

# 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 August 2021

## Alert Level 4 - Lockdown

- 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	Alert Level 4
<p>(e.g. team sports)</p> <p>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.</p> <p>Lower risk activities include things that are able to be completed by yourself without shared equipment – for example skill-based drills or fitness training.</p> <p>Higher risk activities include things that share equipment or balls – for example a casual or pickup game of basketball, touch or even frisbee.</p>	<ul style="list-style-type: none"> <li>• Organised sports or physical activity not allowed outside of your bubble.</li> <li>• Can train, with those in your bubble, at your home, or outdoor places that can be readily accessed from home.</li> <li>• Lower-risk activities only: care must be taken not to be injured and require medical care.</li> <li>• Maintain physical distancing (2 metres) with people outside your bubble.</li> <li>• Contact activity or sharing equipment/balls with people outside your bubble is prohibited.</li> <li>• Be careful of “high touch items” like handrails, gates and park benches – avoid touching these or wash/sanitise your hands after touching them.</li> </ul>
Non-contact Sport	Alert Level 4
<p>(e.g. running, cycling or golf)</p> <p>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.</p> <p>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).</p> <p>Higher risk – would be new or challenging activities, or challenging conditions (e.g. long technical trail runs).</p>	<ul style="list-style-type: none"> <li>• Organised sports or physical activity not allowed outside of your bubble.</li> <li>• Can train at your home, or outdoor places that can be readily accessed from home.</li> <li>• Lower-risk activities only: care must be taken not to be injured and require medical care.</li> <li>• Maintain physical distancing (2 metres) with people outside your bubble.</li> <li>• Contact activity or sharing equipment/balls with people outside your bubble is prohibited.</li> <li>• Be careful of “high touch items” like handrails, gates and park benches – avoid touching these or wash/sanitise your hands after touching them.</li> </ul>
Active Recreation	Alert Level 4
<p>(e.g. walking or cycling)</p> <p>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).</p> <p>High risk – would be challenging activities, or challenging conditions (e.g. steep technical mountain bike trails or those with large jumps or drops).</p>	<ul style="list-style-type: none"> <li>• Low-risk activities only: care must be taken not to be injured and require medical care.</li> <li>• Maintain physical distancing (2 metres) with people outside your bubble.</li> <li>• Contact activity or sharing equipment/balls with people outside your bubble is prohibited.</li> <li>• You do not need to wear a face covering but make sure you keep 2 metres distance from others.</li> <li>• Be careful of “high touch items” like handrails, gates and park benches – avoid touching these or wash/sanitise your hands after touching them.</li> </ul>
Play	Alert Level 4
<p>(e.g. playing in homes, neighbourhoods and playgrounds)</p>	<ul style="list-style-type: none"> <li>• Play must be contained within your bubble.</li> <li>• Streets, outdoor parks and fields are okay, but playgrounds are closed.</li> <li>• Be careful of “high touch items” like handrails, gates and park benches – avoid touching these or wash/sanitise your hands after touching them.</li> </ul>
Water-based Activities	Alert Level 4
<p>(e.g. swimming, kayaking, surfing)</p> <p>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).</p> <p>High risk – would be challenging activities, or challenging conditions (e.g. high winds, large waves, rips or cold-water temperatures).</p>	<ul style="list-style-type: none"> <li>• You can fish from a wharf or the shore but do not cast off the rocks or fish from a boat. Boating is not allowed. Keep it local – go to your nearest fishing spot, not your favourite fishing spot.</li> <li>• You can also fish for whitebait during the whitebaiting season. You must: <ul style="list-style-type: none"> <li>- keep it local and stick to your household bubble</li> <li>- not use a boat or go into the water to fish</li> <li>- keep 2 metres away from others</li> <li>- not do anything that may expose you to danger, or require rescue services.</li> </ul> </li> <li>• All other water-based activities are prohibited (including swimming, surfing, scuba-diving, water-based activities involving boating, sailing boats, motorised craft).</li> <li>• These activities expose participants to danger or may require search and rescue services.</li> </ul>
Commercial	Alert Level 4
<p>(e.g. sports who sell merchandise or run bar/café facilities)</p>	<ul style="list-style-type: none"> <li>• Only essential services are able to operate.</li> <li>• All indoor venues and sporting facilities, including clubrooms and gyms, are closed.</li> <li>• Everyone working from home and businesses cannot open premises for staff.</li> </ul>