

Sport and recreation activities at Alert Levels 1 – 4

	Alert Level 1	Alert Level 2	Alert Level 3	Alert Level 4
Non-contact activity	No restrictions (other than general public health measures at this alert level).	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.	Outside bubble Non-contact organised sports not allowed outside bubble. Virtual games and activities are allowed. No sharing of equipment outside bubble. Within bubble Activities allowed if permitted by travel rules at this alert level. Simple exercise, non-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. Remain within your current abilities. Examples are easy walks, picnics, backyard soccer, biking, including riding on easy, local mountain bike tracks. Public parks may open, but need to maintain physical distancing with people outside extended bubble.	Outside bubble Non-contact organised sports not allowed outside bubble. Virtual games and activities are allowed. Within bubble Simple exercise, non-contact physical activity can take place, including in outdoor place that can be readily accessed from home. Low-risk activities only: care must be taken not to be injured and require medical care.
Contact activity	No restrictions (other than general public health measures at this alert level).	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.	Outside bubble No contact sports outside bubble allowed. Within bubble Can train at home or outside with bubble members if personal contact is limited to bubble, activity is low risk, any associated travel is within allowed amount. Low-risk activities only: care must be taken not to be injured and require medical care.	Outside bubble No contact sports outside your bubble allowed. Can train alone at home, or places readily accessible from home without the need to drive. If exercising outdoors, maintain physical distancing. Low-risk activities only: care must be taken not to be injured and require medical care. Within bubble Contact sports can take place, including in outdoor place that can be readily accessed from home. Low-risk activities only: care must be taken not to be injured and require medical care.
Water sports (e.g. swimming, kayaking, surfing, boating)	No restrictions (other than general public health measures at this alert level).	Water-based activities able to be conducted. Physical distancing recommended. Contact tracing in place. 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. Allowed: swimming, surfing, kayaking, canoeing, rowing, windsurfing and paddle boarding, but stay close to shore. Not allowed: Boating, sailing and jet skis. All public aquatic facilities are closed.	No water sports because these activities expose participants to danger or may require search and rescue services. All public aquatic facilities are closed.
Active recreation (e.g. hunting, tramping, fishing)	No restrictions (other than general public health measures at this alert level).	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.	Advice on hunting is still being developed. Also check with Department of Conservation for activities on public conservation land. Biking, including riding on easy, local mountain bike tracks is allowed. Gyms closed. Recreational and other non-commercial fishing or line-fishing allowed from shore only.	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.
Play	No restrictions (other than general public health measures at this alert level).	Public play facilities open.	Play must be contained within your extended bubble. Outdoor parks and fields are okay, but playgrounds are closed.	Play must be contained within your bubble. Outdoor parks and fields are okay, but playgrounds are closed.