

Covid -19 Coronavirus: SONZ Alert System Protocols

Stages of alert

ALERT LEVEL ONE: PREPARE

Covid-19 in NZ, but contained

- Activate border measures
- Contact tracing
- Cancel mass gatherings of more than 500 people
- Stay at home if sick and report flu-like symptoms
- Intensive testing for Covid-19
- Physical distancing encouraged

ALERT LEVEL TWO: REDUCE

Contained but risk of community transmission growing

- Entry border measures maximised
- Further restrictions on mass gatherings
- Physical distancing on public transport
- Limit non-essential travel around country
- Employer to begin alternative ways of working if possible (shift work, working from home etc)
- Business contingency plans activated
- High risk people to remain at home (over 70s, people with existing conditions)

ALERT LEVEL THREE: RESTRICT

Heightened risk that disease not contained

- Travel in areas of community transmission limited
- Affected educational facilities closed
- Mass gatherings cancelled
- Public venues closed
- Alternative ways of working required and some non-essential businesses closed
- Non-face-to-face primary care consultations
- Elective surgeries and procedures deferred and healthcare staff reprioritised

ALERT LEVEL FOUR: ELIMINATE

Likely that disease not contained

- People to stay at home
- Educational facilities closed
- All non-essential businesses closed
- Rationing of supplies and requisitioning of facilities
- Severe travel restrictions
- Major reprioritisation of healthcare services

ALERT Level 0	ALERT Level 1	ALERT Level 2	ALERT Level 3	ALERT Level 4
SCHOOL BASED ACTIVITY				
All school events in place without restriction	School activity allowed	School activity allowed	Zero school activity	Zero school activity
CLUB BASED ACTIVITY				
All training & events in place without restriction	Club training & events allowed to run	Club training & events as per guidelines below	Zero club activity	Zero club activity
Club meetings as usual	Club meetings as usual	Online meetings recommended	Online meetings only	Online meetings only
SONZ STAFF ACTIVITY				
Staff fully operational from their workspace	Staff work out of their office but are prepared to work from home	Staff work from home with some flexibility to return to the office	Staff work from home	Staff work from home
International travel (Depending on international situation)	Domestic travel allowed	Domestic travel allowed	No travel	No travel
SONZ PROGRAMMES				
YAP & ALPS in operation	YAP & ALPS in operation	YAP & ALPS Postponed	YAP & ALPS Postponed	YAP & ALPS Postponed

- This alert system is an evolving document and updates will be made when necessary and in alignment with the NZ Government.
- Anyone with symptoms or actual illness is required to stay home at any alert level when participating in any SONZ programme.

Covid - 19 Coronavirus: SONZ Return to Activity Guide

SPORTS	Inactivity Duration: 2- 4 weeks	Inactivity Duration: 5 - 7 weeks	Inactivity Duration: 8 weeks >
	Required number of Training Sessions Before Returning to Competition		
Athletics (AT)	Two	Three	Four
Alpine Skiing (AS)	Two	Three	Four
Basketball (BB)	Two	Three	Four
Bocce (BC)	Two	Two	Three
Equestrian (EQ)	Two	Two	Four
Football (FB)	Two	Three	Four
Bowling (BO)	Two	Two	Three
Golf (GF)	Two	Two	Three
Indoor Bowls (IB)	Two	Two	Three
Powerlifting (PL)	Two	Three	Four
Swimming (SW)	Two	Three	Four
Snowboarding (SB)	Two	Three	Four
Table Tennis (TT)	Two	Two	Four

*Immediate return to competition is allowed if athletes have been inactive for two weeks or less

SONZ return to activity guide will continue to be implemented alongside the alert system protocols. This guide ensures all athletes and volunteers are supported and provided with the appropriate tools before returning to competition. Physical and social wellbeing is paramount and must be a key focus as we return to activity.

Return to Training

Whilst a return to training is not compulsory at level 2-, clubs may return at level 2 with the following restrictions:

- Your regional restriction on social gatherings is set at 50 or higher
- Contact tracing forms are completed at each training session
- Hand hygiene protocols continue to be followed and promoted by coaches
- No spectators allowed at training level 2.

SONZ also recommend:

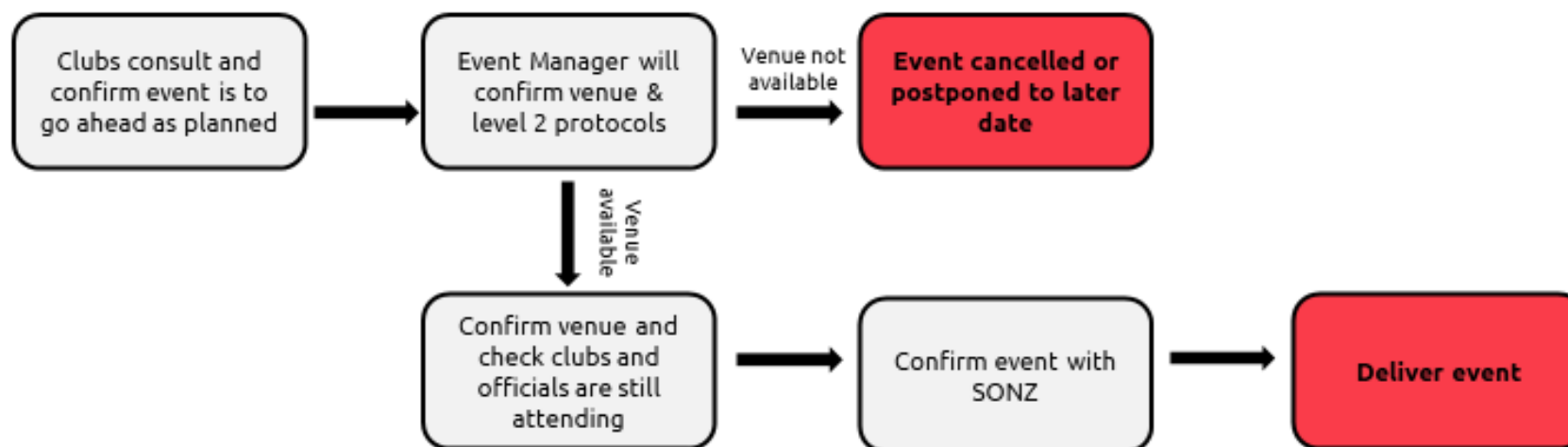
- Athletes and volunteers wear a face mask on the way to and from training
- All coaches and volunteers wear a face mask during training where possible

Attending Events

Clubs may host and attend events at level 2 with the following restrictions:

- Recommence from Saturday 26 September 2020
- Entries to events must be from clubs that are living in an area with the same alert level restrictions as the region that the event is being held
- No spectators allowed to attend events during level 2
- Due to restrictions on public gatherings there may need to be restrictions on entries to events. The host club and RSC will work with clubs to determine the number of athlete able to attend each event.

Events at Level 2 can be confirmed following the steps below:



School Activity

School activity will resume at Level 2. In-school activity will focus on skill development, fundamental movement and getting students active and taking part in physical activity.