



## Chairman Cup 2020 主席盃

### Notes to Players under COVID-19 新型冠狀病毒病下 – 球員須知

#### 進入比賽場地 Prior to entering the Competition Venue

1. 每位球員只能為一名壁球教練申請進入比賽場地的入場證，並須於比賽前向本會申請 Each player can only apply for ONE pass to enter the competition venue by one squash coach, and must apply to the Association before the competition
  2. 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
  3. 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檢疫令的管限 Currently subject to any quarantine order issued by the Government
    - 曾經與任何曾離開香港而現時受政府發出的檢疫令管限的任何人士有\*密切接觸，尤其是家人、家庭傭工及司機 In \*close contact with any person who has travelled outside Hong Kong and is currently subject to a quarantine order issued by the Government, in particular family members, helpers or drivers
    - 在活動日期前 14 日內，與任何確診或懷疑確診 2019 冠狀病毒病人(無論在香港或海外)有\*密切接觸 In \*close contact with any person who is a confirmed or preliminary positive case of COVID-19 infection in Hong Kong or overseas within 14 days prior to the date of activity
    - 在活動日期前 14 日內，於衛生防護中心發佈的 2019 冠狀病毒病確診個案所在的大廈居住 Live in a building in which there has been a confirmed case of COVID-19 within 14 days prior to the date of activity as published by the Centre for Health Protection
    - 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，例如一同進餐。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.*
4. 所有參與活動的人士包括球員、教練、球證及工作人員必需於比賽前填寫由本會提供的「香港壁球總會活動 - 健康申報表」，並於活動前交回於活動登記處的工作人員或以傳真(852-28690118) / 電郵(enquiry@hksquash.org.hk)方式遞交本會辦事處。如參與者未能填妥表格或確認表格所列出的事項，將不能進入活動場地 All participants including players, coaches, referees and competition personnel are requested to complete the “Hong Kong Squash Activity - Health Declaration Form” provided by Hong Kong Squash and return it to the staff at the registration counter at the activity venue OR fax (852-28690118) / email (enquiry@hksquash.org.hk) to Hong Kong Squash Office prior to the activity. Participant will not be allowed into the activity venue if he/she fail to complete the form or confirm the matters as set out in the form
  5. 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
  6. 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

7. 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
8. 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 sanitise the hands before entering the activity venue and after the activity, observe good personal hygiene at all times and keep hands clean

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### Before Competition 比賽前

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1. 在等候比賽期間必須戴上口罩，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 for competition;
2. 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;
3. 場地將劃分為熱身區及比賽場地，球員請按照工作人員指示，到達指定熱身區進行暖身活動以準備出賽 The competition venue is divided into warm-up area and match court. Players are required to follow the instruction of the competition personnel to warm up at the designated area before match;
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 Competition on Court 在壁球場內進行比賽期間

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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. 只准球員開/閉球場門 Only players can open and close the court door;
5. 在球證批准下，球員需要自行使用消毒用品清潔球場地面 During play, players are required to wipe the court floor with sanitized equipment as approved by the match referee;
6. 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 Do not wipe your hands on the walls and glasses. Use your towel or wristband to dry your hands, if necessary;
7. 容許球員每 10 球有 20 秒暫停時間用自備毛巾抹走汗水。球證會嚴格執行處理拖延時間的行為 Players will be permitted a 20 second break every 10 rallies to use the towel and remove sweat. Time-wasting will be firmly dealt with by the match referee;
8. 盡量減少不必要的身體接觸，例如以球拍互碰一下代替於比賽前後握手 Avoid any body contacts, e.g. participants may tap rackets instead of shaking hands after play;
9. 避免觸摸眼睛、鼻和口。 Avoid touching eyes, nose and mouth;

10. 球員需要將損壞了的比賽用球放置於球場外大會預備的收集箱內 A damaged ball to be removed from the court by a player and placed in an open, courtside bin;
11. 新的比賽用球需要放置於球場外以方便球員提取使用 New balls to be placed courtside and retrieved by a player only should they be required;
12. 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;
13. 自備足夠飲料 Prepare your own sufficient beverages;
14. 教練必需於比賽場地時刻戴上口罩，並與其他人保持適當社交距離 Coach should wear a mask and maintain social distance with others at the competition venue.

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### After Competition 比賽後

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1. 比賽完結後，勝方球員需要將已用的比賽用球放置於球場外大會預備的收集箱內 Used match ball to be removed from court and placed in an open, courtside bin by the winning player at the end of the match;
2. 球員需要將所有用過的用具、食物、紙巾等從比賽場地移走或棄置於球場外大會預備的收集箱內 All used equipment, food, tissues etc. to be removed from the venue by the player or disposed of in open, no touch bins;
3. 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;
4. 清潔及消毒已使用過的運動裝備 Clean and disinfect the used sports gears;
5. 比賽完結後，盡快離開場地，不要逗留 Leave the competition venue as soon as possible after match;
6. 每日比賽完結後，賽事結果將會上載於本會網站 [www.hksquash.org.hk](http://www.hksquash.org.hk)，所有人士可透過網上查閱成績，請勿逗留在比賽場地等候成績宣佈。本會亦會以本會面書(Facebook)適時發佈比賽消息，敬請留意。 The match results will be uploaded to HKS official website ([www.hksquash.org.hk](http://www.hksquash.org.hk)) after the matches are completed on the day. All people can check the results online. Please do not stay in the competition venue to wait for the results to be announced. The competition news will also be published on HKS Facebook in a timely manner.

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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，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) 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>