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**Updated on 31 August 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.

Alert Level 3 Restrict

* Stay home in your bubble, other than for essential personal movement, including going to work or school if you have to, or for local recreation.
* Keep 2 metres apart from people you do not know outside your bubble (including at supermarkets, petrol station and pharmacies), or 1 metre in controlled environments such as schools and workplaces.
* Stay within your immediate household bubble, but you can expand this to reconnect with close family/whānau, enable caregiving, or support isolated people. This extended bubble legally must remain exclusive.
* Schools (years 1 to 10) and Early Childhood Education centres can safely open, but with limited capacity. Children should learn at home if possible.
* You should work from home unless it is not possible.
* Businesses cannot have customers on site, unless it is a supermarket, bank, primary produce retailer, pharmacy, petrol station or hardware store providing goods to trade customers, or it is an emergency or critical situation.
* Other businesses can open premises, but customers cannot enter.
* Low-risk local recreation activities are allowed.
* Public facilities are closed (for example, libraries, museums, cinemas, food courts, gyms, pools, markets).
* Gatherings of up to 10 people are allowed but only for weddings, civil union ceremonies, funerals and tangihanga. Physical distancing and record keeping legally must be maintained.
* Healthcare services should use virtual, non-contact consultations where possible.
* Inter-regional travel is highly limited with limited permissions.
* 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. You may choose to work.

You are encouraged to wear a face covering when leaving your home. You legally must wear a face covering:

* on public transport and at departure points, for example airports, train stations and bus stops
* if you are a delivery driver to residential addresses
* if you are a driver or passenger of a taxi or ride-share vehicle
* when you visit a healthcare facility (other than as a patient)
* inside businesses or services that are open, such as supermarkets, pharmacies and petrol stations.

**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
5. **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.
1. **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.
1. **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.
1. **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.