

Quick reference for play, active recreation and sport

Alert Level 2 - Play it Safe

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Why?

- To minimise the risk of transmission, and be able to track and isolate any outbreak
- Let's not go backwards - we all win if we move forward playing it safe to ensure we can all experience the benefits of play, active recreation and sport

Playing it Safe in play, active recreation and sport means

- If you're sick - stay home and get tested
- Know who's there, or be able to find them (contact tracing)
- Keep it small and as local as possible (gathering sizes)
- Keep our distance (physical distancing)
- Keep it clean (equipment and surfaces) and keep ourselves clean (personal hygiene)
- Start slow, and only progress when everybody is prepared - Prepare before Play
- Test your plans and processes - check and re-check
- Understand the spirit of the guidelines and apply it
- Keep within your skill level
- Be kind

This quick reference guide is designed to help organisations and individuals meet the Government requirements that allow us to resume play, active recreation and sport activities safely under COVID-19 Alert Level 2.

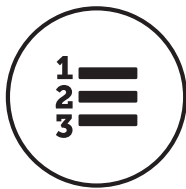
The questions below will assist any activity organiser or individual to determine whether their activity can proceed.

It is **everybody's responsibility** to work together to play it safe to get every body active

- Read the Government Guidelines for Play, Active Recreation and Sport at Alert Level 2
- Create a COVID-19 Health and Safety Plan and ensure it addresses each of the questions at right
- Peer assess and test your written plans and processes

Prepare before Play

[Guidelines here](#)



Do you understand the principles above and have you prepared for your activity with these principles in mind?

No

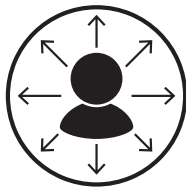


Plan and prepare

Yes

Contact Tracing

[Detailed info is available here](#)



Can you identify and/or record the contact details for all those involved and present at the activity? (Including spectators and officials)

No



Do not proceed

Yes

Hygiene & Sanitation

[Detailed info is available here](#)



Can everyone wash and dry their hands before and after the activity?

No



Do not proceed

Yes



Can equipment and surfaces be cleaned before and after use / activities?

No

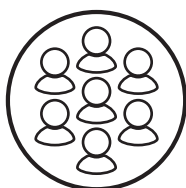


Do not proceed

Yes N/A

Gathering sizes

[Detailed info is available here](#)



Can you adhere to the gathering restrictions currently in place?

No

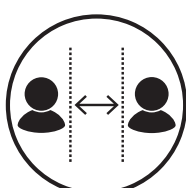


Do not proceed

Yes

Physical distancing

[Detailed info is available here](#)



Can physical distancing be maintained between spectators and other groups?

No



Do not proceed

Yes



Go ahead with the activity

Remember to continually review your processes and ensure they are in line with the current Government guidelines