

Play, active recreation and sport at Alert Level 3 - Step 1

Your Alert Level will 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 19 October 2021

Alert Level 3 - Restrict - Step 1

- The Government has introduced a 3-step approach to ease Alert Level 3 restrictions in Auckland. (<https://covid19.govt.nz/alert-levels-and-updates/regional-advice/auckland/>)
- This means friends and whānau can now in limited numbers reconnect with each other and start to enjoy recreation within safe limits.
- At Step 1 you can now meet with another household (up to a 10 person maximum) to do an expanded range of outdoor recreation activities, if you can do them safely. The following activities are now permitted:
 - Going to the beach or playground
 - Hunting
 - Rock climbing
 - Water-based activities involving sailing boats, motorised boats or other craft like jet skis, and scuba diving. Sailing and boating should be limited to people from the same household.
 - Fishing from a motorised boat or vessel
 - Outdoor exercise classes limited to a maximum of 10 people (for example, yoga or bootcamp, if they do not involve any physical contact with others).
- Professional coaching can begin again for sports where this can be conducted within the Step 1 rules. For example, tennis, golf or horse riding coaching can begin again provided it is on an individual or small group basis and physical distancing is maintained (e.g. total numbers must be kept under 10).
- At Step 1 you cannot play contact sports (e.g. football, rugby, basketball) or sports that involve sharing equipment (e.g. netball or basketball). Gyms and indoor recreation facilities such as swimming pools and sports halls cannot open at Step 1.
- Many of the Level 3 rules remain in place. You should continue to:
 - wear a face covering, and keep 2 metres distance from others when exercising
 - use the NZ COVID Tracer app and scan QR codes if you visit an essential service
 - stay home if you are unwell and call your doctor or Healthline on 0800 358 5453 for advice about getting tested.

Public health measures

- Although people can now meet with one other household outside for social gathering purposes, they should generally still stay home in their bubble other than for essential personal movement – including to go to work or school (if they have to) or for recreation. Don't invite or allow social visitors, such as friends, family and whānau, to enter your home.
- Maintain physical distancing of 2 metres outside home, or 1 metre in controlled environments like workplaces.
- Face coverings must be worn on public transport and when visiting essential services. They are highly recommended if you are out and about.
- People can now meet with people from up to 10 households at a time for organised group activities e.g. yoga, CrossFit, or knitting in the park, as long as this is outside, and the total number of people is not greater than 10 (including the instructor or coach). Physical distancing must be maintained between people from different households at all times. Multiple classes can be held each day as long as they are outside and do not exceed 10 people.
- People must work from home unless that is not possible.
- Businesses can open premises, but cannot physically interact with customers.
- Public venues are closed. This includes libraries, museums, cinemas, food courts, gyms, pools, markets.
- Outdoor gatherings of up to 10 people from 2 households are allowed for social gatherings, e.g. barbeque in the park, wedding services, funerals and tangihanga. Physical distancing and public health measures must be maintained between members of each household.
- People can engage in a wider range of recreation activities with a maximum of 10 people and it is recommended that these activities are limited to 1 household only.
- If you're sick, stay home. Don't go to work or school. Don't socialise and if you have symptoms of cold or flu call your doctor or Healthline and get advice about being tested.
- Inter-regional travel is highly limited to, for example, essential workers, with limited exemptions for others.
- People at high risk of severe illness such as older people and those with existing medical conditions are encouraged to stay at home where possible, and take additional precautions when leaving home being tested.
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Play	Alert Level 3 - Step 1	Scenarios at Level 3 - Step 1
(e.g. playing in homes, neighbourhoods and playgrounds)	<ul style="list-style-type: none">• Indoor play must be contained within your bubble but outdoors you can now meet one other household as long as there are no more than 10 people in total.• Streets, outdoor parks, fields and playgrounds can all open.	<ul style="list-style-type: none">• Outdoor playgrounds can open.• You are able to drive within your region to play in a public space, for example, a local beach, park or playground. You can meet one other household but physical distancing from those outside your bubble (2 metres) should be maintained.

Active Recreation	Alert Level 3 - Step 1	Scenarios at Level 3 - Step 1
<p>(e.g. walking or going to the gym)</p>	<ul style="list-style-type: none"> You can now engage in a range of activities for active recreation (up to a maximum of 10 people). You are still recommended to undertake recreation activities with people from your household only. You can travel for active recreation within your region. Outdoor exercise classes (such as yoga or bootcamp) are permitted for a maximum of 10 people including the instructor if they do not involve any physical contact with others. Everyone must maintain physical distancing (2 metres). Attendees will not be able to use any indoor changing facilities. You are encouraged to wear a face covering when you are not exercising. Maintain physical distancing (2 metres) with people outside your bubble. Activities must remain low risk and within your current abilities and don't pick up new activities. Lower-risk activities only: care must be taken not to be injured and require medical care. No contact activity or sharing equipment or balls with people outside your bubble. 	<ul style="list-style-type: none"> Gyms and public pools cannot open. Personal trainers and professional coaches can now carry out in person coaching as long as it is outdoors, involves a maximum of 10 people from 10 households. Physical distancing must be maintained and there should be no physical contact with others. The 10-person limit includes the instructor taking the class. Short walks (for example, under 3 hours) on easy trails are permitted. Long, backcountry tramping or overnight hiking is not allowed. Longer rides/runs (within your region) are ok. Although they should still be low risk and you should be self-sufficient (be able to get home without outside assistance if something goes wrong). Mountain biking on known easy trails for experienced mountain bikers is permitted. Rock climbing for experienced climbers is permitted. Any activities that may expose the participant to danger or may require search and rescue services are not permitted. Regardless of your personal competency or experience, if an incident was to occur, and this would typically require search and rescue, then that activity is not permitted. This means that you should not participate in activities such as any form of hunting in areas not readily accessible from your home (including by vehicle), backcountry tramping, mountaineering, any form of backcountry Snowsports, swimming at a distance from shore, or mountain biking at grade 3 or above.
Sport	Alert Level 3 - Step 1	Scenarios at Level 3 - Step 1
<p>(e.g. team sport)</p> <p><i>Contact sport</i> – is an activity, particularly a team activity, where you are coming into close contact to others as part of competing or taking part in that activity – for example, physical contact sports like rugby, and sport where there is close contact like football, squash, basketball, hockey or netball.</p> <p><i>Non-contact sports</i> – 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>	<ul style="list-style-type: none"> You can now meet people from one other household for non-contact sport (up to a maximum of 10 people). You can travel for sport within your region. Maintain physical distancing (2 metres) with people outside your bubble. Activities must remain within your current abilities and don't pick up new activities. Group activities with more than one other household outside your bubble are not allowed. Lower-risk activities only: care must be taken not to be injured and require medical care. No contact activity or sharing equipment or balls with people outside your bubble. 	<ul style="list-style-type: none"> You can train at your home or outside with people from one other household only. For example, going for a run or weight training. Do not share equipment outside your bubble. For example, you cannot play frisbee or kick a rugby ball with people outside of your bubble. Do not use things like playground equipment or benches in public spaces for your training. If you're exercising outdoors, maintain physical distancing from those outside your bubble (2 metres). Try to avoid places with a large number of people – and do not arrange to meet more than one other household. You can travel within your region to get to a destination for sport and recreation (for example, going to a particular park or trail). Check in advance whether the place you're going to is open – not all areas will be open. Participate in low-risk activities only: care must be taken not to be injured and require medical care. For outdoor sports where 2 metres physical distancing is possible e.g. golf, tennis, bowls etc: <ul style="list-style-type: none"> Public facilities will be closed. Private facilities (e.g. clubhouses, toilets, showers) cannot open except for use by workers (with appropriate public health measures in place). A COVID-19 safety plan must be in place, including risk controls for any staff that may be on site (e.g. grounds person). Contact tracing measures must be in place. Common touch points must be minimised. It is good practice for the facility owner to sanitise all surfaces (e.g. gates, flags, holes, nets etc) after each use. Users should sanitise their hands after touching them. Don't share food or drink, and water fountains should not be used. Don't share equipment (e.g. clubs, balls, towels, water bottles etc) outside of your bubble. You can only play with people from one other household (up to a maximum of 10 people in total (and it is recommended that you limit to one household)). You must keep physical distancing of 2 metres from anyone outside of your bubble. There can be no congregating. You must leave as soon as you have completed your recreation activity.
Water-based Activities	Alert Level 3 - Step 1	Scenarios at Level 3 - Step 1
<p>(e.g. swimming, kayaking, surfing)</p> <p><i>Lower risk</i> – 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><i>High risk</i> – 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"> More water-based activities are now possible. You can now go: <ul style="list-style-type: none"> Sailing and boating (with people from the same household) Fishing from a motorised boat or vessel Scuba diving Jetskiing Water-based activities are discouraged where they would expose participants to danger or require search and rescue services. <ul style="list-style-type: none"> Maintain physical distancing with people outside your bubble. Remain within your current abilities and don't pick up new activities. 	<ul style="list-style-type: none"> All public aquatic facilities are closed (only workers can enter premises). More water-based activities are now possible. You can now go: <ul style="list-style-type: none"> Sailing and boating (it is recommended that you only do this with people from the same household) Fishing from a motorised boat or vessel Scuba diving Jetskiing You must: not meet people from more than one other household, and stay within the limits of your abilities. High risk activities are discouraged, because these activities expose participants or other users to increased danger and may require complex search and rescue services. Further guidance on boating and water-based activities at each alert level is provided by Maritime NZ (www.maritimenz.govt.nz/recreational/). If in doubt, then don't go out.
Commercial	Alert Level 3 - Step 1	Scenarios at Level 3 - Step 1
<p>(e.g. sports which sell merchandise or run bar/café facilities)</p>	<ul style="list-style-type: none"> All venues and sporting facilities are closed. Everyone should work from home if possible. Workers should only come into the premises if they can't work from home and appropriate measures are taken. If these measures cannot be taken, staff must not go to work and premises should remain closed. Contactless retail/merchandise open to customers for pickup or delivery. Customers cannot enter premises. 	<ul style="list-style-type: none"> Individual businesses should follow MBIE and WorkSafe NZ advice. You cannot travel to other regions (e.g. you should not be travelling from Hamilton to Auckland) other than in limited circumstances. See the covid19.govt.nz website for more information.