

Active Response II Level 4 Recreation

“It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of light, it was the season of darkness, it was the spring of hope, it was the winter of despair.”
Charles Dickens, *A Tale of Two Cities*.

Hunker down and stay at home [Jacinda Adern]

The government’s message is clear that during Level 4 restrictions – stay at home and recreate close to home – within walking distance.

- Use the tracks in your local park, green space or walk along local streets
- Recreate only with the people from your own household or on your own
- Stay at least 2 metres from anyone you meet [you can still wave or call out hello]
- Practice good hygiene – use hand sanitiser when out and wash hands on return home
- Make outings relatively short – public toilets, water fountains, playgrounds and other facilities will **NOT** be available to the public.

Community messaging

Communicate the following to your community:

- Recreate locally, within easy walking distance of your home
- Stay away from others
- Focus activities on your home and your own backyard
- The closer we stay to our home area, our ‘bubble’ the less chance of passing on the virus.



Recreation in the ‘hood

What opportunities are in your home, backyard or neighbourhood?

Inside

Choose something that works for you – there are plenty of online videos, courses or activities. Virtual exercise groups will suit some, and others may choose to exercise alone. Pump up the music or be silent and reflective.

- Yoga, [Pilates](#), stretching, meditation
- [Physical education](#) – alone or as a group
- Home workout with or without equipment
- Kapa haka, poi, singing, music and [dance](#)
- [Kids fun](#).

Backyard or courtyard

- Use balls, bats, [frisbees](#), bubble mix, hula hoops, nets, hoops, washing baskets...
- Have fun with: water play, picnics or camping in the backyard, gardening, treasure hunts, tree climbing, pet play, hut building, backyard Olympics...

Local community

Find areas where children can run around and have some space, **away** from play equipment or seating. Find some space that enables them (and you) to feel a sense of freedom.

- **Walk to:** parks, walkways, cycleways, trails, school fields, courts and streets, river, lake or beach
- **Have fun:** walking, scooting, cycling, kite flying, playing in streams, photography, nature hunts.

Avoid risk and use safety measures

Risk-prone outdoor activities can cause Search and Rescue or Ambulance staff to be called out of isolation, or burden the health system with injuries. It's not only about *personal risk* – it also puts at risk those we rely on for help if things go wrong.

For those who love high action outdoor activity:

- **AVOID** activities that may involve taking risks - including tramping, boating, fishing, mountain biking, hunting, kayaking, climbing and swimming.
- **TRY** other ways to keep fit, be outdoors and enjoy physical challenge by choosing activities that are low risk, at home or local.

Land Search and Rescue New Zealand Chief Executive Carl McOnie said its volunteers will stand ready during the restrictions "but would rather not be called out".

Five ways to wellbeing

Connect	Talk and listen, use technology to stay connected with family, friends and workmates
Be Active	Do what you can. Enjoy what you do. Be physical in different ways than before
Take Notice	What gives you joy? How are you feeling? Do you need a break? Look for beauty and humour.
Keep Learning	See opportunities. Keep an open mind about 'doing things differently for now'.
Give	Time and words, especially to those who are most vulnerable – if you can.

Management responses

Depending on the nature of the facility, the risk factors for accident, and whether or not safe distances can be maintained, management responses will vary. Key messages are:

Places and Spaces – Close any facility that is likely to have a contact surface, doesn't enable physical distancing or encourages social grouping. This includes: aquatic and recreation facilities, equipment such as playgrounds and outdoor facilities such as mountain bike parks. Any areas that could be physically contacted – such as toilets, water fountains, play and seating structures that are accessible to the public should be closed.

Risk management – Are your activities more high risk, and potentially cause unnecessary drain on health and emergency services? If so, close.

Proximity – Are your spaces and places close to residential communities? If yes and it is possible to keep them open whilst still acting within the safely restrictions, do so.



Figure 1 Children at play on Piha coastline, 1946-1948, North Island, by Eric Lee-Johnson. Purchased 1997 with New Zealand Lottery Grants Board funds. © Te Papa. CC BY-NC-ND 4.0. Te Papa (0.011092)

A call to action

Got brilliant ideas for active recreation at home and in your (very) local community? Things you, your family, friends, or your community are telling you about – that you'd like to share? We'd love to hear about them. Please contact us at:
insights@nzrecreation.org.nz