

Coronavirus Update

March 16, 2020



International Travel

Recommendations for Athletes and Support Staff

The coronavirus pandemic continues to grow around the world. Safetravel NZ now advises New Zealanders to **avoid all non-essential travel overseas** due to Covid-19 health risks and travel restrictions.

From 0100 on Monday March 16 2020, New Zealand requires **all individuals** entering the country from any country (except Category Two countries), to self-isolate for a period of 14 days. In addition, a range of countries have now tightened their entry requirements in relation to Covid-19. The purpose of the regulation remains to contain the spread of Covid-19.

This position will be reviewed on Tuesday 31 March 2020.

This has implications for New Zealand athletes and support staff who have either returned from overseas either immediately before or after the March 15 deadline.

To support a viable, healthy training environment for athletes and staff, HPSNZ requires the following actions for all athletes and staff returning from overseas.

- All athletes and staff who have returned, or are returning from overseas in the week before Sunday March 15 are required to obtain a medical clearance from their NSO Medical Director, prior to returning to training, utilising any HPSNZ training facility, or interacting with HPSNZ staff.
- All athletes and staff who have returned, or are returning from overseas after 2359 Sunday March 15 are required to self-isolate for 14 days **and** require a medical clearance from their NSO Medical Director, prior to returning to training, utilising any HPSNZ training facility, or interacting with other HPSNZ staff.
- In the absence of an NSO Medical Director, the HPSNZ Director of Performance Health should be contacted by the relevant NSO leadership, to establish an appropriate response.

- Considerations when determining suitability to return to utilising HPSNZ facilities:
 - Current health status
 - New Zealand Categorisation of countries visited
 - Epidemiology of Covid-19 in countries visited
 - Potential contact with infectious individuals while overseas (including shared accommodation, duration of travel, known case proximity)
 - Duration of flights and transit details
 - Training and HPSNZ environment in New Zealand
 - Training and competition requirements

New Zealand Travel Status (as of March 15, 2359, 2020)

Category 1A Countries: China and Iran

- The government has **a temporary restriction** on travellers arriving in New Zealand from Category 1a countries and territories as a precautionary measure to protect against the spread of COVID-19.
- The restrictions prevent foreign nationals travelling from or transiting through Category 1a countries and territories from entering New Zealand.
- All New Zealand citizens and permanent residents (and close family members) inbound from Category 1a countries and territories are requested to register with Healthline
- (0800 358 5453) and to undertake 14 days self-isolation starting from the date of the departure from that country or territory.

Category 1B Countries: All countries not named in category 1a or 2

- Category 1b countries and territories do not have travel restrictions in place.
- People who have been in Category 1b countries and territories (excluding airport transit) are requested to register with Healthline (0800 358 5453) and **self-isolate for 14 days** starting from the date of departure from a Category 1b country and territory.

Management of Athletes and Staff with Respiratory Symptoms in HPSNZ Facilities

Category 2 Countries:

- Cook Islands
- Fiji
- Kiribati
- Marshall Islands
- Federated States of Micronesia
- Nauru
- New Caledonia
- Niue
- Palau
- Papua New Guinea
- Samoa
- Solomon Islands
- Tonga
- Tuvalu
- Vanuatu
- Tokelau
- Wallis and Futuna

People who have recently travelled from Category 2 countries and territories (excluding airport transit) should be aware of the COVID-19 symptoms.

There is not a need to self-isolate if well. Anyone who develops symptoms within 14 days of departing the Category 2 country and territory should contact Healthline (0800 358 5453) and their NSO Medical Director.

In order to ensure the ongoing health of athletes and staff, and to maintain the viability and safety of the HPSNZ training environment, the following approach is recommended for HPSNZ centres:

- Athletes and staff who have any respiratory symptoms should not attend an HPSNZ training centre, or interact with other athletes or staff.
- In the event of an illness developing, NSO Medical Directors should immediately be contacted by phone.
- Performance Health Operations team will be checking with all athletes entering Performance Health centres, regarding respiratory symptoms.
- Athletes with potentially infectious symptoms will be managed outside of HPSNZ Performance Health centres (details will vary).
- Athletes will be treated according to best practice guidelines, depending on their initial assessment.
- All potentially infective athletes will be isolated from training environments, until at least 48 hours without symptoms (the reality of this is: waking up one morning feeling 100%; that day – isolation, the next day – isolation, leaving isolation on the third).

Relevant Links

- **World Health Organization:**
<https://www.who.int/health-topics/coronavirus>
- **NZ Ministry of Health:**
Self Isolation Guidelines
<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-health-advice-general-public/covid-19-staying-home-self-isolation>
Country Travel Categories
<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-health-advice-general-public/covid-19-novel-coronavirus-countries-and-areas-concern>
General Advice
<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus>
Infection Prevention
https://www.health.govt.nz/system/files/documents/pages/ministry-of-health-covid-19-guidance_on_use_of_ppe-16mar20.pdf
- **Safetravel NZ:**
<https://www.safetravel.govt.nz/news/novel-coronavirus-china-2019-ncov>

