

# 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 26 August 2021

## Under Alert Level 4:

4:

- Everyone must stay home
- You can go for a walk, run or bike ride in your local area.
- If you do, it must be on your own, or with your household bubble – no gathering or meeting with those outside of your bubble.
- You are encouraged to wear a face covering, or keep 2 metres distance from others, when leaving your home.
- Remember to use the NZ COVID Tracer app and scan QR codes if you visit an essential service.
- If you are unwell, stay home and call your doctor or Healthline on 0800 358 5453 for advice about getting tested.

## Contact Sport

(e.g. team sports)

**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.

**Lower risk** activities include things that are able to be completed by yourself without shared equipment – for example skill-based drills or fitness training.

**Higher risk** activities include things that share equipment or balls – for example a casual or pickup game of basketball, touch or even frisbee.

## Alert Level 4

- Organised sports or physical activity not allowed outside of your bubble.
- Can train, with those in your bubble, 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.
- Be careful of “high touch items” like handrails, gates and park benches – avoid touching these or wash/sanitise your hands after touching them

## Non-contact Sport

(e.g. running, cycling or golf)

**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.

**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).

**Higher risk** – would be new or challenging activities, or challenging conditions (e.g. long technical trail runs).

## Alert Level 4

- 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.
- Be careful of “high touch items” like handrails, gates and park benches – avoid touching these or wash/sanitise your hands after touching them.

## Active Recreation

(e.g. walking or cycling)

**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. only ride on local grade 1 (easiest) and grade 2 (easy) tracks).

**High risk** – would be challenging activities, or challenging conditions (e.g. steep technical mountain bike trails or those with large jumps or drops).

## Alert Level 4

- 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.
- You do not need to wear a face covering but make sure you keep 2 metres distance from others.
- Be careful of “high touch items” like handrails, gates and park benches – avoid touching these or wash/sanitise your hands after touching them

## Play

(e.g. playing in homes, neighbourhoods and playgrounds)

- Play must be contained within your bubble.
- Streets, outdoor parks and fields in your local area are okay, but playgrounds are closed.
- Be careful of “high touch items” like handrails, gates and park benches – avoid touching these or wash/sanitise your hands after touching them

## Water-based Activities

(e.g. swimming, kayaking, surfing)

**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).

**High risk** – would be challenging activities, or challenging conditions (e.g. high winds, large waves, rips or cold-water temperatures).

## Alert Level 4

- Māori customary fishing and food gathering is the only water-based activity permitted at Alert Level 4. If you are fishing or whitebaiting for this reason, make sure you:
  - keep it local and stick to your household bubble
  - do not use a boat or go into the water to fish
  - keep 2 metres away from others
  - do not do anything that may expose you to danger, or require rescue services.
- All other water-based activities are prohibited (including recreational fishing, swimming, surfing, scuba-diving, water-based activities involving boating, sailing boats, motorised craft).
- These activities expose participants to danger or may require search and rescue services.

*(e.g. sports who sell merchandise or run bar/café facilities)*

- 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.
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