

HPSNZ Guidance – COVID-19 Alert Level 4

This document provides some guidance from HPSNZ on training and coaching while NZ is at COVID-19 Alert Level 4. It also provides general wellbeing guidelines and information on HPSNZ support services and training facilities.

Underlying principles of HPSNZ guidance

When considering Covid-19, HPSNZ prioritises public health and is led by the New Zealand Government. We have one opportunity to unite, follow the government measures, and eliminate Covid-19 from New Zealand.

1. At Alert Level 4, public health must come before an individual's need to train.
2. The Government guidelines make it clear that New Zealanders are instructed to stay at home and not interact with anyone outside their own household, unless accessing essential services. It is key that we adhere to these requests in order to protect ourselves and others from the risk of infection, and to avoid unnecessary injury or illness that would further burden the health care system.
3. The postponement of the Tokyo Olympics to 2021 provides an opportunity for us to refocus on what is most important, the health of our people and our country.

If you become unwell in any way while the country is at Alert Level 4, please communicate with your NSO Medical Director or General Practitioner. Medical services are still operating over this time, albeit in a different manner. For further advice see: <https://covid19.govt.nz/help-and-advice/for-everyone/self-isolation-if-youre-unwell/>

New Zealand Alert System

Alert Level	Risk Assessment	Range of Measures (can be applied locally or nationally)
Level 4 Eliminate Likely that disease is not contained	Sustained and intensive transmission Widespread outbreaks	<ul style="list-style-type: none">▪ 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

HPSNZ Guidance on training

All HPSNZ training facilities and gyms are closed.

People have been instructed to stay at home.

Athletes can train at home.

Athletes can exercise outdoors individually, or with their regular household members (e.g. walking or running from their home). They should not meet to train with teammates or coaches from other houses.

Athletes should avoid any contact with others when exercising outside, keeping at least 2m away from people as they pass them.

HPSNZ supports the position of the NZ Police and other authorities who have made it very clear that travel in vehicles should be strictly limited to:

- Emergency healthcare
- Infrequent trips to essential services: Supermarket, pharmacy, fuel (i.e. not to training)

HPSNZ Guidance on coaching

Restrict yourself to remote/virtual/electronic coaching contact. Coaches can coach, brief, debrief and provide video feedback via remote technology solutions.

No face to face coaching.

Coaches are instructed to only work from home.

In line with the position of NZ Police and other authorities who have made it very clear that travel in vehicles should be strictly limited – and that any exercise must be solitary or only with those you live with – coaches must not travel to training venues to coach athletes.

Coaches may only associate with those they are self-isolated with.

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- While people can exercise outdoors, they must maintain a two metre distance from others and they are expected to stay local when leaving home.
 - The government has also clearly stated that if you do exercise, it must be solitary or with those you live with.

HPSNZ Support

Wellbeing Guidelines (for NSO CEO's & HPD's)

Tele-consultations with Performance Health practitioners for athletes.

APS staff (S&C, Nutrition, Physiology, PTA, Psychology, Athlete Life) will be working from home and available for remote support.

Ongoing support is also available remotely from your regular HPSNZ contacts: PTL's, HPCC's, HPAD, Leadership etc.

Remote wellbeing support is available from your existing Athlete Life, Psychology and Coaching Teams contacts.

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 you did pre-COVID-19. Video chats are preferable - seeing people's faces is important.

Seek to understand how your people and their whānau are.

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 were 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>
