

# ROWING NZ ADVICE TO CLUBS DURING COVID-19 ALERT LEVELS

12 August 2020

## **Updated 12 August 2020**

The [NZ Government has announced](#) that New Zealand will now have new Alert Levels in place for at least the next 3 days.

[Auckland will be at Level 3](#) and the [rest of the country at Level 2](#).

The Auckland region which will be in level 3 is from Wellsford to Pukekohe. Under level 3 those in Auckland are encouraged to stay within your household bubbles, wear a mask when out getting necessities and maintain physical distancing of 2 metres. Under Level 3 the NZ Government is advising that boating or team sports is not encouraged ([detail here](#)).

For the Rest of NZ those at Alert Level 2 the Government advises it is not life as normal but you can do your usual exercise and recreation activities, provided you can do them safely ([detail here](#)).

Rowing NZ also remind clubs that are able to remain training, that this training still needs to also be conducted within the guidelines of the Rowing NZ [Water Safety Code](#).

### **Further resources to assist can be found below:**

Sport NZ – [Alert Level Information](#)

[Posters](#) to educate and encourage good hygiene practices

[Worksafe NZ template](#) to develop your safety plans

[Contact Tracing](#) – advice to sports facilities

NZ Government – [Alert level 2](#) and [Alert Level 3](#)

[Hygiene and Sanitation Guidance](#) – for protecting staff and your members

[Mask](#) use advice

**Disclaimer:** This document has been developed to assist the New Zealand domestic rowing community by informing them of what Rowing NZ consider the best course of action at each Alert Level. The [New Zealand Government](#) and [Ministry of Health - Manatū Hauora](#) directives, guidelines and information supersede any information provided by Rowing NZ. All domestic rowing clubs need to consider their own situations at any given time. A club's decision on whether to allow training needs to be based on the situation in your local area at the time. The following information may assist with determining what rowing club activity may be possible under each Alert Level, but Rowing NZ reiterate it is up to individual clubs to make decisions, based upon their own circumstances and applicable Government directives.

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Alert Level	Risk Assessment	Government Measures <i>can be applied locally or nationally</i>	Rowing NZ Measures Undertaken	Rowing NZ Recommendations for Domestic Rowing Clubs
<b>Level 3</b>  <b>Applies currently to AUCKLAND</b>  <b>Restrict</b>  High risk the disease is not contained	<ul style="list-style-type: none"> <li>Community transmission occurring <i>OR</i></li> <li>New clusters may emerge but can be controlled through testing and contact tracing.</li> </ul>	<ul style="list-style-type: none"> <li>People instructed to stay home in their bubble other than for essential personal movement – including to go to work, school if they have to or for local recreation</li> <li>Physical distancing of two metres outside home (including on public transport), or one metre in controlled environments like schools and workplaces</li> <li>People must stay within their immediate household bubble, but can expand this to reconnect with close family / whānau, or bring in caregivers, or support isolated people. This extended bubble should remain exclusive</li> <li>Schools (years 1 to 10) and Early Childhood Education centres can safely open, but will have limited capacity. Children should learn at home if possible</li> <li>People must work from home unless that is not possible</li> <li>Businesses can open premises, but cannot physically interact with customers</li> <li>Low risk local recreation activities are allowed</li> <li>Public venues are closed (e.g. libraries, museums, cinemas, food courts, gyms, pools, playgrounds, markets)</li> <li>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</li> <li>Healthcare services use virtual, non-contact consultations where possible</li> <li>Inter-regional travel is highly limited (e.g. for essential workers, with limited exemptions for others).</li> <li>People at high risk of severe illness (older people and those with existing medical conditions) are encouraged to stay at home where possible, and take additional precautions when leaving home. They may choose to work</li> </ul>	<ul style="list-style-type: none"> <li>The Rowing NZ office is closed <i>Staff are working from home and any business is being conducted online or by phone</i></li> <li>No Rowing NZ Elite and RPC training is taking place from boat sheds/erg rooms. <i>Training at home only</i></li> <li>No rowing regattas are taking place (either cancelled or postponed)</li> <li>Meetings, workshops or events are not taking place (unless an online option can be held)</li> <li>No international or domestic travel (outside of local area) for Rowing NZ staff and athletes</li> </ul>	<ul style="list-style-type: none"> <li>All clubs, erg rooms, offices and facilities closed and all activities suspended (<i>as boating and team sports not encouraged by NZ Govt</i>)</li> <li>All staff or volunteers should work from home</li> </ul>

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Alert Level	Risk Assessment	Government Measures can be applied locally or nationally	Rowing NZ Measures Undertaken	Rowing NZ Recommendations for Domestic Rowing Clubs
<b>Level 2</b>  <b>Applies to the REST OF NZ</b>  <b>Reduce</b>  Disease is contained, but risk of community transmission remains	<ul style="list-style-type: none"> <li>Household transmission could be occurring.</li> <li>Single or isolated cluster outbreaks.</li> </ul>	<ul style="list-style-type: none"> <li>People can reconnect with friends and family, and socialise in groups of up to 100, go shopping, or travel domestically, if following public health guidance.</li> <li>Keep physical distancing of two metres from people you don't know when out in public or in retail stores. Keep one metre physical distancing in controlled environments like workplaces, where practicable.</li> <li>No more than 100 people at gatherings, including weddings, birthdays and funerals and tangihanga.</li> <li>Businesses can open to the public if following public health guidance including physical distancing and record keeping. Alternative ways of working are encouraged where possible.</li> <li>Hospitality businesses must keep groups of customers separated, seated, and served by a single person. Maximum of 100 people at a time.</li> <li>Sport and recreation activities are allowed, subject to conditions on gatherings, record keeping, and – where practical – physical distancing.</li> <li>Public venues such as museums, libraries and pools can open if they comply with public health measures and ensure 1 metre physical distancing and record keeping.</li> <li>Event facilities, including cinemas, stadiums, concert venues and casinos can have more than 100 people at a time, provided that there are no more than 100 in a defined space, and the groups do not mix..</li> <li>Health and disability care services operate as normally as possible.</li> <li>It is safe to send your children to schools, early learning services and tertiary education. There will be appropriate measures in place.</li> <li>People at higher-risk of severe illness from COVID-19 (e.g. those with underlying medical conditions, especially if not well-controlled, and seniors) are encouraged to take additional precautions when leaving home. They may work, if they agree with their employer that they can do so safely.</li> </ul>	<ul style="list-style-type: none"> <li>The Rowing NZ office is closed <i>Staff are working from home and any business is being conducted online or by phone</i></li> <li>Elite rowing training is resuming but will be staggered daily sessions in small boats or crews of bubbles and with strict hygiene/sanitation and contact tracing (ImHere™) measures. Rowing NZ site restricted to coaches, athletes and health team.</li> <li>RPC training only in singles, staggered sessions with gathering limits, hygiene and contact tracing measures in place.</li> <li>No Rowing regattas are taking place (either cancelled or postponed).</li> <li>Meetings, workshops or events are not taking place (unless an online option can be held).</li> <li>All work related domestic travel is risk assessed and needs to be approved by the CEO.</li> <li>No international travel for Rowing NZ staff and athletes.</li> </ul>	<ul style="list-style-type: none"> <li>All venues and sporting facilities, including clubrooms and gyms, are able to open with limit of 100 people, contact tracing and health measures in place.</li> <li>All venues must have a WorkSafe plan in place for safe operation.</li> <li>To determine how you will conduct training you will need to assess your club's ability to:                         <ul style="list-style-type: none"> <li>Enforce no more than 100 people gathering indoors or outdoors.</li> <li>Ensure that high-risk people do not enter the facility.</li> <li>Record the contact information and time of all people accessing the facility.</li> <li>Ensure your facility have extensive signage and information regarding precautions for managing COVID-19.</li> <li>Ensure your facility have an up to date cleaning schedule and adequate provisions to facilitate good hygiene practises. (Especially changing/bathrooms, erg rooms, kitchen facilities and plant especially those shared (boats, oar handles, life jackets, cox boxes etc).</li> <li>Ensure that any staff and members are properly briefed on all information regarding precautions for managing COVID-19.</li> </ul> </li> <li>All club events or regattas should be risk assessed and reviewed to determine if they will proceed. Decisions made on a case by case basis.</li> <li>All workshops, face to face meetings and external activities should be risk assessed and reviewed to determine if they will proceed. Decisions made on a case by case basis.</li> </ul>