you are coming closer than 2 metres to others as part of competing in that activity - for example, physical contact sports like rugby and wrestling, sport where there is close contact like football basketball, hockey or netball.</i></p> <p><i>Lower risk activities include things that are able to be completed by yourself without shared equipment - for example skill-based drills or fitness training.</i></p> <p><i>Higher risk activities include things that share equipment or balls - for example a casual or pickup game of basketball, touch or even frisbee.</i></p>	<ul style="list-style-type: none"> • Organised sports or physical activity not allowed outside of your bubble. • Can train at your home, or outdoor places that can be readily accessed from home. • Lower-risk activities only: care must be taken not to be injured and require medical care. • Maintain physical distancing (2 metres) with people outside your bubble. • Contact activity or sharing equipment/balls with people outside your bubble is prohibited. 	<ul style="list-style-type: none"> • Organised sports or physical activity is not allowed outside your bubble. • You can travel within your region, and across a regional boundary if it is in your local area. • Maintain physical distancing (2 metres) with people outside your bubble. • Activities must remain within your current abilities and don't pick up new activities. • Group activities with anyone outside your bubble are not allowed. • Lower-risk activities only: care must be taken not to be injured and require medical care. • Contact activity or sharing equipment/balls with people outside your bubble is prohibited. 	<ul style="list-style-type: none"> • You can train at your home or outside with bubble members only. For example, going for a run or weight training. • Do not share equipment outside your bubble. For example, you cannot play frisbee or kick a rugby ball with some outside of your bubble. • Do not use things like playground equipment or benches in public spaces for your training. • Recreation is only for individuals, or with those inside your bubble in a public space. • If you're exercising outdoors, maintain physical distancing (2 metres). Try to avoid places with a large number of people - and do not arrange to meet anyone. • You can travel within your region to get to a destination for recreation (for example going to a particular park or trail). Check in advance whether the place you're going to is open - not all areas will be open. • Participate in low-risk activities only: care must be taken not to be injured and require medical care.
Non-contact Sport	Alert Level 4	Alert Level 3	Scenarios at Level 3
<p>(e.g. running, cycling or golf)</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><i>Lower risk - would be activities that you can comfortably undertake, and have done so previously, in conditions that do not pose any additional risk (e.g. road running or putting in your backyard).</i></p> <p><i>Higher risk - would be new or challenging activities, or challenging conditions (e.g. long technical trail runs).</i></p>	<ul style="list-style-type: none"> • Organised sports or physical activity not allowed outside of your bubble. • Can train at your home, or outdoor places that can be readily accessed from home. • Lower-risk activities only: care must be taken not to be injured and require medical care. • Maintain physical distancing (2 metres) with people outside your bubble. • Contact activity or sharing equipment/balls with people outside your bubble is prohibited. 	<ul style="list-style-type: none"> • Organised sports or physical activity is not allowed outside your bubble. • You can travel within your region, and across a regional boundary if it is in your local area. • Maintain physical distancing (2 metres) with people outside your bubble. • Activities must remain within your current abilities and don't pick up new activities. • Group activities with anyone outside your bubble are not allowed. • Lower-risk activities only: care must be taken not to be injured and require medical care. • Contact activity or sharing equipment/balls with people outside your bubble is prohibited. 	<p>For outdoor sports where 2 metres physical distancing is possible e.g. golf, tennis, bowls etc:</p> <ul style="list-style-type: none"> • Public facilities will be closed. Private facilities (e.g. clubhouses, toilets, showers) cannot open except for use by workers (with appropriate public health measures in place). • A COVID-19 safety plan must be in place, including risk controls for any staff that may be on site (e.g. grounds person). • Contact tracing measures must be in place. • Common touch points must be minimised. It is the responsibility of the facility owner to sanitise all surfaces (e.g. gates, flags, holes, nets etc) after each use. Users should sanitise their hands after touching them. • 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). • You can only play with those in your bubble. Do not arrange to meet anyone else to play. • You must keep physical distancing of two metres from anyone outside of your bubble. • There can be no congregating. You must leave as soon as you have completed your recreation activity. • Personal trainers and professional coaches should continue to work from home and use online and video conferencing facilities to deliver their training. • Longer rides/runs (within your region) are ok. Although they should still be low risk and you should be self-sufficient (be able to get home without outside assistance if something goes wrong).

Active Recreation	Alert Level 4	Alert Level 3	Scenarios at Level 3
<p>(e.g. walking or cycling)</p> <p><i>Lower risk – would be activities that you can comfortably undertake, and have done so previously, in conditions that do not pose any additional risk (e.g. wide simple mountain bike trails).</i></p> <p><i>High risk – would be challenging activities, or challenging conditions (e.g. steep technical mountain bike trails or those with large jumps or drops).</i></p>	<ul style="list-style-type: none"> • Low-risk activities only: care must be taken not to be injured and require medical care. • Maintain physical distancing (2 metres) with people outside your bubble. • Contact activity or sharing equipment/balls with people outside your bubble is prohibited. 	<ul style="list-style-type: none"> • Low-risk activities only: care must be taken not to be injured and require medical care. • Maintain physical distancing (2 metres) with people outside your bubble. • Contact activity or sharing equipment/balls with people outside your bubble is prohibited. 	<ul style="list-style-type: none"> • Hunting is possible at Alert Level 3, as long as participants stay local and stick to their bubble, and if it does not involve a motorised vehicle in the hunting activity. • Participants must have the landowner's permission and any necessary permits. • Hunting on public conservation land is not allowed at Level 3. • Short walks (up to 3 hours total) on easy trails are permitted. Long, backcountry tramping or overnight hiking is not allowed. • Longer rides/runs (within your region) are ok. Although they should still be low risk and you should be self-sufficient (be able to get home without outside assistance if something goes wrong). • Mountain biking on known trails for experienced mountain bikers is permitted. • Gyms and public pools cannot open.
Play	Alert Level 4	Alert Level 3	Scenarios at Level 3
<p>(e.g. playing in homes, neighbourhoods and playgrounds)</p>	<ul style="list-style-type: none"> • Play must be contained within your bubble. • Streets, outdoor parks and fields are okay, but playgrounds are closed. 	<ul style="list-style-type: none"> • Play must be contained within your bubble. • Streets, outdoor parks and fields are okay, but playgrounds are closed. 	<ul style="list-style-type: none"> • Public and school playgrounds remain closed. • You are able to drive within your region to play in a public space for example a beach or a park – however physical distancing (2 metres) should be maintained.
Water-based Activities	Alert Level 4	Alert Level 3	Scenarios at Level 3
<p>(e.g. swimming, kayaking, surfing)</p> <p><i>Lower risk – would be activities that you can comfortably undertake, and have done so previously, in conditions that do not pose any additional risk (e.g. calm water or moderate temperatures).</i></p> <p><i>High risk – would be challenging activities, or challenging conditions (e.g. high winds, large waves, rips or cold-water temperatures).</i></p>	<ul style="list-style-type: none"> • All water-based activities are prohibited because these activities expose participants to danger or may require search and rescue services. 	<ul style="list-style-type: none"> • Water-based activities are discouraged where they would expose participants to danger or require search and rescue services. • Water-based activities involving boats or motorised craft or equipment, or scuba diving are not allowed. • Maintain physical distancing with people outside your bubble. • Remain within your current abilities and don't pick up new activities. 	<ul style="list-style-type: none"> • All public aquatic facilities are closed (only workers can enter premises, except for access to essential services). • Some water activities are possible. We recommend you remain within close range of the shore (no more than 200m away). These activities would include: swimming, snorkelling, surfing, kayaking, canoeing, rowing, windsurfing and paddle boarding but only when meeting the following guidance. • You must: stay within your bubble, not share equipment, not gather with others (even with physical distancing), stay close to shore and only go out when conditions are calm. • Water-based activities involving sailing boats, or motorised craft or equipment, or scuba diving are not allowed. • High risk activities are discouraged, because these activities expose participants or other users to increased danger and may require complex search and rescue services. • Further guidance on boating and water-based activities at each alert level is provided by Maritime NZ (www.maritimenz.govt.nz/recreational). • Fishing from a wharf or surfcasting from the beach is permitted, but people should not fish from rocks (because of the increased drowning risk). • If in doubt, then don't go out.
Commercial	Alert Level 4	Alert Level 3	Scenarios at Level 3
<p>(e.g. sports who sell merchandise or run bar/café facilities)</p>	<ul style="list-style-type: none"> • Only essential services are able to operate. • All indoor venues and sporting facilities, including clubrooms and gyms, are closed. • Everyone working from home and businesses cannot open premises for staff. 	<ul style="list-style-type: none"> • All venues and sporting facilities, including clubrooms and gyms, are closed. • Everyone should work from home if possible. Workers can only come into the premises if they can't work from home. And then appropriate measures must be taken. If these measures cannot be taken, staff must not go to work and premises should remain closed. • Contactless retail/merchandise open to customers for pickup or delivery. Customers cannot enter premises. • Businesses cannot offer services that involve close personal contact, unless it is an emergency or critical situation. All hospitality services and venues remain closed, and no food or drink to be consumed on premises. • Only essential regional travel (e.g. travel to work), travel to other regions is not allowed. 	<ul style="list-style-type: none"> • Individual business should follow MBIE and WorkSafe NZ advice. • You cannot travel to other regions (e.g. you should not be travelling from Hamilton to Auckland) other than in limited circumstances. See the covid19.govt.nz website for more information.