**Covid -19 Coronavirus: SONZ Alert System Protocols**

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| **ALERT Level 0**  | **ALERTLevel 1**  | **ALERTLevel 2** | **ALERTLevel 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.**

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| **Covid - 19 Coronavirus: SONZ Return to Activity Guide**  |  |
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| **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.