

## 2019 冠狀病毒病 – 香港壁球總會活動指引

### Guidelines for Hong Kong Squash Activity under COVID-19



## 教練適用 for Coaches

### 預防措施 Precautionary Measures

1. 在出發前往活動場地前量度體溫 Check your temperature at home before going to the activity venue
2. 如發現以下情況，應盡快向醫生求診及/或留在家中休息 You are advised to seek medical advice and/or rest at home if you, :-
  - 身體不適，包括但不限於發燒及出現呼吸道感染病徵 feel unwell, including but not limited to fever and appear respiratory symptoms
  - 現時正受政府發出的隔離令或家居檢疫令的管限 Currently subject to any isolation order or home quarantine order issued by the Government
  - 現時正在社區隔離設施或家居進行醫學監察(\*\*密切接觸者的同住家人適用)。Currently undergo medical surveillance at Community Isolation Facilities or home (\*\*for household contacts of close contacts)
  - 需按強制檢測公告或指示接受 2019 冠狀病毒病檢測/曾經按強制檢測公告或指示接受 2019 冠狀病毒病檢測而未有陰性檢測結果 Required to undergo COVID-19 testing pursuant to a compulsory testing notice or direction / Undergone COVID-19 testing pursuant to a compulsory testing notice or direction and do not have a negative result

*\* "密切接觸"是指直接接觸、居於同一家庭、乘坐同一車輛或飛機、或有近距離社交接觸，例如同進餐。以上僅列舉部分例子以作參考。如有懷疑，本會建議閣下應採取謹慎做法，即避免參與是次活動 "Close contact" generally means having direct physical contact, living in the same household, travelling in the same vehicle or flight, having social contact in close proximity such as dining together. The above examples are not exhaustive. If you are in doubt, we advise that you are on the side of caution and refrain from participating in this activity.*
3. 往返活動場地時，必須戴上口罩 Wear a mask when you travel to and from the activity venue
4. 所有人士進入活動場地時必須利用手機掃描「安心出行」二維碼，或登記姓名、聯絡電話及到訪日期及時間 All participants are required to scan the "LeaveHomeSafe" QR code or register their name, contact number and the date and time of visit before being allowed to enter the activity venue
5. 所有 12 歲或以上人士進入或身處體育處所，在掌管人要求下出示疫苗接種紀錄 / 醫學豁免證明書以供目視檢查 All participants aged 12 or above entering or remaining on the sports premises are required to show vaccination record / medical exemption certificate for visual inspection at the request of the person-in-charge
6. 所有人士進入活動場地時必須量度體溫，體溫必須為攝氏 38 度以下 All participants must check their temperature before entering the activity venue, no entry allowed for person who has a temperature 38C or higher
7. 所有人士進入活動場地前後必須使用酒精搓手液，消毒雙手，並時刻注意個人衛生，保持雙手清潔 Use alcohol-based sanitise to sanitize the hands before entering the activity venue and after the activity, observe good personal hygiene at all times and keep hands clean
8. 使用個人毛巾、水樽及運動裝備，如壁球拍及護眼罩等 Use personal towels, water bottles and sports gears, e.g. rackets and protective eyewear
9. 自備足夠飲料 Prepare your own sufficient beverages

### 訓練/活動前 Before Training/Activity

Enquiries 查詢: Tel.電話:(852)28690611 Fax 傳真: (852)28690118 Email 電郵: [enquiry@hksquash.org.hk](mailto:enquiry@hksquash.org.hk)

Website 網址: [www.hksquash.org.hk](http://www.hksquash.org.hk)

1. 盡量縮短逗留時間，不要太早到達活動場地 Arrive activity venue as close as possible to minimize the length of stay whenever possible
2. 在等候期間必須戴上口罩，並與其他人保持最少 1.5 米適當社交距離 Wear a mask and maintain a social distance of at least 1.5M with others when waiting
3. 如球員體溫為攝氏 38 度或以上、或出現、喉嚨痛、咳嗽、乏力、氣促、呼吸困難等症狀，應停止參與比賽，並盡早向醫生求診 Person with a temperature 38C or higher and/or any symptoms such as fever, sore throat, cough, malaise, shortness of breath, breathing difficulty should be refrained from the competition and seek for medical consultation immediately
4. 用梘液和清水或以酒精搓手液清潔雙手 Wash hands with liquid soap and water or use alcohol-based sanitizer to perform hand hygiene
5. 清潔及消毒運動裝備 Clean and disinfect the sports gears

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### During Training/Activity on Court 在壁球場內進行訓練/活動期間

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1. 必須遵守最新修訂的《預防及控制疾病(規定及指示)(業務及處所)規例》(第 599F 章) 規定，在壁球場內不得進行多於法例指定人數(包括教練)的訓練/活動 Follow the most updated Prevention and Control of Disease (Requirements and Directions) (Business and Premises) Regulation (Cap. 599F), no more than the restricted numbers of persons (including coach) in each group is allowed in a squash court
2. 必須遵守最新修訂的《預防及控制疾病 ( 禁止羣組聚集 ) 規例》(第 599G 章) 規定，在壁球場外不得多於法例指定人數聚集 Follow the most updated Prevention and Control of Disease (Prohibition on Group Gathering) Regulation (Cap.599G), no more than the restricted numbers of persons (including coach) is allowed outside the squash court
3. 必須遵守最新修訂的《預防及控制疾病 ( 佩戴口罩 ) 規例》(第 599I 章) 規定，在指定情況下必須佩戴口罩 Follow the most updated Prevention and Control of Disease (Wearing of Mask) Regulation (Cap.599I), wear a mask whenever required
4. 活動前後進行足夠的熱身、伸展和舒緩運動，避免受傷 Do adequate warm-up, stretching and relaxation exercise before and after activity to prevent injury
5. 經常觀察參與者的身體狀況，按參與者的體能情況適時調節運動量和運動強度，並提醒參與者按個人的能力，循序漸進地提升活動的強度 Observe participants' physical conditions, adjust their intensity and amount of physical activity whenever necessary. Also remind participants to increase the intensity gradually in accordance with their personal capabilities
6. 教練需提醒參與者如感到呼吸不暢順或身體不適，應立即停止活動，並通知教練。教練亦應檢查參與者的身體狀況是否適合繼續進行活動 Remind the participants if they have difficulties breathing or feel unwell, they should refrain from the activity and inform the coach. Coach should check whether the participants are suitable to continue the activity
7. 提醒參與者雙手不要擦拭牆身及玻璃。如有需要，應用個人毛巾或護腕擦去手上的汗水 Remind participants not to wipe their hands on the walls and glasses. Use their towel or wristband to dry the hands, if necessary
8. 減少不必要的身體接觸之訓練/活動 Minimize any training/activities which may have body contacts with others
9. 建議在授課期間佩戴護眼罩 Recommend to wear protective eyewear when coaching
10. 避免觸摸眼睛、鼻和口。如有需要，應先清潔雙手 Avoid touching eyes, nose and mouth. Otherwise, should perform hand hygiene before touching
11. 如家長/監護人需於訓練場地等候子女，必需時刻戴上口罩，並與其他人保持最少 1.5 米適當社交距離 If parent/guardian remains at the venues, he/she should wear a mask and maintain a social distance of at least 1.5M with others

12. 保存參與者完整的出席紀錄及聯絡資料 Keep the attendance records and participants' contact details properly

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### After Training/Activity 訓練/活動後

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1. 用梘液和清水或以酒精搓手液清潔雙手 Wash hands with liquid soap and water or use alcohol-based sanitizer to perform hand hygiene
2. 清潔及消毒已使用過的運動裝備 Clean and disinfect the used sports gears
3. 活動後盡快離開場地，不要逗留 Leave the venue as soon as possible after activity

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### Remarks 備註

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1. 所有參與本會活動的人士必須遵守康樂及文化事務署的場地守則及最新修訂的《預防及控制疾病(規定及指示)(業務及處所)規例》(第 599F 章)·《預防及控制疾病(禁止羣組聚集)規例》(第 599G 章)·《預防及控制疾病(佩戴口罩)規例》(第 599I 章)規定·《預防及控制疾病(疫苗通行證)規例》(第 599L 章)以及衛生防護中心最新公布的預防 2019 冠狀病毒病的指引 All participants of Hong Kong Squash activity must follow the venue guidelines of the Leisure & Cultural Services Department and the most updated Prevention and Control of Disease (Requirements and Directions) (Business and Premises) Regulation (Cap. 599F), Prevention and Control of Disease (Prohibition on Group Gathering) Regulation (Cap. 599G) and Prevention and Control of Disease (Wearing of Mask) Regulation (Cap. 599I), Prevention and Control of Disease (Vaccine Pass) Regulation (Chapter 599, sub. leg. L) as well as the latest Guidelines on Prevention of COVID-19 issued by the Centre for Health Protection
2. 本會將因應疫情之嚴重性或政府對應疫情的措施，適時適切地檢視及修訂此活動指引，詳情請留意本會網站([www.hksquash.org.hk](http://www.hksquash.org.hk))公佈 The Association shall review and amend these guidelines in a timely manner in response to the severity of the epidemic or the government's measures to respond to the epidemic. For details, please pay attention to the announcement on our official website ([www.hksquash.org.hk](http://www.hksquash.org.hk))
3. 本會將保留更改以上守則之權利而不需作另行通知，如有任何爭議，本會將保留最終決定權 The Association reserves the right to change the above notes and guidelines without notice. In case of any dispute, we reserve the right to make the final decision
4. 了解更多有關 2019 冠狀病毒病，可瀏覽 For more information on COVID-19, you may visit:  
<https://www.coronavirus.gov.hk/eng/index.html> OR  
<https://www.chp.gov.hk/en/index.html>