

# COVID-19 Alert Level 3: What does it mean for Community Rugby?

21 April 2020

## Key points

- On Tuesday 28 April our country will shift from COVID-19 Alert Level 4 to Alert Level 3.
- Nothing changes in terms of rugby – continue to train alone or in your bubble.
- Please stay at home and stay in your bubble, so we can return to rugby as soon as possible.

## What does Alert Level 3 mean for rugby?

- **Same, same but only slightly different:** Things are much the same as they were under Level 4 with a few additional freedoms like being able to buy things online and some additional recreational activities (more on that below).
- **Stay at home** other than for essential movement like going to the supermarket, pharmacy or to seek urgent medical treatment (but call ahead first). **Stay local.**
- **Stay in your existing bubble.** You can extend your bubble a little bit to include close family or caregivers only. Keep the number of close contacts you are having to an absolute minimum. This is critical.
- **Continue to train alone or in your existing bubbles.** Stay 2m away from those who are not in your bubble. Gyms are still closed. Stay local. Avoid training at the same time and place as your mates from another bubble.
- **Other recreational activities:** You can now swim in the open water and surf as long as it is safe to do so. You can fish from a wharf or the shore. You can't do any motorised activity like boating or jet skiing. The most important principle here is to stay local and stay safe. Don't do anything that may require the help of emergency services.
- **Avoid sharing equipment** with anyone outside your bubble - remember that the virus can be transferred when we touch different things or surfaces. So keep your hands to yourself!
- **Non-emergency medical treatment should not be face-to-face:** Medical consultations and physiotherapy sessions should still be done via telehealth in the first instance (i.e. by video conferencing or phone) unless it is an emergency (in which case you should still call ahead).

- **If you're sick, get tested.** If you have any symptoms of COVID-19 like fever, cough, shortness of breath, sore throat, head cold, loss of sense of smell or even the slightest sniffle, get tested, and do it quickly. Contact your GP, or call Healthline on 0800 358 5453 for further instructions on where to get tested.
- **Keep it clean:** Stay vigilant with the usual hygiene measures like hand washing, cough etiquette, and cleaning surfaces.

### When can we expect to return to playing full contact rugby?

At this stage we can play all levels of domestic rugby at COVID-19 Alert Level 1.

### How can we help you get through this?

Your mental fitness during this time is about as important as your physical fitness, and it requires work to keep your mind healthy and resilient. To support your mental wellbeing try to work on the key pillars which are:

- **Physical** – get regular exercise, maintain consistent sleep patterns, be aware of alcohol intake and the types of food you are eating.
- **Intellectual** – keep learning e.g. short online courses, musical instruments, languages, read books and listen to podcasts.
- **Emotional** – do things that bring you joy, talk to people you trust about how you are feeling, practice mindfulness, schedule time out, write down what you are grateful for every day.
- **Social** – maintain connections with friends and family, connect with someone you haven't spoken to for a while but keep it virtual.
- **Spiritual** – where possible and safe, maintain connection with places that have significance in your life e.g. rivers, mountains, church. Identify what motivates you and gives you a sense of purpose.

### More information

- For a full run down on what the different Alert Levels mean we recommend you take a look at this <https://covid19.govt.nz/assets/resources/tables/COVID-19-alert-levels-detailed.pdf>
- For more information visit the dedicated NZ Government website on COVID-19 <https://covid19.govt.nz>