## Sport and recreation activities at Alert Levels 1 – 4

<table>
<thead>
<tr>
<th>Alert Level 1</th>
<th>Alert Level 2</th>
<th>Alert Level 3</th>
<th>Alert Level 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Non-contact activity</strong></td>
<td>No restrictions (other than general public health measures at this alert level).</td>
<td>Non-contact activity can take place in outdoor and indoor facilities with public health measures. These include sanitation/hygiene guidance, advisory to minimise non-essential travel and conditions on gatherings. A condition on gatherings is that indoor facilities cannot exceed 100 people, outdoor facilities cannot exceed 500 people. People feeling unwell must stay home.</td>
<td>Outside bubble</td>
</tr>
<tr>
<td><strong>Contact activity</strong></td>
<td>No restrictions (other than general public health measures at this alert level).</td>
<td>Further advice is being developed on whether and what contact sport will be possible under Alert Level 2. Conditions on gatherings would have to be met, eg indoor facilities cannot have more than 100 people, and outdoor facilities cannot have more than 500 people. People feeling unwell must stay home.</td>
<td>Outside bubble</td>
</tr>
<tr>
<td><strong>Water sports (e.g. swimming, kayaking, surfing, boating)</strong></td>
<td>No restrictions (other than general public health measures at this alert level).</td>
<td>Water-based activities able to be conducted. Physical distancing recommended. Contact tracing in place. Mass gathering restrictions apply.</td>
<td>Outside bubble</td>
</tr>
<tr>
<td><strong>Active recreation (e.g. hunting, tramping, fishing)</strong></td>
<td>No restrictions (other than general public health measures at this alert level).</td>
<td>Hunting and camping allowed in line with overall public health and travel advice. Also check with Department of Conservation for activities on public conservation land. Mountain Biking allowed. Gyms open. All non-commercial fishing allowed.</td>
<td>Outside bubble</td>
</tr>
<tr>
<td><strong>Play</strong></td>
<td>No restrictions (other than general public health measures at this alert level).</td>
<td>Public play facilities open.</td>
<td>Outside bubble</td>
</tr>
</tbody>
</table>

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**Notes:**
- No restrictions (other than general public health measures at this alert level).
- Simple exercise, contact physical activity can take place, including in outdoor places. Low-risk activities only: care must be taken not to be injured and require medical care.
- Mass gathering restrictions apply.
- Keep it alone or in your bubble, (no congregating) keep it low risk (no activities you have not tried before or are inexperienced in), and also keep it non-motorised.
- Keep exercise simple. Gyms closed. Mountain biking, hunting and tramping not allowed because of higher risk of needing emergency services. Bike-riding allowed on road and low-risk paths.