

Alert level 2 – a guide for residents and families

We would like to update you on what the Government's move to Covid-19 Alert Level 2 means for you. As we have with earlier guidelines on moving between different alert levels, the RVA has developed these in conjunction with our members.

Different villages will interpret the alert level to meet their residents' needs and expectations. For example, a village with a significant care component may take a different approach to one that is mostly lifestyle. We haven't designed a one-size-fits-all approach, but hope these guidelines provide you with sufficient flexibility to enjoy the village's amenities once more.

The Prime Minister stresses that Covid-19 is still out there, so play it safe! If you are feeling unwell, stay at home. If you're showing signs of a cold or flu, please make sure you get tested for COVID-19 as soon as possible. If you need help to do this, please contact your village manager.

Dissolving your bubble

At Alert Level 2, you can leave home to do more things, but you should follow public health measures and consider others around you.

Follow these physical distancing rules:

- Keep your distance in public from people you do not know (ideally 2 metres).
- 1 metre physical distancing in most other places, unless there are mitigating measures. Examples of environments where you should maintain 1 metre distancing include cafes,
- Take extra care if you interact with people you don't know as it won't be easy to do contact tracing if necessary. These situations include playgrounds, parks, shopping malls or walking along the street.

Make sure you download and use the Government's Covid-19 tracing app. It's easy to use; ask a staff member to assist if you need to.

Under level 2, you can leave the village to go shopping, visit friends and family, attend meetings (subject to maximum a maximum of 100 people), and the like.

In all cases the maximum size of any one organised group is 10 people, although restaurants are able to take up to 100 people with physical distancing protocols in place.

Domestic travel outside of the village's region is permitted, but not to attend large gatherings of people.

Hygiene and physical distancing

The same degree of hygiene – cleaning protocols, bottles of hand sanitiser easily accessible in all public areas, hand washing, maintaining a physical distance of one metre (or 2 metres if you're with people you don't know) outside your home – should continue to be observed.

It's important that everyone aged 70+ should think carefully about their safety. Hugs should be restricted to family members and avoid shaking hands with anyone else.

Visitors to the village

Unless the village policy is otherwise, you can receive visitors. Please keep a record of all visitors, including names, address, date and time, and contact details in case they need to be traced.

We've recommended that your village keeps a record of who is visiting and their contact details in case they need to contact trace anyone. Visitors should confirm they are in good health and have no flu-like symptoms.

Overnight stays are permitted but should be for short periods of time.

External visitors are permitted to the village's communal areas, provided a record is kept of their details in case they need to be traced.

Refurbishment and sales can continue in level 2 so expect to see tradespeople and potential new residents in the village. They will have guidelines to follow to keep everyone safe.

Community Facilities

Gatherings in community areas, such as craft and music groups, the library, the gym, card games, and the residents' workshop can occur, but with a maximum of 10 people in any one group and a maximum of 100 people in total in the same room.

Please make sure you stay at least one metre from other residents, wash your hands frequently, and wipe down surfaces regularly.

We've asked the village to maintain records of who was present when so that contact tracing, if necessary, is easier.

Cafes and Cinemas

We recommend that the village's approach reflects that taken in the wider community. Village cafes and cinemas can open, but operators should observe the Government's "three S's" – remain seated, stay separated, and a single server per table.

Residents can form groups of up to 10 people who can socialise in the café and the bar. It's not necessary for the individual groups of 10 to observe physical distancing, but it's important to keep different groups 2 metres apart if possible. Groups should not stay longer than two hours.

In the cinema you should keep a metre's distance from other residents, but you can form groups of up to 10 people to sit together.

Bars

You can form groups of up to 10 people to socialise together in the bar, but the group must keep at least a metre's distance from other groups. Groups should not stay longer than two hours.

We've asked the village to keep records of who attended so if there's a need to contract trace later, this can be done easily.

Recreational Activities

Games such as bowls, snooker, and petanque are permitted for groups of no more than 10 people, and players should observe a metre physical distancing and good hygiene protocols.

Spa pools should be used at the same time only by people in the same level three "bubble".

Swimming pool numbers should be limited so that everyone is able to maintain one metre's physical distancing easily.

We've recommended that the village keeps records of everyone using the facilities and when they were there.

Hairdressers, beauticians, and other service providers

Hairdressers and other service providers are able to continue in the village and should wear face masks while taking care of a client. People waiting should make sure they maintain a metre's distance from others in the room.

The service provider should keep a record of who attended when.

Mental wellbeing

We know the restrictions, even at level 2, are likely to be stressful for you. It's really important that you continue to join in with village activities where you can. There have been some great virtual initiatives ranging from yoga and puzzles to story-writing and art competitions.

If you need more assistance, please contact Healthline for free on **0800 358 5453**, or your GP if you begin to feel unwell. The symptoms of COVID-19 are cough, fever, and shortness of breath.

For all non-health related questions, call 0800 Government (**0800 779 997**).

Staying safe and well

At every alert level you should take measures to stay safe and well.

- Regularly disinfect surfaces
- Wash and dry your hands thoroughly and regularly
- Try not to touch your face
- Stay home if you are sick
- Get tested for COVID-19 if you have flu like symptoms – call your GP or Healthline
- Continue to seek primary medical care.

We know we have been conservative throughout these guidelines, and we know it has been hard at times. If the restrictions are causing hardship for you or your family, please do not hesitate to let your village manager know.

Prime Minister Jacinda Ardern made a really good point that, during Level 2, we are half-way down the mountain and it's harder to go down than up, so don't throw away the progress we have made.

The principle is simple: be careful, stay safe, save lives. This will break the chain of community transmission.



For more information

Please check the Ministry of Health's website <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus> where you can find information specifically for older people.