

# Updated on 8 October 2021

PNZ GUIDELINES and HEALTH AND SAFETY PLAN FOR COVID-19 ALERT LEVEL 2

The Government is leading our response to the COVID-19 pandemic and our goal is to ensure we meet national requirements. As onsite operations take place in Alert Level 2, it is essential that we minimise exposure to, and transmission of, COVID-19.

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. Stay at home if you are feeling at all unwell. 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.
2. Self-isolate if you’re told by officials to do so.
3. Wash your hands frequently with soap and water and/or hand sanitiser.
4. If you need to sneeze or cough, do so into your elbow or tissue (and dispose of it in a bin).
5. It is mandatory to wear a face covering on public transport. At Level 2 you are asked to consider wearing a face covering when you can’t maintain 2m physical distance from people you don’t know.
6. Maintain the recommended physical distancing, 1 metre plus social distancing for workplaces and known social groups, 2 metres if visitors in a workplace, 2 metres when in public spaces and with strangers.
7. Sign in and out when you enter and leave facilities. Each facility will have their own contact tracing system in place. At the PNZ Auckland office we have a NZ COVID Tracer QR code displayed. For those that are unable to use the QR code, a paper contact tracing register is available.
8. Keep a daily record of where you have been, who you have been with, and when, 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. PNZ will work with employees and contractors to facilitate the most appropriate and safest working environment, however if you have any concerns about returning to your work place and/or your high performance training environment, it is recommended that you discuss this immediately with your Manager/Programme Manager.

## WHAT IS PNZ DOING AT COVID-19 ALERT LEVEL 2

At Level 2, COVID-19 is largely contained, but the risk of community transmission remains. Our general approach to Alert Level 2 is PLAY IT **SAFE**. PNZ will be reviewing all of our 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 open when Auckland is in Alert Level 2 with all Health and Safety plans fulfilled, and protocols in place to manage COVID-19 related risks. The office will be closed to visitors.
* HPSNZ training facilities and performance health centres will be open, but with protocols in place to restrict access and manage COVID-19 related risks. Para athletes and support team members are required to liaise with their Programme Managers for guidance and monitoring.
* All domestic travel must be safe with appropriate distancing and hygiene measures followed.
* 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. There is currently no limit on mass gatherings. From a sport perspective, players can come into contact with each other and share equipment however spectators attending a local sporting event should stay 2m apart from people they do not know, wear a face covering wherever possible, and follow all other contact tracing and hygiene guidelines.
* 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](mailto:rod.corban@gmail.com) or 021 941 765 The PNZ COVID-19 Alert Level 2 guidelines are for:

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

## COVID-19 ALERT LEVEL 2 GUIDELINES FOR PNZ EXTERNAL OFFICE PERSONNEL AND NON-HPSNZ FACILITIES

* 1. **RETURN TO AN EXTERNAL OFFICE OR NON HPSNZ FACILITY**
     + Prior to entering any external office or non HPSNZ facility for the first time, a COVID-19 risk assessment
       - Appendix 2, must be undertaken by the Programme Manager and sent to the PNZ Games Campaign and Sports Manager.
     + This risk assessment ensures the check of that the office/facility being used has basic Health and Safety measures to protect everyone from COVID-19.
     + You should not enter the office/facility if you have been in contact with anyone diagnosed or suspected to have COVID-19 in the last 14 days.
     + If you have had symptoms that may be consistent with COVID-19 over the period of the pandemic, you must obtain a written medical clearance prior to returning to the office/facility.
     + If you are unwell but do not have COVID-19, you must not enter the office/facility until you have been symptom free for at least 48 hours.

## WHAT IF YOU GET SICK OR ARE CONCERNED ABOUT HAVING COVID-19?

* + - If you have any underlying health problems, are concerned about vulnerable family members or have other health-related concerns related to the COVID-19 pandemic, you should seek advice from an appropriate specialist prior to entering the office/facility. This may include your General Practitioner, medical specialist or other health advisor.
    - COVID-19 symptoms may be very mild, and may include any of the following:
      * new/worsening cough
      * high temperature (at least 38C) – feeling unusually sweaty or cold
      * shortness of breath
      * sore throat
      * sneezing and/or runny nose
      * temporary loss of smell
    - It is important to remember that while your symptoms may be mild, if you give it to someone else, they may become very unwell.
    - If you develop any COVID-19 symptoms, please:
      * call Healthline (0800 358 5453) or your GP as soon as possible.
      * follow the advice of your medical practitioner.
    - If you are onsite when you first develop these symptoms, please leave the office/facility by the most direct route, without interacting with other individuals and then follow the steps above.
    - If you are tested for COVID-19 and the test is positive, please continue to follow the advice of your doctor and public health officials. You will also be contacted by public health authorities to allow for contact tracing to occur.

## COVID-19 ALERT LEVEL 2 GUIDELINES FOR HPSNZ TRAINING FACILITIES AND PERFORMANCE HEALTH CENTRES

HPSNZ offices will be open, but people are encouraged to work from home where possible.

If you have any concerns about returning to the HPSNZ environment, it is recommended that you discuss this with your Programme Manager.

Training facilities and performance health centres will be open.

Protocols will be in place to restrict access and manage COVID-19 related risks. All athletes and coaches will need to complete an induction before accessing HPSNZ facilities for the first time. For further information please go to <https://hpsnz.org.nz/covid-19/> Para athletes are required to liaise with their Programme Managers for guidance and monitoring.

HPSNZ will be reviewing their safety measures on a weekly or as needed basis and adjusting where required to ensure that we are responding appropriately and effectively as the pandemic situation continues to evolve. Let your Manager or Programme Manager know if you have concerns.

The Health and Safety plan for HPSNZ Training Facilities and Performance Health Centres can be viewed in **Appendix 3.**

## GETTING READY TO RETURN TO HPSNZ FACILITIES

* + Everyone entering HPSNZ facilities for the first time since closure will be required to complete an induction. This will include training on HPSNZ safety measures.
  + Unless there is a significant change in the specified requirements, the induction process will not be repeated as escalation levels change. HPSNZ may continue to induct third parties or new staff as required.
  + You must only enter or work from HPSNZ facilities when you have been authorised to do so. You must also only access your designated area with the specific facility.
  + Access to HPSNZ gyms and performance health centres will be by appointment only. To plan your appointments, liaise with your Performance Team Leader or Regional Manager (training facilities)), the Performance Health Operations Team or relevant practitioner (performance health centres).
  + You should not enter any HPSNZ facility or return to work if you have been in contact with anyone diagnosed or suspected to have COVID-19 in the last 14 days (see below for more details).
  + If you are unwell but do not have COVID-19, you must not enter HPSNZ facilities until you have been symptom free for at least 48 hours.

## ENTERING AND EXITING HPSNZ FACILITIES

* + All entry and exit points will be locked and third-party swipe card access will be disabled unless otherwise agreed on a case by case basis (e.g. for HPSNZ sub-tenants).
  + Where possible, there will be a single point of entry to each facility.
  + You must wash your hands or use the hand sanitiser provided upon entry.
  + You will be required to “sign-in” and “sign-out” each time you enter and leave a facility (i.e. office, training facility or performance health centre). NZ COVID Tracer app QR codes are available at all facilities.
  + Where HPSNZ facilities are located inside a third party’s building (e.g. within AUT Millennium or Avantidrome/Home of Cycling), you must also comply with the building operator’s contact tracing measures and other requirements when in communal areas.
  + When scanning in you will also be required to confirm that you have completed induction and agree to some health statements that are designed to ensure that everyone entering HPSNZ facilities is feeling well.

## WHEN INSIDE HPSNZ FACILITIES

* + You must aim to maintain 2 metre distancing from others. To help with this, each facility has set a limit on the number of people who can be present at any one time (see schedules for details).
  + You must follow designated routes in, out and around our facilities.
  + Shower facilities will not be available.
  + You must bring your own personal equipment (e.g. towels, drink bottles and kitchen utensils – glasses, plates, cutlery)
  + Visitors must not eat inside HPSNZ facilities. Staff must only eat in the kitchen areas.
  + Common touchpoints (e.g. door handles, taps) will be cleaned regularly.
  + HPSNZ have established intensive sanitation measures for facilities in addition to regular cleaning arrangements.

## PREPARING TO LEAVE HPSNZ FACILITIES

* + Before leaving an HPSNZ facility, you must ensure your work area is clear and that you have sanitised your work surfaces (cleaning products will be provided).

## WHAT IF YOU GET SICK OR ARE CONCERNED ABOUT HAVING COVID-19?

* + If you have any underlying health problems, are concerned about vulnerable family members or have other health-related concerns related to the COVID-19 pandemic, you should seek advice from an appropriate specialist prior to entering an HPSNZ facility or returning to work. This may include your General Practitioner, medical specialist or other health advisor.
  + COVID-19 symptoms may be very mild, and may include any of the following:
    - new/worsening cough
    - high temperature (at least 38C) – feeling unusually sweaty or cold
    - shortness of breath
    - sore throat
    - sneezing and/or runny nose
    - temporary loss of smell
  + It is important to remember that while your symptoms may be mild, if you give it to someone else, they may become very unwell.
  + If you develop any COVID-19 symptoms, please:
    - call Healthline (0800 358 5453) or your GP as soon as possible.
    - follow the advice of your medical practitioner.
    - inform your PTL or line manager. HPSNZ will clean and sanitise in accordance with guidance from the Ministry of Health.
  + If you are onsite when you first develop these symptoms, please leave the facility by the most direct route, without interacting with other individuals and then follow the steps above.
  + If you are tested for COVID-19 and the test is positive, please continue to follow the advice of your doctor and public health officials. You will also be contacted by public health authorities to allow for contact tracing to occur. HPSNZ will support public health authorities via the logs from the sign in and sign out process.
  + If we are informed that an individual with COVID-19 symptoms has entered HPSNZ facilities, we will follow the guidance of public health authorities and clean and sanitise the facility in accordance with Ministry of Health guidelines.

**APPENDIX 1**

# PNZ COVID-19 PANDEMIC – HEALTH QUESTIONAIRE AND HEALTH AND SAFETY INDUCTION CONFIRMATION

The Induction process will involve reading and understanding of the PNZ Health and Safety Plan and where appropriate those for external HPSNZ and other training facilities, on the health risks associated with COVID-19 and key exposure and transmission risks; the safety measures in place to mitigate those risks; and wellbeing considerations.

Confirmation of induction and health status will be collected on the form. If the answer to any of these questions is yes, the individual concerned must obtain a written medical clearance and provide that clearance to PNZ, prior to returning to work or training.

Prior to entering the PNZ Auckland office, other office spaces, HPSNZ and other training facilities for the first time following a COVID-19 related closure, everyone will be required to complete this questionnaire. Your information will be kept confidential and used to facilitate health monitoring and to inform decisions that help to minimise the risk of exposure to and transmission of COVID-19 on premises. Collated and anonymized data may be utilized for analytical assessment of PNZ and COVID-19.

|  |  |
| --- | --- |
| Date: |  |
| Name: |  |
| Date of Birth: |  |
| Position:  (Role e.g. Para athlete, coach, employee) |  |
| In the last 4 weeks have you been unwell with any of the following symptoms?  High temperature, fever or chills, cough, runny nose, sneezing, shortness of breath, sore throat, loss of taste | Yes or No  If yes, state what symptom otherwise state no to all |
| At any time since January 2020, have you   1. Been tested for COVID-19 and it was negative? 2. Been tested for COVID-19 and it was positive? | Yes or No Yes or No |
| In the last 14 days, have you   1. Been in contact with anyone confirmed or suspected to have COVID-19? 2. Had any international travel? | Yes or No Yes or No |
| Do you currently feel UNWELL in any way? | Yes or No |
| Do you have any concerns about your general health and risk of COVID-19? | Yes or No  If yes, have you spoken to your General Practitioner or Medical Specialist regarding your concerns? |
| **By submitting this form to** [**info@paralympics.org.nz**](mailto:info@paralympics.org.nz) **you acknowledge that the information above is true and correct, and that you have read the PNZ plan relating to the safety measures PNZ has implemented to**  **minimise the risk of exposure to and transmission of COVID-19 on at the PNZ Auckland office.** | |

**APPENDIX 2**

# PNZ COVID-19 CHECKLIST

**FOR ALL EXTERNAL OFFICE/ FACILITY**

This checklist is to be completed by Programme Managers or staff based in external offices/facility prior to using any external office/facility for training or work. Should any items need to be addressed these should be actioned before using the office/facility.

Completed checklists must be emailed to Lynette Grace, PNZ Games Campaign and Sport Manager at [lgrace@paralympics.org.nz](mailto:lgrace@paralympics.org.nz)

Date:

Completed by:

Location being reviewed:

Please tick the following if a yes:

 Is non-essential work/training being deferred?

 Have those using the external office/facility completed Appendix 1 and read the PNZ COVID-19 Health and Safety Plan?

 Is the number of team members using the facility the minimal required to undertake the job/training?

 Have you explored alternative ways of working (shift-based working/training, staggered meal breaks)?

 Have you reviewed the tasks to be undertaken to see if physical distancing can be implemented? Have you set up systems for this?

 Will anyone be using the facility alone?

 Have you considered travel to the facility, changes to hours the facility is used, how meetings will be conducted?

 Have you identified high-risk personnel/Para athletes? Is the facility suitable to use for their needs?

 Have you been issued with any COVID-19 Health and Safety Plans in relation to the venue to be used?

Have these been circulated to relevant personnel/Para athletes?

 Does the facility you are using have a plan for regular cleaning of all high-risk touch points (door handles, desks, counter-tops)

 Does the facility you are using have cleaning records set up?

 Is there appropriate signage at the venue being used to highlight the required protocols?

 Is there a sign in/sign out mechanism at the facility being used?

 Do you have a regular cleaning plan in place for all personal items (training equipment, steering wheels, electronics)

 Are hand washing facilities accessible and available at the facility?

 Is hand sanitiser readily available?

 Do you need further supply of hand sanitiser?

 Do you require any PPE (including face masks) to be able to use the facility safely?

Are there any further comments in relation to the use of this facility that need to be noted or are there any further actions that need to take place prior to use?

**APPENDIX 3**

1. **PLANS FOR COVID-19 ALERT LEVEL 2 - PNZ AUCKLAND OFFICE**

|  |  |  |  |
| --- | --- | --- | --- |
| **Phase** | **Consistent risk**  **reduction measures** | **Application to facility** | **Responsibility** |
|  |  |  |  |
| Before Opening | Induction | Mandatory training (Review of these Health and Safety  plans) | All |
| Mandatory submission of form (Appendix 1) | All |
| Induction records collected and stored securely | All |
| Access | Employees can access the PNZ office | All |
| NSO / Athlete  appointments | No third-party access to PNZ office space, only PNZ  employees | NSO |
| Preparation / Maintenance | Designated zones and routes in/out/around Office Spaces  to be taped on floors prior to reopening | All |
| PNZ to rearrange Auckland office to allow for appropriate  physical distancing and sharing of equipment. | All |
| Pre-entry deep clean | Cleaners |
| Signage relating to hygiene, COVID-19 symptoms and  sanitation throughout the office | CE |
| Signage to be provided for 3rd party visitors and courier  deliverers and tradespeople. | CE |
|  |  |  |  |
| Entry and Exit | Access | Staff travel to the office must be safe with appropriate  hygiene and distancing measures taken | - |
| No after-hours access permitted |  |
| Single point of entry | - |
| Sanitation | Hand sanitiser on entry | TBC |
| Contact Tracing | Induction and daily health check confirmed prior to entry | TBC |
| Complete contact tracing (NZ COVID-Tracer or form) on  entry and exit | TBC |
| Staff to keep a record of where they have been and who  they have been in contact with each day. | All |
| Contact tracing records collected and stored securely | TBC |
|  |  |  |  |
| On-Site Operations | Physical Distancing - 1 metre distancing | No handshakes, hugs or hongi | All |
| PNZ to develop a safe plan for use of the shared toilet  facilities. | TBC |
| No more than 1 person in each zone (i.e. every 4 desks) | All |
| One in/one out when using the office kitchen | - |
| Meeting rooms – no more than 2 at a time – larger  meetings to be facilitated online | All |
| Minimise equipment sharing | Staff to bring in own cutlery, crockery, glasses each day | All |
| Avoid fixed phones – if necessary, spray with disinfectant  and wipe down after use | All |
| Clean desk policy – clear and clean workstation at the  end of each day | All |
| Desk, keyboard, mouse, monitor, drawers to be sprayed  with disinfectant and wiped down at the end of each day | All |
| Kitchens to be left clean after use, spray surfaces with  disinfectants and wipe down. It is recommended no food | All |

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|  |  | is prepared in the facility. Users to come with pre  prepared food only |  |
| Tables, door handles of meeting rooms to be sprayed  with disinfectant and wiped down after use | All |
| Hand-sanitiser available at entry and in kitchens,  bathrooms, meeting rooms | TBC |
| Disinfectant spray/wipes and paper towels spread  through the office | TBC |
|  |  |  |  |

1. **PLANS FOR COVID-19 ALERT LEVEL 2 - HPSNZ PERFORMANCE TRAINING FACILITIES**

The following plans have been provided by HPSNZ for use of their HPSNZ Performance Training Facilities in Level 2.

|  |  |  |  |
| --- | --- | --- | --- |
| **Phase** | **Consistent risk**  **reduction measures** | **Application to facility** | **Responsibility** |
|  |  |  |  |
| Before Opening | Induction | Mandatory online training | All |
| S&C will only be present when delivering to athletes  (otherwise work from home) | S&C |
| Other staff will only be present by appointment with NSO, PTL and HOD (or in the case of physios who are accessing the gym with athletes for clinical activity, by arrangement with the local S&C on a case by case basis  and subject to capacity) | All |
| NSO / Athlete / Third Party appointments | Induction must be completed before access is arranged | NSO/Individual |
| Access during Level 2 is by appointment only –  coordinated with PTL or RM | PTL/RM |
| Equipment that has been on loan must be returned upon Government announcement of return to Level 2 (refer to  process in Forms section below) | NSO/Individual |
| No third parties (including waivered coaches) will be granted access except by appointment and with S&C supervision (or as set out in Regional Differences section  below). | All |
| Preparation / Maintenance | Designated zones and routes in/out/around Gyms to be  taped on floors prior to reopening | Regional lead  S&C |
| Innovation team to conduct calibration and safety  testing on all mechanised equipment | SM |
| S&C to clean all equipment and confirm it is in working  order | S&C |
| S&C to place more space between cardio equipment  where possible to facility physical distancing | S&C |
| Air-conditioning checked | Facility |
| Signage relating to hygiene, COVID-19 symptoms and  sanitation throughout the facility | Regional lead  S&C |
|  |  |  |  |
| Entry and Exit | Access | No after-hours access permitted | - |
| Single point of entry | - |
| No access to HPSNZ facilities with separate entry point | - |
| Athlete appointments | Athletes must wait for appointment outside facility | All |
| S&C to provide entry following daily health confirmation  by phone | S&C |

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| --- | --- | --- | --- |
|  |  | Doors locked and where athlete have swipe cards to  facilities, these will be disabled | S&C |
| Sanitation | Hand sanitiser on entry | BPS/S&C |
| Contact tracing | Scan QR code on entry and exit | S&C |
|  |  |  |  |
| On-Site Operations | Physical Distancing –  2m distancing | Follow designated routes / zones. Although the general rule at Level 2 requires 2m distancing, further distances are recommended in Performance Training Facilities to  mitigate heightened transmission risk caused by increased respiratory flow when exercising. | S&C |
| No more than 1 person in each zone | S&C |
| Athlete lounge locked: no access (except as set out in  Regional Differences below) | - |
| Max numbers for each facility (refer to Regional  Differences section below). | All |
| Minimum of 3m distancing between athletes using  cardio equipment | All |
| S&C are expected to maintain 2m physical distancing at all times. Exercises with repeated maximal external loads that require spotting (i.e. lifting to failure, or any exercises that require individuals to be within 2m physical distancing) should be avoided. If 2m physical distancing cannot be maintained, masks must be worn by both S&C and athlete. The eccentric loader and VEL machine may be used under strict supervision (and  subject to these physical distancing conditions). | S&C |
| Minimise equipment sharing | Staff to bring in own cutlery, crockery, glasses each day | All |
| Athletes to bring in own towels, drink bottles each day | Athletes |
| Avoid fixed phones – if necessary, spray with disinfectant  and wipe down after use | All |
| Clean desk policy – clear workstation at the end each day | All |
| Desk, keyboard, mouse, monitor, drawers to be sprayed  with disinfectant and wiped down | All |
| Sanitation | Kitchens to be left clean after use, spray surfaces with  disinfectants and wipe down | All |
| No food to be prepared onsite | All |
| Hand-sanitiser available at entry and in kitchens,  bathroom, S&C office | BPS/S&C |
| The preference of HPSNZ S&C employees and contractors is to not wear masks while working, and instead rely on other measures to mitigate risk of exposure to COVID-19. Should an athlete feel uncomfortable with this, they may need to consider using another facility until this is no longer an issue (note that HPSNZ does not have a large supply of masks for  S&C). | All |
| Disinfectant spray/wipes and paper towels spread  through the gym | BPS/S&C |
| High frequency touch points (refer cleaning schedule) to  be sprayed with disinfectant and wiped down 3 x daily | BPS/S&C |
| Athletes to spray disinfectant and wipe down after each  use | Athletes |
| All equipment to be sprayed with disinfectant and wiped  down after each session | S&C |
|  |  | Cleaning will take place as per HPSNZ Cleaning Schedule | Cleaners |

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| --- | --- | --- | --- |
|  |  |  |  |
| Regional Differences | Auckland | * AUT requirements to be observed in common areas (including bathrooms) * Access via main AUT front doors only (AUT check in required on entry to the building) * Office hours: Monday to Thursday 0500 to 2100; Friday 0500 to 2000; Saturday and Sunday 0700 to   1800   * Max numbers: no more than 22 people at any one time including support staff (provided no more than 14 athletes in the main gym, and no more than 6 athletes in the heated gym). * Tea Room locked: access restricted to HPSNZ staff only (i.e. no athletes) – no more than 1 at a time * Recovery pools and saunas to be used in accordance with Schedule: Guidelines for HPSNZ use of Recovery Pools and Sauna at COVID-19 Level 2 (refer Schedule 2). |  |
| Cambridge (Home of Cycling) | * Due to the shared nature of operations, it has been agreed that Home of Cycling will manage all contact tracing requirements for the facility. * Home of Cycling requirements to be observed in common areas (including bathrooms) * Entry/exit via the back door * Max numbers: no more than 15 people (provided no more than 12 athletes). * HPSNZ S&Cs to use ground floor kitchen (other HPSNZ staff to use level 1 kitchen) |  |
| Christchurch | * Tenant and third-party access to gym facilities is by appointment only – coordinated with Regional Manager (who will liaise internally, noting that Performance Partnerships team is responsible for allocating all appointments) * Tenants will be expected to operate in accordance with the terms of this plan (or their own safety plan provided this has been agreed in advance with HPSNZ) * Access via gym side door only * Max numbers: no more than 18 people at any one time including support staff (provided no more than 13 athletes). |  |
| Dunedin | * Tenant and third-party access to gym facilities is by appointment only – coordinated with Regional Manager (who will liaise internally, noting that Performance Partnerships team is responsible for allocating all appointments) * Tenants and third party will be expected to operate in accordance with the terms of this plan (or their own safety plan provided this has been agreed in advance with HPSNZ). * Access via ground floor east entrance (beside fire stairwell) * Ground floor kitchen: no more than 2 at a time * Bathroom: no more than 1 at a time |  |

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| --- | --- | --- | --- |
|  |  | - Max numbers: no more than 18 people (provided no  more than 15 athletes). |  |
| Wellington | * ASB Sports Centre requirements to be observed in common areas (including bathrooms) * Access via main front doors only (South Entry) (ASB Sports Centre check in required on entry to the building) * Office opening hours 0700 to 1800 * Max numbers: no more than 7 people (provided no more than 6 athletes). |  |

## Process for return of gym equipment

Gym equipment that has been on loan during Alert Levels 3 and 4 must be returned to the relevant HPSNZ facility within the timeframes notified by HPSNZ S&C as follows:

* HPSNZ will contact individual who has equipment on loan (Loanee) to arrange an appointment for the return of equipment
* Loanee to use disinfectant spray and paper towels to wipe down equipment immediately prior to returning it to HPSNZ.
* Return is by appointment only and will be a for a set time period that reflects the region’s return to Alert

Level 2.

* Appointments will be spaced to enable physical distancing by ensuring gaps between appointment times.
* Loanee will return equipment to a nominated door at the facility and call HPSNZ S&C on arrival.
* Loanee will remain with equipment until HPSNZ S&C arrives to collect it.
* Loanee and HPSNZ S&C will maintain 2m physical distancing at all times.
* Contact tracing will occur by all parties scanning QR code.
* HPSNZ S&C to use hand sanitiser immediately prior to and after handling equipment.
* HPSNZ S&C will use disinfectant spray and paper towels to wipe down equipment before returning it into the HPSNZ facility. Paper towels into rubbish bin after use.
* Where more than one S&C is required to handle equipment, they will maintain 2m physical distancing where possible, and wear a face masks when that is not possible.
* Gyms will be deep cleaning following the return of all equipment and prior to opening for use.

## PLANS FOR COVID-19 ALERT LEVEL 2 - HPSNZ PERFORMANCE HEALTH CENTRES

The following plans have been provided by HPSNZ for use of their HPSNZ Performance Health Centres in Level 2.

|  |  |  |  |
| --- | --- | --- | --- |
| **Phase** | **Consistent risk**  **reduction measures** | **Application to facility** | **Responsibility** |
|  |  |  |  |
| Before Opening | Induction | Mandatory online training | All |
| Access | PH practitioners will only be present when required for  delivery to athletes (otherwise work from home) | All |
| NSO / Athlete appointments | Induction must be completed before access is arranged | NSO/Individual |
| Access during Level 2 is by appointment only – coordinated with the PH Operations Team or PH practitioner. Please note that safety measures will reduce PH capacity – if required, appointments will need to be prioritised and appropriate alternative  arrangements will be made. | PHOT/PH  practitioner |

|  |  |  |  |
| --- | --- | --- | --- |
|  | Preparation / Maintenance | Designated zones and routes in/out/around PH to be taped on floors prior to reopening – reducing plinths or  increasing space to facilitate physical distancing | Regional lead |
| Air-conditioning checked | Facility |
| Signage relating to hygiene, COVID-19 symptoms and  sanitation throughout the facility | PHOT /PH  Nursing |
|  |  |  |  |
| Entry and Exit | Access | No after-hours access permitted | - |
| Single point of entry | - |
| No access to HPSNZ facilities from separate entry point | - |
| Access to Performance Training Centres for clinical activity only. PH practitioner will be required to liaise with local S&C on a case by case basis – access will be subject to capacity in the gym. PH practitioner must sign themselves and athlete in and out of each facility. Hand sanitiser to be used on transitioning between PH  and facilities. | PH practitioner |
| Athlete appointments | Athletes must wait for appointment outside HPSNZ  facility (internal waiting areas closed) | Athletes |
| PH practitioner to provide entry following telehealth triage consultation with athlete immediately prior to entering the facility to confirm athlete health (and health of any support person) and to minimise face to  face contact time. | PH practitioner |
| Doors locked and where athlete have swipe cards to  facilities, these will be disabled | PH practitioner |
| Sanitation | Hand sanitiser on entry | PHOT/regional  lead |
| Athletes will be provided a face mask upon entry | PH practitioner |
| Contact Tracing | Scan QR code on entry and exit | PH practitioner |
| Athlete appointments also booked via Outlook which  provides an additional layer of contact tracing capability | PHOT or PH  practitioner |
|  |  |  |  |
| On-Site Operations Single use of laundry (pillowcases/towels/face shields) before washing. | Physical Distancing - 2 metre distancing | Follow designated routes / zones | All |
| No more than 1 practitioner in each zone | All |
| Athlete lounge locked: no access (except as set out in  Regional Differences below) | - |
| Max numbers for each facility (refer to Regional  Differences section below) | - |
| Consultation rooms – no more than 3 at a time – larger  meetings to be facilitated online | PH practitioner |
| 2m physical distancing to be observed where possible.  Hands on treatment to be kept to a minimum. | PH practitioner |
| Where possible, consultations will be partially completed by telehealth (e.g. triage), reducing time in  the centres | PH practitioner |
| Minimise equipment sharing | Staff to bring in own cutlery, crockery, glasses each day | All |
| Avoid fixed phones – if necessary, spray with  disinfectant and wipe down after use | All |
| Clean desk policy – clear work station at the end of each  day | All |
| Desk, keyboard, mouse, monitor, drawers to be sprayed with disinfectant and wiped down at the beginning and  end of each shift | All |

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|  | Personal Protective Equipment | Masks to be worn by all (practitioners and athletes)  during face to face contact in PH centres. | PH practitioner |
| HPSNZ staff to wear HPSNZ branded clothing onsite,  changed daily and washed between use. | All |
| Practitioners coming from other interactive work locations must change into fresh upper body clothing  before entering the facility. | PH practitioner |
| Sanitation | Kitchens to be left clean after use, spray surfaces with  disinfectants and wipe down | All |
| No food to be prepared onsite | All |
| Tables, door handles of meeting rooms to be sprayed  with disinfectant and wiped down after use | All |
| Hand-sanitiser available at entry and in kitchens,  bathroom, treatment rooms | PHOT/regional  lead |
| Disinfectant spray/wipes and paper towels spread  throughout the facility | PHOT/regional  lead |
| High frequency touch points (switches, door handles) to  be sprayed with disinfectant and wiped down 3x daily | All |
| Therapists to wash hands before and after seeing  patients, and during treatment as required. | PH practitioner |
| Consult rooms (treatment tables, desk, medical trolleys, sink, any used equipment – e.g. ultrasound) to be sprayed with disinfectant and wiped down between  consults | PH practitioner |
| Plinths, face holes, trolleys, laptop shelf and chair to be sprayed with disinfectant and wiped down after use  with clean paper towel. | PH practitioner |
| Single use of laundry (pillowcases/towels/face shields)  before washing. | PH practitioner |
| Limit use of curtains where practical and appropriate  (while still maintaining patient dignity and privacy) | PH practitioner |
|  |  | Cleaning will take place as per Cleaning Schedule | Cleaners |
|  |  |  |  |
| Regional Differences | Auckland | * AUT requirements to be observed in common areas (including bathrooms) * Access via main AUT front doors only (AUT check in required on entry to the building) * Office hours: Monday to Thursday 0500 to 2100; Friday 0500 to 2000; Saturday and Sunday 0700 to   1800   * HOD to divide all Performance Therapists into 2 teams. Each day to be divided into 2 shifts. Each team allocated one shift daily and staff can only attend the PH centres during their allocated shifts. Gaps established between shifts to ensure no cross- over of teams. * Plinths moved and reduced to create 4 evenly spaced workstations * Game Ready / Normatex / LIPUS to be set up in former waiting area to facilitate physical distancing. Pilates reformer to be rotated 90 degrees to vertical. * Max numbers: no more than 20 people at any one time |  |

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|  |  | * Tea Room locked: access restricted to HPSNZ staff only (i.e. no athletes) – no more than 1 at a time * - Recovery pools and saunas to be used in accordance with Schedule: Guidelines for HPSNZ use of Recovery Pools and Sauna at COVID-19 Level   2 (refer Schedule 2). |  |
| Cambridge (Home of Cycling) | * Due to shared nature of operations, it has been agreed that Home of Cycling will manage all contact tracing requirements for the facility * Home of Cycling requirements to be observed in common areas (including bathrooms) * Entry/exit via the back door * Max numbers: no more than 10 people at any one time (6 in clinic, 2 in doctor’s room, 2 in massage room) * HPSNZ S&Cs to use ground floor kitchen (HPSNZ staff to use level 1 kitchen) |  |
| Christchurch | * Access is via gym side door only * Access to each treatment area (two beds in use) will be via adjacent door * Max numbers: no more than two beds to be used at any one time (with empty bed to act as barrier between treatment cubicles) * Fresh laundry to be stored in cleaning cupboard to   facilitate physical distancing |  |
| Dunedin | * Performance Health Centre and HPSNZ office form party of the same area. * Access via main entrance * Ground floor kitchen: no more than 2 at a time * Bathroom: no more than 1 at a time * Max numbers: one provider and one athlete at a time |  |