

Covid -19: SONZ Alert System Protocols – Update 8 September 2021

The Government has announced the move to Alert Level 2 for those regions outside of the greater Auckland area. SONZ has updated our Alert System Protocols and Return to Activity guide in accordance with these changes. At a practical level, you can return to training activities, if you can do them safely. This includes indoor sports, but with extra safety measures around physical distancing, mask wearing and sanitation.

Extra precautions are required to combat the increased transmissibility of the Covid-19 Delta variant. These additional public health measures are as follows:

- The physical distancing requirement in indoor venues and facilities is now **two meters**, rather than one meter. Facilities may need to restrict numbers to help with physical distancing. Please contact your local facilities about their requirements.
- Community sports are limited to groups of 100 outdoors and 50 indoors. These group limits include all players, coaches, and volunteers.
- **Mask wearing** at indoor sports facilities is **required** apart from when you are exercising or playing sports. You do not need to wear a mask if exercising outdoors.
- Mandatory record keeping and QR code scanning applies to all indoor sport and recreation facilities such as recreation centres, swimming pools, as well as commercial and ticketed sport and recreation events.

The Ministry of Health have confirmed that exemptions for face masks/coverings remain in place. If you have a disability or health condition that you can't wear a face covering safely or comfortably, you are exempt from wearing one.

The Ministry of Health have developed an Exemption Card specifically for those who cannot wear face coverings safely or comfortably due to a disability or health condition. Many people in the community and public venues will not be familiar with the exemption so you will need to carry your card on you at all times.

To request an Exemption Card, you can email info@dpa.org.nz

For more information on face mask/coverings visit: [Wear a face covering | Unite against COVID-19 \(covid19.govt.nz\)](https://www.covid19.govt.nz/face-coverings)

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	All school activity allowed	In-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, in line with workplace protocols.	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 involved 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

If clubs choose to return to training at level 2, they must do so in line with the following measures and restrictions:

- Your total numbers at trainings comply with government restrictions on gatherings in your area
- Record keeping to be completed in line with government regulations
- Training registers to be completed and forwarded to your RSC on a monthly basis
- Hand hygiene protocols continue to be followed and promoted by coaches
- No spectators allowed at training level 2
- All SONZ staff, coaches and volunteers wear a face mask, at all times, during training or school activity
- All athletes (where possible) to wear a mask before and after training, especially at indoor facilities

SONZ also recommend:

- Athletes and volunteers wear a face mask on the way to and from training.
- Temperature checks are undertaken at all trainings, if you do not have a contactless thermometer available at all trainings then please ask the athletes if they have had a fever/temperature/feel hot. If the answer to this question is yes, then they must sit out training and return home immediately.
- Athletes that are identified as high risk are strongly encouraged to stay home.

Hosting Events

All club events are currently on hold until 26 September. We will continue to monitor current information and our response to the environment, with a further update to be provided the week of 20 September. Clubs are encouraged to discuss this with their RSC if they have any questions or concerns surrounding hosting and attending events.

Although club events are on hold, trainings (in compliance with Government regulations) can resume under level 2.

School Activity

Some school activities may resume at Level 2.

In-school activity is allowed if individual school policy permits external provider to enter the premises. School delivery will focus on skill development, social engagement, fundamental movement and getting students active and taking part in physical activity.

RSCs are required to wear masks at all times when on school grounds and to sign-in on the Covid tracer app on arrival at the school. RSCs are required to complete school registers for every session and upload to Sharepoint on the day of delivery.

All school events are postponed until 26 September. While there may be opportunities for school events to be held in the last week of term, it is recommended that these events are postponed at this time until Term 4 to ensure that everyone has more time to adjust to the requirements of the new guidelines.