

Play, active recreation and sport at Alert Level 4

Your Alert Level may depend on where you are in New Zealand.

The current Alert Level for your region can be found at <https://covid19.govt.nz/covid-19/restrictions/current-alert-level/>

As at 29 April 2020

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**

Contact Sport	Alert Level 4
<p><i>(e.g. team sports)</i></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.
Non-contact Sport	Alert Level 4
<p><i>(e.g. running, cycling or golf)</i></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.
Active Recreation	Alert Level 4
<p><i>(e.g. walking or cycling)</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. 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.
Play	Alert Level 4
<p><i>(e.g. playing in homes, neighbourhoods and playgrounds)</i></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.
Water-based Activities	Alert Level 4
<p><i>(e.g. swimming, kayaking, surfing)</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. 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.
Commercial	Alert Level 4
<p><i>(e.g. sports who sell merchandise or run bar/café facilities)</i></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.