Dear Students, Colleagues and Staff Members,

**CSE’s Health Precautionary Measures During COVID-19 Outbreak Period (w.e.f. 11 July, 2020)**

To protect the safety and health of all users and CSE staff, you are required to take note and / or adhere to the following health precautionary measures which are currently in place when using CSE’s sports facilities:

1) **Users will be required to undergo mandatory body temperature check at the reception counter at the entrance of Stanley Ho / Flora Ho Sports Centre. Any individuals with temperature higher than 37.5°C will be prohibited from entering the facilities and asked to visit a medical professional.**

2) Those who have respiratory tract infection symptoms such as coughing and running nose, or if you are feeling unwell, we ask you to be courteous to others and refrain from using the sports facilities.

3) Members returning to Hong Kong (including a travel to mainland China and Macau) must avoid using the sports facilities **at least 14 day self-quarantine requirement** after the date of their return.

4) **All users are required to wear a face mask upon entering the sports centres for the safety of members and CSE staff.** While users may take off their masks during their outdoor physical activity and shower, all users are required to put on a face mask when using changing facilities and walking around the centres before or after exercise. With regards to fitness rooms, for the safety and protection of users and staff, face masks will be required to remain on when using the fitness facilities. This may be uncomfortable for some users, so please consider this before choosing to use the indoor facilities and opt instead for use of outdoor facilities as well as avoiding vigorous or high intensity exercise.

5) Fitness rooms are subject to a user quota at this stage. In the case of quota being exceeded at the time you walk in, you would then have to wait until quota becomes available.

6) Users please bring your own racquets, balls or other sports equipment items as no sports equipment will be on loan (except billiard room equipment) during this period of time. Users should also avoid sharing their own sports equipment with others.

7) When multiple persons are doing physical activities together, they should keep a physical distance of at least 1m (with their masks on) and 1.5m (without their masks on) apart from each other. Also, users are strongly advised not to gather in groups as far as possible.
8) Each user is only allowed to bring 1 guest to use the sports facilities (except fitness rooms). All guests are required to register and make health declaration at the reception counter upon entry to sports centres. Normal guest fees apply. However, users are not allowed to bring in any guest teams to use the sports facilities.

9) Users who drive to the Stanley Ho Sports Centre can go through the car entrance as normal upon the presentation of their valid card. However, all other passengers (if any) must get out of the car and use their own membership access card to enter the sports centre through the pedestrian entrance. By so doing, CSE would then keep a full record of users entering the sports centre.

10) CSE may request any users who do not follow any of the above precautionary measures to leave the sports centres immediately.

**Keep Active when Working at Home**

Meanwhile, for those who have been working from home or are in the office, but are concerned about venturing outside to do exercise, we have created for our members a host of exercise videos for home-based training. These resources have been uploaded to our website for you to follow in the form of videos and demonstration photos. You may also wish to join our Facebook Live video sessions, where we bring exercise right to you in your home or office. Please visit our Exercise is Medicine at HKU Facebook site to see the live videos or view them afterwards.

Thank you for your attention and please be rest assured that all of HKU is working together to do their parts in taking on the COVID-19 pandemic https://fightcovid19.hku.hk/.

Regards,

Centre for Sports and Exercise, HKU