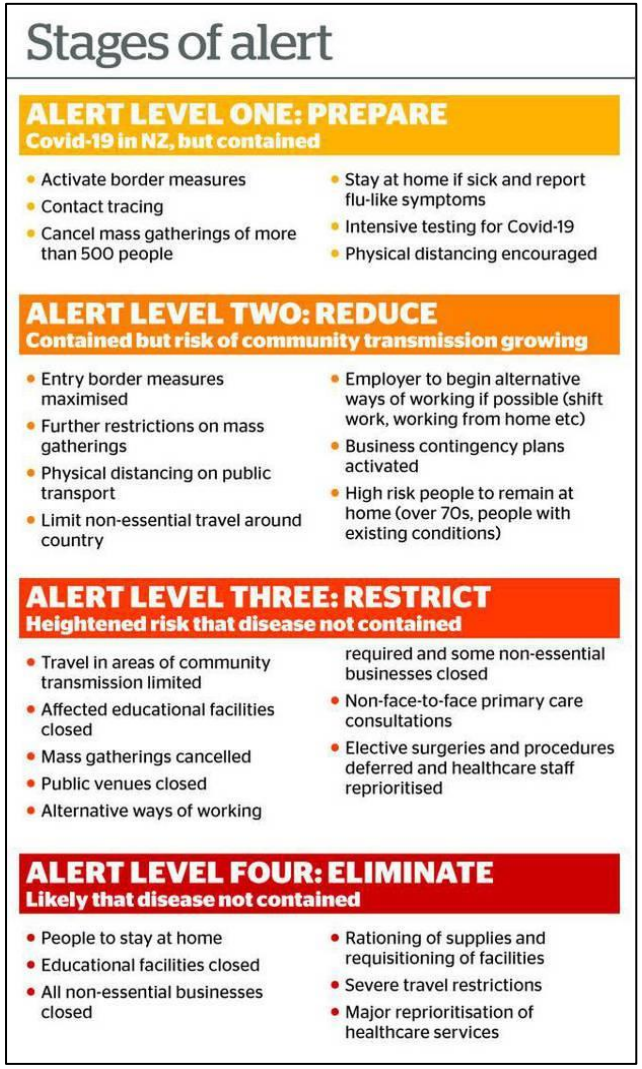
Special Olympics New Zealand

Covid -19 Coronavirus: SONZ Alert System Protocols



Stages of alert

ALERT LEVEL ONE: PREPARE
Covid-19 in NZ, but contained

- Activate border measures
- Contact tracing
- Cancel mass gatherings of more than 500 people
- Stay at home if sick and report flu-like symptoms
- Intensive testing for Covid-19
- Physical distancing encouraged

ALERT LEVEL TWO: REDUCE
Contained but risk of community transmission growing

- Entry border measures maximised
- Further restrictions on mass gatherings
- Physical distancing on public transport
- Limit non-essential travel around country
- Employer to begin alternative ways of working if possible (shift work, working from home etc)
- Business contingency plans activated
- High risk people to remain at home (over 70s, people with existing conditions)

ALERT LEVEL THREE: RESTRICT
Heightened risk that disease not contained

- Travel in areas of community transmission limited
- Affected educational facilities closed
- Mass gatherings cancelled
- Public venues closed
- Alternative ways of working
- required and some non-essential businesses closed
- Non-face-to-face primary care consultations
- Elective surgeries and procedures deferred and healthcare staff reprioritised

ALERT LEVEL FOUR: ELIMINATE
Likely that disease not contained

- People to stay at home
- Educational facilities closed
- All non-essential businesses closed
- Rationing of supplies and requisitioning of facilities
- Severe travel restrictions
- Major reprioritisation of healthcare services

ALERT Level 0	ALERT Level 1	ALERT Level 2	ALERT Level 3	ALERT Level 4
SCHOOL BASED ACTIVITY				
All school events in place without restriction	Limited school activity	Zero school activity	Zero school activity	Zero school activity
CLUB BASED ACTIVITY				
All training & events in place without restriction	Club training & events allowed to run	Zero club activity	Zero club activity	Zero club activity
Club meetings as usual	Club meetings as usual	Online meetings only	Online meetings only	Online meetings only
SONZ STAFF ACTIVITY				
Staff fully operational from their workspace	Staff work out of their office but are prepared to work from home	Staff work from home	Staff work from home	Staff work from home
International travel (Depending on international situation)	Domestic travel allowed	Domestic travel restricted	No travel	No travel
SONZ PROGRAMMES				
YAP & ALPS in operation	YAP & ALPS in operation	YAP & ALPS Postponed	YAP & ALPS Postponed	YAP & ALPS Postponed

- **This alert system is an evolving document and updates will be made when necessary and in alignment with the NZ Government.**

Covid - 19 Coronavirus: SONZ Return to Activity Guide

Special Olympics New Zealand

SPORTS	Inactivity **Duration:** 2- *4 weeks*	Inactivity **Duration:** 5 - 7 *weeks*	Inactivity **Duration:** 8 *weeks >*
	Required Weeks of Training Before Returning to Competition		
Athletics (AT)	**Two**	**Three**	**Four**
Alpine Skiing (AS)	**Two**	**Three**	**Four**
Basketball (BB)	**Two**	**Three**	**Four**
Bocce (BC)	**Two**	**Two**	**Three**
Equestrian (EQ)	**Two**	**Two**	**Four**
Football (FB)	**Two**	**Three**	**Four**
Bowling (BO)	**Two**	**Two**	**Three**
Golf (GF)	**Two**	**Two**	**Three**
Indoor Bowls (IB)	**Two**	**Two**	**Three**
Powerlifting (PL)	**Two**	**Three**	**Four**
Swimming (SW)	**Two**	**Three**	**Four**
Snowboarding (SB)	**Two**	**Three**	**Four**
Table Tennis (TT)	**Two**	**Two**	**Four**

- **Anyone with symptoms or actual illness is required to stay home at any alert level when participating in any SONZ programme.**

***Immediate return to competition is allowed if athletes have been inactive for two weeks or less**

SONZ return to activity guide will be implemented alongside the alert system protocols. This guide will ensure all athletes and volunteers are supported and provided with the appropriate tools before returning to competition. Physical and social wellbeing is paramount and must be a key focus as we return to activity.

What does this mean for the athletes at my club?

All training and competitions were postponed as of 15 March 2020. Therefore, **ALL** athletes will need to complete the maximum weeks of training in their respective sports as it is anticipated that athletes will have been inactive for over eight weeks by the time we return to alert level one.

What happens if the alert level rises and we have to stop activity again?

This guide shows sport specific details if we encounter future movement between levels. For example, SONZ may advise we are operating at alert level one, however due to a change in situation it may be required for the alert level to be increased, in this instance all training would be postponed. Using the guide,

clubs will be able to see how long athletes have been inactive in a sport from the date training was postponed to the date it recommences and calculate what training period (if any) needs to be completed. Any interruption in training of less than two weeks will not require extra training before attending a competition.

I understand the theory behind the return to activity guide, but how might this look for my athletes?
Practical examples of how the return to activity guide could be implemented:

Example 1
June 1st, 2020 and SONZ have advised we are now at alert Level 1; therefore, training can now commence.

Joe trains in Bocce. His last training was March 14th, 2020, meaning he has been inactive in this sport for 11 weeks. Joe will need to train for 4 weeks to meet the requirement of returning to competition after being inactive for more than 8 weeks. This training period will support Joe to successfully transition physically and socially back into competition.

Example 2
As of 25th June, the alert level has been raised again to Level 3 and all training is postponed. July 8th arrives, and the alert level has dropped to Level 1 therefore training can once again commence.

Sam is a Swimmer. His last training was 24th June, meaning he has been inactive in this sport for 2 weeks. Sam is allowed to attend a competition immediately if desired as he was inactive for two weeks or less.

Example 3
Sarah competes in Football. Her last training was April 2nd due to another lockdown and the alert level jumping back to level 3. The level remained at 3 until May 8th which means Sarah has been away for five weeks. Sarah will now need to complete three weeks training before attending her next competition.

As well as the return to activity guide, will SONZ provide any other useful tools for clubs who maybe worried about returning to activity?
SONZ will be releasing additional documentation regarding future hygiene and sanitation guidelines and this will be sent out directly to clubs and made available on the website. Coaching tips on how to reintegrate athletes back into SONZ programmes will also be made available in the near future.

If someone at my club has further questions, who can we discuss these with?

In the first instance, please direct all questions to your Regional Sport Coordinator and also check for regular update at www.specialolympics.org.nz