



2019 冠狀病毒病 – 石門訓練中心防疫指引

鑑於 2019 冠狀病毒病疫情及政府最新政策，為保障訓練中心使用者及總會員工的安全，所有進入訓練中心人士必須細閱並遵守以下各項指引：

1. 利用手機掃描「安心出行」二維碼或登記姓名、聯絡電話及到訪的日期及時間；
2. 在中心範圍內必須時刻（包括進行熱身運動時）配戴口罩，進行水上訓練、緩和運動、飲食、沖身時除外；
3. 佩戴口罩時，必須完全遮蓋口鼻；
4. 完成訓練後，應盡快完成緩和運動 (cool down) 及沖身；
5. 避免隊員間的身體接觸；
6. 避免在更衣室及洗手間內逗留；
7. 時刻保持雙手清潔，尤其在觸摸口、鼻或眼之前；觸摸扶手或門把後；或當手被呼吸道分泌物污染時，如咳嗽或打噴嚏後；
8. 洗手時以清水清潔雙手，搓手最少20秒，用抹手紙弄乾及棄置於有蓋垃圾箱內。如雙手沒有明顯污垢時，使用含70%至80%的酒精搓手液潔淨雙手亦為有效方法；
9. 於打噴嚏或咳嗽時用紙巾掩蓋口鼻，把用過的紙巾棄置於有蓋垃圾箱內，然後徹底清潔雙手；
10. 除進行隊際訓練外，在中心範圍內禁止進行多於 **4人** 的群組聚集，群組之間需保持 **1.5** 米或以上的距離；
11. 每部龍舟機之間必須有 **1.5** 米距離；
12. 每部龍舟機只供最多 **4人** 一組使用，除教練進行指導外，其他人仕不得圍觀聚集；
13. 在室外進行龍舟機訓練時，可暫時除下口罩；在等候使用龍舟機時及完成訓練後，必需戴上口罩。

請留意 2019 冠狀病毒病不容忽視，中國香港龍舟總會在有限的資源下作出相應預防措施，並希望能與各隊員共同抗疫。中國香港龍舟總會將繼續密切留意情況，包括有關政府部門對疫情最新發展情況，因此有機會在短時間內更改以上使用指引。

如有任何問題，請致電 3618 7510 與總會秘書處聯絡。

中國香港龍舟總會

2021 年 4 月 29 日



Health Advice for the Prevention of COVID-19
for HKCDBA Shek Mun Training Centre

In view of the recent Government's policy and latest development of COVID-19 virus infection, the Association would have the following arrangements to ensure the safety of Training Centre Users and HKCDBA Staff. Everyone who would like to enter HKCDBA Shek Mun Training Centre **must read and commit to comply with the guidelines as below:**

1. Scan the "LeaveHomeSafe" QR code or register the name, contact number and the date and time of the visit;
2. Wear masks surgical at all time include doing warm up exercise (expect when doing exercise, cool down, and consuming food or drink as well as having a shower);
3. Cover the nose, mouth and chin when wearing mask;
4. Cool down and have a shower as soon as possible after training;
5. Avoid close contact between crews;
6. Avoid staying in the changing rooms or toilet;
7. Perform hand hygiene frequently, especially before touching the mouth, nose or eyes; after touching public installations such as handrails or door knobs; or when hands are contaminated by respiratory secretions after coughing or sneezing;
8. Wash hands with water, and rub for at least 20 seconds. Then dry with a disposable paper towel and soiled into a lidded rubbish bin. If hands are not visibly soiled, performing hand hygiene with 70 to 80 per cent alcohol-based hand Rub is an effective alternative;
9. Cover mouth and nose with tissue paper when sneezing or coughing. Dispose of soiled tissues into a lidded rubbish bin, then wash hands thoroughly;
10. Avoid group gathering of more than **four (4)** people in the Centre and Sports Premises except during team sports; and there must be a distance of **1.5** meters or more between different groups.
11. Keep a distance of **1.5** meters or more between Ergometers;
12. Avoid group gathering of more than **4** persons at each Ergometer;
13. Wear mask during waiting of using ergometer and after training, expect when using ergometer at outdoor area.

Please be notified that the COVID-19 is a serious epidemic situation, HKCDBA will take proper precautions to control the risks under limited recourses. Let's work together to prevent the spread of COVID-19. HKCDBA will keep monitor the latest situation and conditions to use subject to the Government policies/advices and arrangements with short notice.

Should you have any question to the above arrangements, please feel free to contact us at 3618 7510.

Hong Kong China Dragon Boat Association

29 April 2021