



QRC LODGE & SHOTOVER LODGE

COVID-19; Alert Level 4

March 23rd

Dear Residents,

We understand everyone has had a lot of communication recently regarding the impact COVID-19 is having on daily life, but we do encourage you to read thoroughly through this letter.

Now we know that the alert level will be escalated to 4 as of 11:59 pm on Wednesday 25th March it is important to clarify what that means for our community.



The current directive is at level 3 meaning people have 48 hours to arrange travel should they need to return to their home from elsewhere in NZ. After this time, when the alert rises to level 4, travel options will be severely restricted to those undertaking essential services/work or freighting cargo around. Effectively this means if you choose or have no option other than to remain at either lodge, this will become your constant home for the next four weeks.

AN ISOLATED COMMUNITY



All residents living at the lodge will effectively be isolating as extended family.

The only people you will be able to socialise with will be other residents within the lodge. The effectiveness of the measures taken to shut-down the spread of COVID-19 is completely reliant upon every individual playing their part and taking their responsibility seriously.



Essential services are to be visited only when needed. Not on a daily basis.

While essential services such as supermarkets, pharmacies and medical centres will remain open it is not expected that they will be frequented unless necessary. In order to minimise the need to leave the lodges it is expected that a group shopping scheme may be set up to reduce the number of trips required to maintain supplies.



Time away from the lodge will be minimal

You will not be at liberty under these extraordinary circumstances to leave the lodges for any extended period of time i.e. overnight. If you choose to extend your social connection beyond the lodge residents, you will be asked to vacate your room until after the isolation period has expired.



Essential Workers still leaving the lodge will need to operate in self-isolation.

If you are working during the four-week lock-down period as an essential worker you will need to operate within the lodge following self-isolation practice. This means staying 2m away from every other resident (including your partner), using the communal kitchen at alternative times and following strict health and hygiene guidelines. Please refer to the earlier correspondence re: self-isolation for clear direction on this. We will be able to accommodate you in a single room and allocate times for use of communal areas.

As the restrictions placed upon the population are nationwide and a directive of government, they are subject to enforcement. Where necessary the Lodge Managers will work with the authorities to ensure the QRC community are doing their bit in the fight against COVID-19.



What will I do when I have to 'STAY AT HOME'?

It is important to enter into some form of routine to keep my mind and body busy.

ONLINE CLASSES will begin at the start of term – April 6th. This will give you the opportunity to stay engaged with your learning and continue the pathway towards your qualification. It is important to remind yourself that what we are experiencing now is extreme and temporary. Some sense of normality will resurrect itself in due course and it will be the right time to have your best foot forward and ready to be part of the rebuild of the tourism and hospitality industry.

PHYSICAL ACTIVITY is important to give your mind a break. You can leave the lodge to get out for a walk, ride or run. There are also lots of new fitness classes popping up online from Les Mills through to yoga. Set yourself a challenge for the month – get fit / fitter!

DIGITALLY SOCIAL is second nature these days to it is a great time to use the various platforms to stay connected to friends and families. Tune into Netflix together, get together for a beer - stay talking and stay connected.

DO THE BASICS WELL like sleeping (not too much and not too little! Aim for 8 hours) and eating (keep it fresh and healthy to boost your immunity and take your newfound time to experiment with new recipes).

GET CREATIVE! There are many ways to fill in time. An activity menu is a great tool to give you some fresh ideas every day. See overleaf.

In these uncertain times it is important that you seek reliable and factual information.

The following website has been set up by the government to provide this: <https://covid19.govt.nz/>

QRC staff are also still working during this period albeit from home. They are available via email and phone should you need to discuss any issue. Updates and communications will be released from QRC in a timely manner to keep everyone in the QRC community informed.

We look forward to working with you all over the next four weeks during a time that marks NZ history to make the experience as manageable and practical as possible.

Kind regards

Dennis & Adrienne Mace
Managers, QRC Lodge

Sanyok Rana
Manager, Shotover Lodge



Animals

Pet an animal
Walk a dog
Listen to the birds



Be active

Go for a walk
Go for a run
Go for a swim
Go cycling
Use an exercise video at home



Clean

Clean the house
Clean the yard
Clean the bathroom
Clean the toilet
Clean your bedroom
Clean the fridge
Clean the oven
Clean your shoes
Do the washing up
Fill / empty the dishwasher
Do laundry
Do some chores
Organise your workspace
Clean a cupboard



Connect with people

Contact a friend
Join a new group
Join a political party
Join a dating website
Send a message to a friend
Write a letter to a friend
Reconnect with an old friend



Cook

Cook a meal for yourself
Cook a meal for someone else
Bake a cake / cookies
Roast marshmallows
Find a new recipe



Create

Draw a picture
Paint a portrait
Take a photograph
Doodle / sketch
Organise photographs
Make a photograph album
Start a scrapbook
Finish a project
Do some sewing / knitting



Expression

Laugh
Cry
Sing
Shout
Scream



Kindness

Help a friend / neighbour / stranger
Make a gift for someone
Try a random act of kindness
Do someone a favour
Teach somebody a skill
Do something nice for someone
Plan a surprise for someone
Make a list of your good points
Make a list of things or people you are grateful for



Learn

Learn something new
Learn a new skill
Learn a new fact
Watch a tutorial video



Mend

Repair something in the house
Repair your bike / car / scooter
Make something new
Change a lightbulb
Decorate a room



Mind

Daydream
Meditate
Pray
Reflect
Think
Try relaxation exercises
Practise yoga



Music

Listen to music you like
Find some new music to listen to
Turn on the radio
Make some music
Sing a song
Play an instrument
Listen to a podcast



Nature

Try some gardening
Plant something
Do some pruning
Mow the lawn
Pick flowers
Buy flowers
Go for a walk in nature
Sit in the sun



Plan

Set a goal
Create a budget
Make a 5 year plan
Make a 'to do' list
Make a 'bucket list'
Make a shopping list



Read

Read a favourite book
Read a new book
Read the newspaper
Read your favourite website



Schedule

Get up extra early
Stay up late
Sleep in late
Tick something off your 'to do' list



Self care

Take a bath
Take a shower
Wash your hair
Give yourself a facial
Trim your nails
Sunbathe (wear sunscreen)
Take a nap



Try something new

Try a new food
Listen to some new music
Watch a new TV show or movie
Wear some new clothes
Read a new book
Do something spontaneous
Express yourself



Watch

Watch a movie
Watch a TV show
Watch a YouTube video



Write

Write a letter with compliments
Write a letter to your politician
Write an angry letter
Write a grateful letter
Write a 'thank you' card
Write a journal / diary
Write your CV
Start writing a book