



## Yachting New Zealand advice to clubs during COVID 19 alert level announcements

Reviewed and updated: 21 September 2021

### **ALERT LEVEL 3**

<b>Alert Level</b>	<p><b>Level 3 - Restrict</b></p> <ul style="list-style-type: none"><li>• Stay at home in your bubble, other than for essential personal movement e.g. for local recreation</li><li>• You can do low-risk recreation activities in your local area on your own, or with people in your household bubble.</li><li>• You are encouraged to wear a face covering and must keep 2 metres distance from others when exercising.</li><li>• Remember to use the NZ COVID Tracer app and scan QR codes if you visit an essential service.</li><li>• If you are unwell, stay home and call your doctor or Healthline on 0800 358 5453 for advice about getting tested.</li><li>• You should stay safe and close to home. Go to your local park, not your favourite one. You must stay within your region and overnight trips are not allowed.</li></ul>
<b>Government measures can be applied locally or nationally</b>	<p><b>Please refer to the COVID 19 website for information:</b> <a href="https://covid19.govt.nz/alert-levels-and-updates/alert-level-3/">https://covid19.govt.nz/alert-levels-and-updates/alert-level-3/</a></p> <p>At Alert Level 3, you can exercise in your local area on your own, or with people in your household bubble. If you are exercising outside, try to keep a 2 metre distance from people who are not in your bubble.</p> <p>The most important thing is to stay safe and stay close to home. Go to your local park or beach, not your favourite one. You cannot stay overnight at your bach or holiday home.</p> <p>Do low-risk activities so you do not need rescuing or medical care. If you are experienced you can do more activities. These include:</p> <ul style="list-style-type: none"><li>• surfing — if you are an experienced surfer, you can go to your local break. If you are not experienced, do not surf.</li><li>• tramping — is okay for day walks on easy trails. Remember to keep your distance from other people. DOC huts and campsites are closed. Do not go back-country tramping.</li><li>• mountain biking — is okay on easy trails if you are experienced and know the trail. Choose a trail close to home. Do not go on tracks that are grade 3 or above.</li><li>• swimming — in safe local spots. Do not swim far from shore.</li><li>• horse riding — if you are an experienced rider and it is low risk. Stay as close to home as you can.</li><li>• playing golf.</li></ul> <p><b>Stay within 200 metres from shore if you are kayaking, canoeing, rowing, surfing, wind surfing or paddle boarding.</b></p>



Some trails or parks may be closed. Check with your local council to see what trails or parks are open before heading out.

Do not go out to exercise if you have cold or flu symptoms or you have been asked to isolate.

Even if you have been vaccinated, you still need to follow the rules to keep everyone safe.

**Also refer to the Sport New Zealand website for more information:**

<https://sportnz.org.nz/resources/play-active-recreation-and-sport-at-alert-level-3/>

### **Sport at Alert Level 3**

- No gathering for sport with people outside your bubble.
- You can travel for sport within your region.
- Maintain physical distancing (2metres) with people outside your bubble.
- Activities must remain within your current abilities and don't pick up new activities.
- Group activities with anyone outside your bubble are not allowed.
- Lower-risk activities only: care must be taken not to be injured and require medical care.
- No contact activity or sharing equipment or balls with people outside your bubble.

### **Water Based Activities**

- Water-based activities are discouraged where they would expose participants to danger or require search and rescue services.
- Water-based activities involving sailing boats or motorised craft or equipment, or scuba diving are not allowed.
- Maintain physical distancing with people outside your bubble.
- Remain within your current abilities and don't pick up new activities.

### **Scenarios at Level 3**

All public aquatic facilities are closed (only workers can enter premises).

Some water activities are possible. We recommend you remain within close range of the shore (no more than 200m away). These activities would include: swimming, snorkelling, surfing, kayaking, canoeing, rowing, windsurfing and paddle boarding but only when meeting the following guidance and complying with other public health guidance.

You must: stay within your bubble, not share equipment, not gather with others (even with physical distancing), stay close to shore and only go out when conditions are calm.

Water-based activities involving sailing boats, motorised craft or equipment, or scuba diving are not allowed.

High risk activities are discouraged, because these activities expose participants or other users to increased danger and may require complex search and rescue services.

Further guidance on boating and water-based activities at each alert level is provided by Maritime NZ ([www.maritimenz.govt.nz/recreational/](http://www.maritimenz.govt.nz/recreational/)).



	<p>Fishing from a wharf or surfcasting from the beach is permitted, but people should not fish from rocks (because of the increased drowning risk).</p> <p>If in doubt, then don't go out.</p>
<b>Yachting New Zealand measures undertaken</b>	<ul style="list-style-type: none"><li>• The Yachting New Zealand office remains closed – staff are working from home</li><li>• No NZL Sailing Team, Aon Fast Track or Aon Youth Clinic sailing is taking place - training at home only. Online seminars and opportunities are being held, with more being devised over time</li><li>• No sailing regattas are taking place (either cancelled or postponed)</li><li>• Meetings, workshops or events are not taking place (unless an online option can be held)</li><li>• No international or domestic travel (outside of local area) for Yachting New Zealand staff or athletes</li></ul>
<b>Yachting New Zealand recommendation for yacht clubs</b>	<ul style="list-style-type: none"><li>• All clubs and facilities closed, and all activities suspended.</li><li>• All staff or volunteers should work from home</li></ul>