



Updated on 17 February 2021

PNZ GUIDELINES and HEALTH AND SAFETY PLAN FOR COVID-19 ALERT LEVEL 3

The Government is leading our response to the COVID-19 pandemic and our goal is to ensure we meet national requirements. Onsite operations do not take place in Alert Level 3.

Outlined in this document are the Paralympics New Zealand (PNZ) Guidelines and Health and Safety Plans to prevent, detect, contain, and rapidly respond to COVID-19 related risks. We are all in this together, and whether you are a board member, employee, contractor, Para athlete, support team member **there are some general steps you must take** to help keep everyone safe:

1. People instructed to stay home in their bubble other than for essential personal movement.
2. Stay at home if you are feeling at all unwell. If you have cold, flu or COVID-19 symptoms call your doctor or Healthline and get advice about being tested.
3. Self-isolate if you're told by officials to do so.
4. Wash your hands frequently with soap and water and/or hand sanitiser.
5. If you need to sneeze or cough, do so into your elbow or tissue (and dispose of it in a bin).
6. Strongly encouraged to wear a face covering when outside your home and in a place where it's hard to stay 2 metres away from other people, like in shops. It is mandatory to wear a face covering on public transport.
7. Maintain the recommended physical distancing, 1 metre plus social distancing for workplaces and known social groups, 2 metres when in public spaces and with strangers.
8. Keep a daily record of where you have been so that this information can be used for COVID-19 contact tracing. PNZ encourages you to use the NZ COVID-Tracer app to keep a record by scanning QR codes and/or adding information by manual entry.
9. Physical distancing of 2 metres outside home (including on public transport), or 1 metre in controlled environments like schools and workplaces.
10. Bubbles must stay within their immediate household bubble but can expand this to reconnect with close family/whanau, or bring in caregivers, or support isolated people. This extended bubble should remain exclusive.
11. Children should learn at home if possible.
12. Businesses can open premises but cannot physically interact with customers.
13. Low risk local recreation activities are allowed.
14. Public venues are closed.
15. Gatherings of up to 10 people are allowed but only for wedding services, funerals and tangihanga. Physical distancing and public health measures must be maintained.
16. Inter-regional travel is highly restricted. Do not travel unless essential.
17. People at high risk of severe illness are encouraged to stay at home where possible and take additional precautions when leaving home.

WHAT IS PNZ DOING AT COVID-19 ALERT LEVEL 3

At Level 3, COVID-19 is not contained and there is high risk. PNZ will be reviewing all safety measures on a weekly/or as needed basis and adjusting where required to ensure that we are responding appropriately and effectively.

- The PNZ office is closed.

- HPSNZ training facilities and performance health centres will be closed with a “telehealth” approach. By “telehealth” approach this means all appointments will be by Microsoft teams (MT) or equivalent. Further action depending on how severe the performance health concern is will be confirmed. No person-to-person visits at Level 3. Strength and Conditioning services (S&C) are closed and if support needed contact should be made with respective S&C provider.
- Para athletes and support team members are required to liaise with their Programme Managers for guidance and monitoring.
- Inter-regional travel is highly restricted. Do not travel unless essential.
- All international travel is on hold until further notice.
- All PNZ organised events currently scheduled may be reviewed in the coming weeks dependent on Government advice. Mass gatherings are restricted to 10 for weddings, funerals and tangihanga.
- For those experiencing anxiety or having welfare concerns please ensure you talk to either:
 - Manager/ Programme Manager
 - PNZ Psychologist, Rod Corban at rod.corban@gmail.com or 021 941 765

The PNZ COVID-19 Alert Level 3 guidelines are for:

1. PNZ Auckland Office Personnel
2. PNZ High Performance Programmes
3. PNZ External Office Personnel and non-HPSNZ facilities
4. HPSNZ Training Facilities and Performance Health Centres

1. COVID-19 ALERT LEVEL 3 GUIDELINES FOR PNZ AUCKLAND OFFICE PERSONNEL

- The PNZ office is closed.
- Everyone is encouraged to stay at home and work from home.

2. COVID-19 ALERT LEVEL 3 GUIDELINES FOR PNZ HIGH PERFORMANCE PROGRAMMES

- No PNZ Para Sport Programme training is taking place (i.e. for the Para sports of Para cycling, Para swimming and Shooting Para sport)
- All swimming pools, gyms, and facilities closed, and all group activities suspended
- Open water swimming, surfing, kayaking, canoeing, rowing, windsurfing and paddle boarding is permitted in your local area but must only be done with members of your bubble. If doing these activities alone, you must provide details of time and location to a person within your bubble for safety purposes (note – this activity must remain low risk)
- Running and cycling training should be completed alone or with people inside your bubble and must be completed in your local area (note - this activity must remain low risk)
- Do not start activities you have not tried before or are inexperienced in
- No sharing of equipment outside your bubble
- All coaching and HPSNZ APS to be provided remotely
- No international or interregional travel for PNZ Para Sport Programmes.

3. COVID-19 ALERT LEVEL 3 GUIDELINES FOR PNZ EXTERNAL OFFICE PERSONNEL AND NON-HPSNZ FACILITIES

- All public venues will be closed.
- Everyone is encouraged to stay at home and work from home.

4. COVID-19 ALERT LEVEL 3 GUIDELINES FOR HPSNZ TRAINING FACILITIES AND PERFORMANCE HEALTH CENTRES

- HPSNZ offices in Auckland will be closed.
- Training facilities and performance health centres will be closed. A telehealth approach will be taken.
- Let your Manager or Programme Manager know if you have concerns.