

Alert Level 2 – Return To Training Guidance

As of 18 May 2020



Alert Level 2 – Reduce

Under Alert Level 2 the disease is contained, but there is still a risk of community transmission. The objective of these guidelines is to minimise the risk of transmission of the virus, and to be able to rapidly track and isolate any cases that may arise.

Subject to the range of public health measures outlined below, play, active recreation and sport can resume under Level 2. This includes contact team sports and physical activities **only** if good contact tracing is possible and hygiene measures, particularly washing and drying of hands, and regular sanitising of equipment and surfaces, are in place. Make sure you know, or can identify, anyone who is participating in your activity, including players, officials and spectators/supporters, in case someone gets sick.

Required Public Health Measures For Football At Alert Level 2

- Stay home if you're sick and do not take part in sport or recreation if you have flu-like symptoms, self-isolate at home and get tested immediately.
- Gatherings must be restricted to a maximum of 10 people initially for both indoor and outdoor facilities, this will be reviewed on 25 May. For sport and recreation, a gathering includes spectators, players, officials and support staff. Gathering restrictions do not apply to professional sport players, officials or support staff.
- A system to record and retain the contact details of all people involved in, or attending, your activity must be in place to enable contact tracing should it be required. This information should be accessible at all times for contact tracing purposes up to 4 weeks after the contact was recorded.
- Surfaces and equipment must be regularly cleaned and disinfected where practicable.
- Good personal hygiene practices should continue – wash and dry your hands before and after activities, cough into elbow and don't touch your face.

Recommended Public Health Measures For Football At Alert Level 2

- Physical distancing of 2 metres should be maintained wherever possible, especially from people that you don't know. It is recognised that contact during physical activity will occur but this should be minimised as much as possible, especially off the field of play.
- People at high risk of severe illness from COVID-19 (particularly older people and those with existing medical conditions) should take additional precautions when undertaking physical activity.
- Business premises (e.g. cafes/bars in club rooms, or pro shops) can be open for staff and customers provided that they meet the relevant workplace requirements.
- Travel should be done safely to reduce the possibility of transmission and spread of the virus. Read more at covid19.govt.nz

CONSIDERATIONS OF FOOTBALL DELIVERY AT ALERT LEVEL 2

Competition

Competitions are currently suspended until at least 30 May. More information on returning to competition will be released after the Government reviews measures around the size of gatherings on 25 May.

Training & Community Product Delivery

Training and Community Delivery

- Training can occur as normal (full contact) once plans are in place to comply with public health measures, gatherings and physical distancing restrictions, contact tracing, and football hygiene measures.
- Each business, organisation or individual who are running training sessions must comply with their respective local council requirements, including having relevant Health and Safety Plans in place, where required.
- Trainings in any capacity, either indoor or outdoor, must be limited to gatherings of a maximum of 10 people, including players and officials. For training that takes place outdoors on a single field or in large spaces, there may be multiple gatherings, so long as this is managed in accordance with the public health measures and the people at one gathering do not mingle or interact with those from another gathering. For example, where team numbers exceed 10 people, a team can train in multiple gatherings of 10 or smaller, as long as the gatherings are physically distanced from each other and do not mingle. If the gatherings are rotating between activities, care should be taken to clean any equipment or high-touch surface areas between uses by different groups.
- Training should be scheduled to allow appropriate time for teams to arrive and leave without overlapping.

Contact Tracing

- For training to resume, a contact tracing register must be in place for everyone involved in, or attending, any session. A contact tracing register includes, but is not limited to, recording the name, address, phone number, and email address of everyone attending, as well as the date and time of the session, and who dropped them off/picked them up.
- **NZ Football recommends the use of the iDMe as an online contact tracing register** and that everyone, including players, coaches, managers, referees, support staff and spectators check in to every football activity via iDMe. [Read more detailed information on the iDMe solution on our website.](#)
- To support contact tracing, all players, coaches, support staff and referees must be registered with COMET before attending training, and added to their respective team catalogue. COMET guidance for clubs can be found at nzfootball.co.nz/competitionfootytips.

The information in this document is based on the advice provided by the **Ministry of Health** and **Sport NZ**. Read in full at covid19.govt.nz and sportnz.org.nz.



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Training & Community Product Delivery (Cont.)

Changing Facilities

- It is recommended that changing facilities remain closed for training.

Football Hygiene

- All participants should wash and dry their hands, or if not possible use hand sanitiser, before and after any activity.
- Maintain physical distancing of 2 metres wherever possible. Avoid team huddles and stop handshakes before, during or after training.
- Spitting, or similar actions, is prohibited, including on GK gloves.
- Sharing of equipment should be minimised where possible.
- Equipment should be cleaned and disinfected before and after training.
- Caution should be exercised with common touch points (e.g. gates or doors) with hands washed or sanitised after using.
- Water bottles should not be shared under any circumstance.

Education Courses, Meetings and Workshops

Education Courses and Workshops

- Education courses, club meetings, or workshops can occur as normal only if:
 - There are no more than 10 people at each gathering;
 - More than one gathering can operate indoors and outdoors where a 2 metre physical distance can be maintained between groups at all times;
 - Appropriate physical distancing can be achieved;
 - Contact tracing measures are in place, and
 - The facility being used to host complies with the guidelines below.

Contact Tracing

- For courses, meetings and workshops to take place, a contact tracing register must be in place for everyone involved in, or attending, any course, meeting or workshop.
- **NZ Football recommends the use of the iDMe as an online contact tracing register** and that everyone, including players, coaches, managers, referees, support staff and spectators, check in to every football activity via iDMe. [Read more detailed information on the iDMe solution on our website.](#)

Hygiene

- Follow all required and recommended public health measures listed.
- Sharing of equipment should be minimised where possible.
- Caution should be exercised with common touch points (e.g. gates or doors) with hands washed or sanitised after using.

Facilities

All venues and sporting facilities, including clubrooms and gyms, are able to open. All venues must have a WorkSafe plan in place for safe operation. Sanitation measures can be found at sportnz.org.nz.

Clubrooms, Bar & Food Services

- The clubroom bar and food facility must follow the guidelines put in place for restaurants and bars under the [Government's Guidelines for Businesses under Alert Level 2](#), including but not limited to:
 - Patrons must remain seated.
 - The number of people within gatherings and the total number of gatherings is managed.
 - Fulfilling all other health and safety obligations.

Contact Tracing

- A contact tracing register must be in place for everyone involved in, or attending, any course, meeting or workshop.
- **NZ Football recommends the use of the iDMe as an online contact tracing register** and that everyone, including players, coaches, managers, referees, support staff and spectators, check in to every football activity via iDMe. [Read more detailed information on the iDMe solution on our website.](#)

Changing Rooms and Toilets

- Changing rooms should remain closed unless appropriate public health measures are put in place, in respect of cleaning and hygiene requirements, as well as the facility being approved to open by the respective council or owner. There cannot be mass congregating in these types of facilities or multiple teams using the same facility at once.
- It is recommended that changing facilities remain closed for training.
- Facilities, water, soap and towels/drier should be made available for participants to wash and dry their hands, or hand sanitiser (containing at least 60% alcohol).

Hygiene

- Follow all required and recommended public health measures listed.
- Caution should be exercised with common touch points (e.g. gates or doors) with hands washed or sanitised after using.
- Surfaces and equipment must be regularly cleaned and disinfected where practicable.

The information in this document is based on the advice provided by the **Ministry of Health** and **Sport NZ**. Read in full at covid19.govt.nz and sportnz.org.nz.

