



GENERAL INFORMATION

COVID-19 Alert Level 2 — Reduce

Under Alert Level 2 the disease is contained, but there is still a risk of community transmission. The objective of these guidelines is to minimise the risk of transmission of the virus, and to be able to rapidly track and isolate any cases that may arise.

Subject to the range of public health measures outlined below, play, active recreation and sport can resume under level 2. This includes contact team sports and physical activities **only** if contact tracing arrangements and good hygiene measures are in place, particularly washing and drying of hands, and regular sanitising of equipment and surfaces. Make sure you know (or can identify) anyone who is participating in your activity, including players, officials and spectators/supporters, in case someone gets sick.

Public health measures

Required

- Gatherings must be restricted to a maximum of 100 people in any defined space (indoors or outdoors). For high performance sport and recreation, a gathering includes spectators but not players, officials or support staff.
- There is now a legal requirement to keep a record of those who attend certain facilities such as indoor public facilities (e.g. swimming pools, recreation centres etc) and exercise facilities (e.g. gyms, sports venues, yoga studios etc) through the COVID Tracer App or an alternative means. This information should be accessible at all times for contact tracing purposes up to 2 months after the contact was recorded.
- Surfaces and equipment must be regularly cleaned and disinfected where practicable.
- Good personal hygiene practices should continue – wash and dry your hands before and after activities, cough into elbow and don't touch your face.
- Stay home if you're sick and do not take part in sport or recreation if you have flu-like symptoms, self-isolate at home and get tested immediately.

Recommended

- Physical distancing of 2 metres should be maintained wherever possible, especially from people that you don't know. Facilities may need to restrict numbers to help with physical distancing. You should wear a mask at indoor sports facilities apart from when you are exercising or on the field of play.
- It is recognised that contact during physical activity will occur, but this should be minimised as much as possible, especially off the field of play.

- People at high risk of severe illness from COVID-19 (particularly older people and those with existing medical conditions) should take additional precautions when undertaking physical activity. More information can be found [here](#)
- Business premises (e.g. cafes/bars in club rooms, or pro shops) can be open for staff and customers provided that they meet the relevant workplace requirements.
- Travel should be done safely to reduce the possibility of transmission and spread of the virus.

Specific detailed guidance relating to High Performance and professional sport has been provided directly to National Sporting Organisations and Professional Sport organisations.