

Triathlon – Level 3 Guidelines

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Triathlon New Zealand have developed the following guidelines to support the interpretation of government guidelines within our sports context. It is important to note that these guidelines are subject to change, and full details of all government sport, recreation and play activity recommendations can be found using the following links

Governments Position on Sport and recreation activity - https://sportnz.org.nz/assets/Uploads/Play-Active-Recreation-and-Sport-at-Alert-Levels-4-4.pdf?mc_cid=2655221f74&mc_eid=ff92a5d74d

Additional clarification and frequently asked questions https://sportnz.org.nz/covid-19/public-advice/frequently-asked-questions-3/?mc_cid=2655221f74&mc_eid=ff92a5d74d

Level 3 – Restrict – High risk the disease is not contained

- **Community transmission might be happening**
- **New clusters may emerge but can be controlled through testing and contact tracing.**

Central Government Measures

- People instructed to stay home in their bubble other than for essential personal movement – including to go to work, school if they have to or for local and regional recreation.
- Physical distancing of two meters outside home (including on public transport), or one meter in controlled environments like schools and workplaces.
- Bubbles must stay within their immediate household bubble but can expand this to reconnect with close family / whanau, or bring in caregivers, or support isolated people. This extended bubble should remain exclusive.
- Schools (years 1 to 10) and Early Childhood Education centers can safely open but will have limited capacity. Children should learn at home if possible.
- People must work from home unless that is not possible.
- Businesses can open premises but cannot physically interact with customers.
- Low risk local recreation activities are allowed.
- Public venues are closed (e.g. libraries, museums, cinemas, food courts, gyms, pools, playgrounds, markets).
- Gatherings of up to 10 people are allowed but only for wedding services, funerals and tangihanga. Physical distancing and public health measures must be maintained.
- Healthcare services use virtual, non-contact consultations where possible.
- Inter-regional travel is highly limited (e.g. for essential workers, with limited exemptions for others).

- People at high risk of severe illness (older people and those with existing medical conditions) are encouraged to stay at home where possible, and take additional precautions when leaving home.

Triathlon New Zealand Measures - Staff

- The Tri NZ office is closed
- Staff are working from home and any business is being conducted online or by phone
- Meetings, workshops, or events are not taking place (unless an online option can be held)
- No international or domestic travel (outside of local region) for Triathlon NZ staff and athletes

Triathlon New Zealand Measures – CTE / Elite HP Programme

- No Tri NZ Elite Performance Squad / Programme Training is taking place
- Public swimming pools, gyms, and facilities closed, and all group activities suspended
- Open water swimming is permitted but must only be done with members of your bubble. If swimming alone, you must provide details of time and location of swim to a person within your bubble for safety purposes (note – this activity must remain low risk)
- Running and cycling training should be completed alone or with people inside your bubble and must be completed in your local area (note - this activity must remain low risk)
- No individual coaching can take place in person with anyone from outside your bubble
- No sharing of equipment outside your bubble

Triathlon New Zealand Recommends – Clubs/Group Training

- All club/group training facilities, and offices remain closed
- All club/group activity to be done from home with any activity conducted online or by phone
- All staff, coaches and/or volunteers should work from home.
- No in person individual coaching – coaches should continue to work from home and use online and video conferencing facilities to deliver any training.
- No group training activity – unless completed with people in your bubble or online (no congregation)
- Open water swimming is permitted but must only be done with members of your bubble. If swimming alone, you must provide details of time and location of swim to a person within your bubble for safety purposes (note – this activity must remain low risk)
- Public swimming pools, gyms, and facilities closed, and all group activities suspended
- Running and cycling training should be completed alone or with people inside your bubble and must be completed in your local area (note - this activity must remain low risk)
- No sharing of equipment outside your bubble

Triathlon New Zealand Recommends – Sanctioned Events

- All Tri NZ Events & Competitions not taking place – postponed, cancelled and/or on hold.