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**Covid-19 Health and Wellbeing Guidelines**

**Health Considerations**

In the event of becoming unwell, in any way, please phone or email your NSO Medical Director or General Practitioner.

HPSNZ NSO Medical services continue to operate (with modified working models), regardless of the Covid-19 Alert Level status. For further advice see:

HPSNZ Performance Health: <https://hpsnz.org.nz/about-us/news-media/coronavirus-update-2/>

Government Advice:

<https://covid19.govt.nz/individuals-and-households/health-and-wellbeing/how-to-access-healthcare/>

**Wellbeing Considerations**

* Consider how you keep your people’s wellbeing at the forefront of your thinking and decision making during these times.
* Connect with staff and athletes with similar frequency as pre-covid-19, with video chat’s preferable, as seeing people’s faces is important.
* Seek to understand how your people and their whānau are.
* Provide regular updates from your organisation to your people.
* Communicate a clear process for athletes and staff to raise concerns, ask questions and access support.
* Engage with your own support network and know who you would reach out to if you are struggling.
* Consider how you, personally, are reacting to the multiple changes and how these reactions are impacting your response to others.
* Refer to this HPSNZ wellbeing advisory link for specific wellbeing advice: <https://hpsnz.org.nz/content/uploads/2020/03/Wellbeing-in-Changing-Times-SR-edits.pdf>

Alert levels that have significant movement restrictions are not considered an equal substitute for an off-season from a mental recovery and reset perspective. While people might have worked on their physical base, cognitively and emotionally the restrictions on movement, separation from loved ones and increased health hypervigilance will require time to recover from.

Consider when athletes, coaches and staff are able to take a break to promote mental **R**ecovery, **R**econnect with loved ones and to a **R**enewed purpose. Engaging in these Reset 3R’s will mitigate against burnout come July/August 2021.