

New Zealand COVID-19 Alert Levels



- These alert levels specify the public health and social measures to be taken.
- The measures may be updated on the basis of (i) new scientific knowledge about COVID-19 and (ii) information about the effectiveness of intervention measures in New Zealand and elsewhere.
- The alert levels may be applied at a town, city, territorial local authority, regional or national level.
- Different parts of the country may be at different alert levels. We can move up and down alert levels.
- In general, the alert levels are cumulative, e.g. Level 1 is a base-level response. Always prepare for the next level.
- At all levels, health services, emergency services, utilities and goods transport, and other essential services, operations and staff, are expected to remain up and running. Employers in those sectors must continue to meet their health and safety obligations.

LEVEL	RISK ASSESSMENT	RANGE OF MEASURES (can be applied locally or nationally)
Level 2 - Reduce Disease is contained, but risks of community transmission growing	<ul style="list-style-type: none"> • High risk of importing COVID-19 OR • Increase in imported cases OR • Increase in household transmission OR • Single or isolated cluster outbreak 	<ul style="list-style-type: none"> • Entry border measures maximised • Further restrictions on mass gatherings • Physical distancing on public transport (e.g. leave the seat next to you empty if you can) • Limit non-essential travel around New Zealand • Employers start alternative ways of working if possible (e.g. remote working, shift-based working, physical distancing within the workplace, staggering meal breaks, flexible leave arrangements) • Business continuity plans activated • High-risk people advised to remain at home (e.g. those over 70 or those with other existing medical conditions)

CLASSES	<p>Members</p> <ul style="list-style-type: none"> • Bring your own yoga mat • Bring your own boxing gloves • Wear inners before using boxing gloves • Use wipes or spray and paper towels to clean your workout area and equipment • No sharing equipment <p>Trainers & Instructors</p> <ul style="list-style-type: none"> • No partner work • Use boxing bags • Consider functional exercises and shadow work • Coaching cues should be 2metresaway from clients • No single circuits, no sharing equipment in a session • No sharing boxing gloves during a session 	<p>Members</p> <ul style="list-style-type: none"> • This will help minimise any transference of body fluids • Provide you with additional caution in this time of reducing risk • Again this reduces the risk of transference of body fluids by limiting the amount of sweat on the insides of the gloves • Will continue to keep our facility clean and hygienic for the next member • To protect everyone and keep training areas to the 2m recommendation <p>Trainers & Instructors</p> <ul style="list-style-type: none"> • To employ the 2m recommendation • To ensure 2m recommendation at all times • Supporting you in continuing to deliver high quality coaching classes and reducing the need for 1-to-1 combat only • Practicing this is difficult, particularly when you want to correct technique and improve the quality of the exercise.. Please employ 2m requirement • One big circuit means sharing of equipment. Please set members up with individual gear for individual circuits during this time • As the glove recoils to the face, breath is exposed to glove. Not sharing gloves will significantly reduce the risk of sharing bodily fluids
STUDIO GYM & GROUP FITNESS ROOM	<p>Members</p> <ul style="list-style-type: none"> • Please consider a 2m/square workout space • Wipe down gear AS SOON as you are finished with it <p>Trainers & HHF staff</p> <ul style="list-style-type: none"> • Continue to employ regular cleaning of handles, pins and chin up bars • Wipe communal handles, light switches, buttons and chair hand rests 	<p>Members</p> <ul style="list-style-type: none"> • Employs the 2m suggestion in all directions • Good practice to keep gear ready for use for another person. Everyone looking out for everyone - WhānauFitness <p>Trainers & HHF Staff</p> <ul style="list-style-type: none"> • Reducing the risk of transfer of body fluids • Reducing the risk of transfer of body fluids

Please contact us if you have any concerns or wish to let us know anything about your health status!

contact@kspositive.com

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Unite
against
COVID-19

Level 2 - Reduce

Disease is contained,
but risks of community
transmission growing

- High risk of importing COVID-19 OR
- Increase in imported cases OR
- Increase in household transmission OR
- Single or isolated cluster outbreak

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- Physical distancing on public transport (e.g. leave the seat next to you empty if you can)
- Limit non-essential travel around New Zealand
- Employers start alternative ways of working if possible (e.g. remote working, shift-based working, physical distancing within the workplace, staggering meal breaks, flexible leave arrangements)
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SHOWER ROOMS	<p>Everyone</p> <ul style="list-style-type: none"> • Please remove all of your belongings when you are finished in the bathroom. Including your towels • Disposing of tissues, rubbish, sanitary items, please do so well in the bins provided 	<p>Everyone</p> <ul style="list-style-type: none"> • Reduces the risk of transfer of body fluids, particularly to our cleaning staff • Reduces the risk of transfer of body fluids, particularly to our cleaning staff
KITCHEN	<p>Everyone</p> <ul style="list-style-type: none"> • During this time there is no kitchenware available. Please bring your own water bottles and food preparation equipment for your meals. We apologise for any inconveniences 	<p>Everyone</p> <ul style="list-style-type: none"> • Reduces the risk of transfer of body fluids, particularly to our cleaning staff
CLINICS	<p>Therapists</p> <ul style="list-style-type: none"> • Please ask clients to fill out Self-Clearance form at reception • Please continue to employ good cleaning protocols, including taking extra caution around face holes, bolstering, shoulder and hand rest areas of your table and massage accessories • Regularly wipe out cubby holes where clients communally put their clothes / shoes • Remove used linen in laundry baskets daily • Consider using gloves and a face-mask • Consider employing a variety of client positions so they are facing away from you. I.e. seated, whilst you stretch pecs and massage through delts and arms 	<p>Therapists</p> <ul style="list-style-type: none"> • To align with Hiko Health & Fitness' policy and responsibility to help reduce the risk of Covid-19 spread. All current and future members and clients must fill out a form • To reduce the risk of transference of bodily fluids for clients and therapist • To reduce the risk of transference of bodily fluid through fabric and other materials • To reduce the risk of transference of bodily fluids through fabric and other materials • As you are within 2m, this is a precautionary suggestion to protect both yourself and your client during this time of 'reducing risk' • Another precautionary suggestion to protect both yourself and your client, during this time of 'reducing risk'

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