



## HPSNZ TEMPLATE: High Performance Activities (Professional, Olympic and Paralympic sports) – Levels 3 and 4

### General Principles

General public health advice:

- Regularly disinfect surfaces.
- Wash and dry hands, cough into elbow, don't touch your face.
- Stay home if you're sick, report flu-like symptoms.

Contact tracing:

- Ongoing contact tracing for all confirmed and probable new cases of COVID-19, with appropriate isolation measures put in place in line with Alert Level.

Testing:

- Testing of all potential cases of COVID-19 for people who meet the case definition (ie are displaying relevant symptoms). Tests will take place at dedicated Community-Based Assessment Centres (CBACs) or designated practices.
- Random testing within communities (including for people who are asymptomatic) may be carried out locally to inform understanding on the spread of the virus in certain areas.

Isolation and quarantine:

- Stringent self-isolation of those who display relevant symptoms of COVID-19, test positive for COVID-19, have been in close contact with someone who tests positive for COVID-19, or have been overseas in the last 14 days.
- Quarantine facilities mandated for those who do not have sufficient capacity to self-isolate effectively.

Border:

- Robust border measures in place which safeguard against the risk of COVID-19 being transmitted into New Zealand.
- Currently, isolation on arrival for 14 days before onward domestic travel (subject to regular review).

### High Performance Principles

Overarching approach

- This Information will be updated as and when applicable.
- NSOs are responsible and accountable for applying the Government's guidelines on the COVID-19 Alert Levels to their own environments. NSOs to determine what operational measures can be implemented to ensure general principles of physical distancing, contact tracing and hygiene protocols are adhered to. Restrictions regarding the size of the isolation "bubble", travel (international and domestic), gatherings, workplaces, public venues and specific activity risk will also influence decision making.
- Important to understand that Alert Level 3 does not represent a full return to training. Training will have to be significantly modified in light of applicable restrictions.
- Risk of injury and illness should be factored into decisions regarding the return to activity volumes, intensity and technical requirements. Beware that returning to pre-isolation training levels too quickly may leave athletes more prone to injury. Also, from a wellbeing perspective, note that Alert Levels that significantly restrict movement 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.

Contact Tracing

- Athletes training in high performance environments must have a means of tracing all contacts

Wellbeing

- Resources relating to wellbeing, nutrition and immunity are available at <https://hpsnz.org.nz/covid-19/wellness-for-athletes/>

#### HPSNZ Support

- For those high performance programmes receiving support services from HPSNZ, it is important to note that at Levels 3 and 4:
  - Performance Health services will be delivered via tele-health consultations
  - APS staff (S&C, Nutrition, Physiology, PTA, Psychology, Athlete Life) will be working from home and available for remote support only
  - Ongoing coach support is available remotely with High Performance Coaching Consultants
  - Remote wellbeing support is available from Athlete Life, Psychology and Coaching teams.
- Decisions on the appropriateness of training sessions (e.g. indoors or outdoors, athletes, coaches, staff numbers, health considerations) at Alert Level 3 should be a consultative process between NSO performance and medical staff

ALERT LEVEL	GOVERNMENT INSTRUCTION	Training	Coaching
<p><b>Level 4</b> – Eliminate - Sustained and intensive transmission - Widespread outbreaks</p>	<p>People instructed to stay at home • Educational facilities closed • Businesses closed except for essential services (e.g. supermarkets, pharmacies, clinics) and lifeline utilities • Rationing of supplies and requisitioning of facilities • Travel severely limited • Major reprioritisation of healthcare services</p>	<ul style="list-style-type: none"> <li>• All indoor venues and sporting facilities, including clubrooms and gyms, are closed. All outdoor public venues closed.</li> <li>• Athletes can train at home, exercise outdoors individually, or with their regular household members (e.g. walking or running). They should not meet to train with teammates or coaches from other houses.</li> <li>• Activities such as hiking and water-based activities are prohibited.</li> <li>• Physical distancing is required (i.e. keep ≥ 2 m distance from anyone not in your isolation ‘bubble’).</li> <li>• Travel in vehicles is severely limited and restricted to emergency healthcare and infrequent essential trips (supermarket, pharmacy, fuel)</li> </ul>	<ul style="list-style-type: none"> <li>• Only remote virtual/electronic coaching contact is possible (i.e. no face to face coaching unless you are in the same isolation ‘bubble’).</li> <li>• Coaches can coach, brief, debrief and provide video feedback via remote technology solutions.</li> <li>• Travel to training venues in order to coach athletes is prohibited.</li> <li>• Coaches may only associate with those they are self-isolated with.</li> </ul>
<p><b>Level 3</b> – Restricts - Community transmission occurring OR - Multiple clusters break out</p>	<p>Travel in areas with clusters or community transmission limited • Affected educational facilities closed • Mass gatherings cancelled • Public venues closed (e.g. libraries, museums, cinemas, food courts, gyms, pools, amusement parks) • Alternative ways of working required and some non-essential businesses should close • Non face-to-face primary care consultations • Non acute (elective) services and procedures in hospitals deferred and healthcare staff reprioritised</p>	<ul style="list-style-type: none"> <li>• All indoor venues and sporting facilities, including clubrooms and gyms, are closed.</li> <li>• Outdoor public venues with a visitor entry system open. Physical distancing requirements in place. Venues must record visitors to enable contact tracing if necessary.</li> <li>• Athletes can train from home, exercise outdoors individually, or with their regular household members.</li> <li>• Low-risk water-based activities are permitted, provided they are performed individually and without motorised assistance.</li> <li>• Physical distancing is required (i.e. keep ≥ 2 m distance from anyone not in your isolation ‘bubble’).</li> <li>• When utilising available venues, training should be individual or with individuals from the same isolation ‘bubble’.</li> <li>• Equipment should only be shared or used by individuals within the same bubble.</li> <li>• Travel to publicly accessible training venues that are open and close to individual residence is permitted, provided activity is low-risk.</li> </ul>	<p>One-to-one coaching is possible at an elite level, on the basis that:</p> <ul style="list-style-type: none"> <li>• The coach and elite athlete(s) are from the same NSO, the NSO has a COVID-19 Health and Safety plan in place and the plan is acceptable to the parties participating. (Further information on Health and Safety planning is available in today’s Sport New Zealand Sector Update.)</li> <li>• Coaching that can take place remotely, must continue to take place remotely.</li> <li>• The coach will not see athletes if either the coach or athlete(s) are unwell.</li> <li>• Contact tracing is in place – coaches must keep a record of athlete(s) seen, appointment times and venue.</li> <li>• Activities must be within the athlete’s existing capability and they must be able to perform them unassisted (e.g. no weight spotting).</li> <li>• No equipment is to be shared (e.g. implements, mats, trampolines).</li> <li>• No indoor facilities can be accessed to train (i.e. on the basis that the public can only enter premises to access essential services)</li> <li>• No congregating in groups – coaching should only occur with individual athletes or with athletes from the same isolation ‘bubble’.</li> <li>• Coaches and athletes should travel separately to and from sessions. Travel restrictions apply – keep it local.</li> <li>• At any coaching session, physical distancing is required (i.e. coaches must keep ≥ 2 m distance from anyone not in their isolation ‘bubble’).</li> <li>• Larger team/squad training sessions are prohibited.</li> </ul>