

COVID-19 ALERT LEVEL 2

Introduction - Play it Safe

This document is intended to provide clubs with the information needed to determine whether they are able, and willing to re-open under Alert Level 2.

As many industries are finding (including the Health sector) the ability and degree of operation will vary depending on individual circumstances including resources available (coaches, venue access, configuration and times available, membership numbers and ages, etc) so the ability of clubs to operate SAFELY and successfully under the activity constraints will vary.

There is NO compulsion for clubs to re-open—each club must make this decision individually.

The key factors are that clubs MUST be able to comply with the requirements of the activities allowed as advised, with the main focus being on providing a safe environment and the ability to contact-trace if required.

Activities Allowed Under Alert Level 2

The latest information available (as at 25 August) states;

It is important that clubs do not rush into re-starting activities. It is essential to get all the protocols in place before activity resumes, and ensure that everyone in your club or organisation is on the same page.

- People may participate in sport and physical activity, INCLUDING where physical distance cannot be maintained
- Facilities MUST have a written plan for safe operation in place - particularly in regards to hygiene and sanitation.
- Physical distancing requirement (2m recommended, minimum 1m) MUST be maintained by all if not participating in the activity
- Other public health measures MUST be maintained
- Contact-tracing register MUST in place and available



Where To Get More Information;

- SNZ Website (https://sportnz.org.nz/covid-19/sector-advice/hygiene-and-sanitation-guidance/?mc_cid=f09a12c518&mc_eid=508a67d136)
- Worksafe (<https://worksafe.govt.nz/managing-health-and-safety/novel-coronavirus-covid/covid-19-safety-plan-what-you-need-to-think-about/>)

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COVID-19 ALERT LEVEL 2

Public Health Measures



Washing and drying your hands kills the virus

Wash often. Use soap. 20 seconds. Then dry. This kills the virus by breaking its protective coating.

Find out more at [Covid19.govt.nz](https://www.covid19.govt.nz)

Unite against COVID-19

The club **MUST** comply with all required public health measures for Level 2;

- Gatherings must be restricted to a maximum of 100 (10 in Auckland) people (both indoor and outdoor). Active recreation activities are subject to gathering requirements. This includes both indoor and outdoor facilities. Multiple gatherings can take place at the same event or facility, as long as they can be kept separated. Phasing of activities could be used to allow time for people to pass through communal areas safely. For smaller venues a reduced capacity may be more appropriate to maintain physical distancing

- A system to record and retain the contact details of all people involved in, or attending, your activity must be in place to enable contact tracing should it be required. This information should be accessible at all times for contact tracing purposes up to 4 weeks after the contact was recorded
- Surfaces and equipment must be regularly cleaned and disinfected where practicable.
- Good personal hygiene practices should continue – wash and dry your hands before and after activities, cough into elbow and don't touch your face.
- Insist that members stay home if they are sick. If they have flu-like symptoms, advise them to self-isolate at home and get tested immediately

It is **recommended** that;

- Physical distancing of 2 metres should be maintained wherever possible, especially from people that you don't know (eg new members). It is recognised that contact during physical activity may occur but this should be minimised as much as possible.
- Travel should be done safely to reduce the possibility of transmission and spread of the virus.

Contact Tracing

LOG

The club **MUST** maintain a system of identifying who attended at what times, and be able to contact everyone

Keep an attendance register and/or use a QR Code.

A sample Contact Tracing Log is attached (NB: This log needs to comply with the Privacy Act - ensure recording of keep details remains confidential).

JNZ Membership

Ensure that all participants are current members of JNZ and that their contact details are up to date on the JNZ database. Encourage them to log-in and update if required.



Sanitation Recommendations

The following suggestions provide guidelines for the club to consider in their facility plan in order to keep everyone as safe as possible;

- Limit numbers per session to enable physical distancing requirement and ability to exercise safely
- Participants to change into their judogi before arriving at the dojo, and not to change at dojo after training
- Sanitise hands upon arrival and at the end of the session (supervise). Water and soap (where practicable) to wash and dry their hands or hand sanitiser (containing at least 60% alcohol).
- Each participant to have a personal towel to be used frequently to minimise droplet dispersal, and for hand-drying after washing
- Do not use taps / club drinking facilities (eg water cooler) to drink from (remove if possible)
- Wash Judogi between each session
- Limit “spectator” attendance to bare minimum (essential people only unless adequate space is available to maintain social-distancing)
- Control arrival and departure to maintain required physical distancing—extend the time interval between sessions (eg; use different exit and entry doors if available)
- Avoid interacting at communal points such as entries and car parks. Phasing of sessions could be used to allow time for people to pass through these areas safely
- Sanitise the mat areas, any equipment used, and any “touch-point” areas (eg door knobs, toilet flush knobs, etc) between sessions
- Activities should still be well within participants’ confidence and skill level to reduce the likelihood of needing emergency services.

“It’s not the strongest of the species who survive, nor the most intelligent, but the ones most responsive to change.”

Charles Darwin

Next Steps

1. Determine if the Club is willing and able to operate under the conditions of Alert Level 2.
2. Develop an operational or “action” plan that meets the requirements of the hygiene and other requirements of Alert Level 2
3. Develop session plans that enable safe activity as allowed under the provisions
4. Ensure that accurate contact-tracing recording is available, and that contact details of everyone involved is up to date and accurate
5. Communicate to your members what, where, and when they can attend sessions, and the conditions under which they can participate



**Coronavirus
Symptoms?**

**Phone
Healthline**

0800 358 5453

