



RETURN TO LACROSSE

Latest Update



Kia ora to all our NZ Lacrosse community

This update will provide you all with a summary of any key information, updates or actions you need to know as part of our Return to Lacrosse in the current COVID-19 world.

In addition, please make sure you're regularly checking our [website](#) and checking in with your Regional Bodies.

A MOVE TO ALERT LEVEL 1

We share in the excitement with the rest of New Zealand that there are currently no active cases of COVID-19 and a move to Alert Level 1.

This means Lacrosse can continue very much like it did pre-COVID, with continued border restrictions. While this is the case, NZ Lacrosse want to ensure that continued care around basic hygiene and public health measures are followed.

UPDATED GUIDELINES

In response to the move to Alert Level 1, NZ Lacrosse have updated their Return to Lacrosse guidelines accordingly. These are available on our website.

USEFUL LINKS



[NZ Lacrosse
COVID Site](#)



[Sport NZ](#)



[NZ Govt
COVID Site](#)

10 GOLDEN RULES

SportNZ have released '10 Golden Rules' to maintaining public health measures in Level 1. These are:

1. If you're sick, stay home.
2. If you have cold or flu-like symptoms, call your doctor or healthline. Get tested.
3. Wash your hands.
4. Sneeze or cough into your elbow and regularly clean shared surfaces.
5. You must self-isolate if you're told by officials to do so.
6. Stay healthy, work with your GP if you have underlying health issues.
7. Keep track of where you've been.
8. Businesses help people track movements by displaying the QR code.
9. Stay vigilant.
10. Be kind to others and be kind to yourself.

CONTACT US

If there is anything in our Return to Lacrosse approach which you are uncertain or concerned about, please don't hesitate to reach out to your Executive in your Regions, or directly to the NZWLA and NZLA Executive by emailing secretary@nzwlacrosse.com.

**ALL LACROSSE
ACTIVITY MAY
RESUME!**

**MAINTAIN PERSONAL
CONTACT TRACING**

**CONTINUE BASIC
HYGIENE**

**STAY AT HOME IF
YOU'RE SICK**

**NZWLA AND NZLA
RETURN TO LACROSSE**
Alert Level 1 Update

**NEW ZEALAND
LACROSSE**

