

COVID-19 ALERT LEVELS

Disclaimer: This document has been developed to assist the New Zealand domestic rowing community during changes to COVID-19 alert levels. The [New Zealand Government](#), [Sport NZ](#) and [Ministry of Health - Manatū Hauora](#) directives, guidelines and information have been consulted while creating this document. Any further information from these government departments supersedes any material 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 Government has released [Alert Levels](#) which can differ by region at any one time, so the location of your club could be under specific direction of the Government.

Should your club be willing and able to allow training, it may consider only rowing in singles, or offering staggered training sessions so social distancing is practiced. Rowing NZ remind clubs that any training will still need to be conducted within the guidelines of the Rowing NZ [Water Safety Code](#).

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.

COVID-19 ALERT LEVELS

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
Level 4 <u>Eliminate</u> Likely that disease is not contained	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> The Rowing NZ office is closed <i>Staff are working from home and any business is being conducted online or by phone</i> No Rowing NZ Elite or pathway training is taking place from boat sheds/erg rooms. <i>Training at home only</i> No rowing regattas are taking place (either cancelled or postponed) Meetings, workshops or events are not taking place (unless an online option can be held) No international or domestic travel (outside of local area) for Rowing NZ staff and athletes 	<ul style="list-style-type: none"> All clubs, erg rooms, offices and facilities closed and all activities suspended All staff or volunteers should work from home

COVID-19 ALERT LEVELS

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
Level 3 Restrict Heightened risk that disease is not contained	<ul style="list-style-type: none"> Community transmission occurring <i>OR</i> Multiple clusters break out 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> The Rowing NZ office is closed <i>Staff are working from home and any business is being conducted online or by phone</i> No Rowing NZ Elite or pathway training is taking place from boat sheds/erg rooms. <i>Training at home only</i> No rowing regattas are taking place (either cancelled or postponed) Meetings, workshops or events are not taking place (unless an online option can be held) No international or domestic travel (outside of local area) for Rowing NZ staff and athletes 	<ul style="list-style-type: none"> All clubs, erg rooms, offices and facilities closed and all activities suspended All staff or volunteers should work from home

COVID-19 ALERT LEVELS

Alert Level	Risk Assessment	Government Measures can be applied locally or nationally	Rowing NZ Measures Undertaken	Rowing NZ Recommendations for Domestic Rowing Clubs
<p>Delta Level 2</p> <p>Reduce</p> <p>Disease is contained, but risks of community transmission growing</p>	<ul style="list-style-type: none"> • High risk of importing COVID-19 OR • Uptick in imported cases OR • Uptick in household transmission OR • Single or isolated cluster outbreak 	<ul style="list-style-type: none"> • Entry border measures maximised • Further restrictions on mass gatherings • Physical distancing on public transport (e.g. leave the seat next to you empty if you can) • Limit non-essential travel around New Zealand • Employers start alternative ways of working if possible (e.g. remote working, shift-based working, physical distancing within the workplace, staggering meal breaks, flexible leave arrangements) • Business continuity plans activated • High-risk people advised to remain at home (e.g. those over 70 or those with other existing medical conditions) 	<ul style="list-style-type: none"> • The Rowing NZ office is open to staff and athletes <i>Staff are given the option to work from the office or remain working from home</i> • Visitors are 'on invitation only' and require to register QR code on entry and wear a face mask in the office • All Rowing NZ Performance and pathway training are risk assessed and reviewed to determine if they will proceed with appropriate measures of safety maintained. • Rowing NZ events (regattas, forums, meetings etc) in Level 2 will be considered and planned with covid specific mitigations and safety plans unique to the environment (location, size etc). • All events will adhere to Government Guidelines specific to Level 2 restrictions in place at the time. • The safety of members will be a priority in any event planning. • The responsibility of safety at local/regional events will reside with the event organisers and any other parties that have PCBU responsibility. • All Rowing NZ travel requires approval by the CEO. Staff are under no expectation to travel if they feel their safety is compromised. 	<ul style="list-style-type: none"> • To determine whether your club should be allowing training at your boat house you will need to assess your club's ability to: <ul style="list-style-type: none"> – Enforce no more than 50 people in the entire facility at one time. – Ensure that high-risk people do not enter the facility. – NZ Covid Tracer QR code must be displayed at all facilities. Contact tracing and record keeping is now mandatory. – Ensure your facility have extensive signage and information regarding precautions for managing COVID-19. – 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 (oar handles in particular). – Ensure that any staff are properly briefed on all information regarding precautions for managing COVID-19. • All club events or local regattas should be risk assessed and reviewed to determine if they will proceed. Decisions made on a case by case basis. • 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.

ROWING NZ ADVICE TO CLUBS DURING COVID-19 ALERT LEVELS

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
Level 1 Prepare Disease is contained	<ul style="list-style-type: none"> Heightened risk of importing COVID-19 OR Sporadic imported cases OR Isolated household transmission associated with imported cases 	<ul style="list-style-type: none"> Border entry measures to minimise risk of importing COVID-19 cases applied Contact tracing Stringent self-isolation and quarantine Intensive testing for COVID-19 Physical distancing encouraged Mass gatherings over 500 cancelled Stay home if you're sick, report flu-like symptoms Wash and dry hands, cough into elbow, don't touch your face 	<ul style="list-style-type: none"> The Rowing NZ office is open. Some staff may choose to work from home. All Rowing NZ Performance and pathway training are risk assessed and reviewed to determine if they will proceed. Rowing regattas are risk assessed and reviewed to determine if they will proceed. Decisions made on a case by case basis. Meetings, workshops or events and external activities are risk assessed and reviewed to determine if they will proceed. Decisions made on a case by case basis RNZ travel is at the discretion of the person travelling 	<ul style="list-style-type: none"> To determine whether your club should be allowing training at your boat house you will need to assess your club's ability to: Enforce no more than 100 people in the entire facility at one time. <ul style="list-style-type: none"> Ensure that high-risk people do not enter the facility. Record the contact information and time of all people accessing the facility. NZ Covid Tracer QR Code must be displayed at all facilities. Contract tracing and record keeping is mandatory. Ensure your facility have extensive signage and information regarding precautions for managing COVID-19. 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 (oar handles in particular)., Ensure any staff are properly briefed on all information regarding precautions for managing COVID-19. 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. 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.