

Guidelines for Squash Activity under COVID-19

2019 冠狀病毒病 – 壁球活動指引

for Coaches 教練適用

Precautionary Measures 預防措施

1. Check your temperature at home before going to the training/ activity venues.
在出發前往訓練/活動場地前量度體溫
2. You are advised to seek medical advice and/or rest at home if you,-
如發現以下情況，應盡快向醫生求診及/或留在家中休息：-
 - feel unwell, including but not limited to fever and appear respiratory symptoms
身體不適，包括但不限於發燒及出現呼吸道感染病徵
 - have been in contact with someone diagnosed COVID-19 in the last 14 days
於過往 14 天曾與確診 2019 冠狀病毒病人人士接觸
 - returned to Hong Kong from other countries/ areas in the last 14 days
於過往 14 天由其他國家/地區返港
3. All coaches should fill in the “Coach and Athlete’s Health Declaration Form”
所有教練必需填寫由本會提供的「教練及運動員健康申報表」
4. Observe good personal hygiene at all times and keep hands clean
時刻注意個人衛生，保持雙手清潔
5. Wear a mask when you travel to and from the training/ activity venues
往返訓練/活動場地時，必須戴上口罩
6. Use personal towels, water bottles and sports gears, e.g. rackets and protective eyewear
使用個人毛巾、水樽及運動裝備，如壁球拍及護眼罩等
7. Prepare your own sufficient beverages
自備足夠飲料

Before Training / Activity 訓練/ 活動前

1. Arrive training/ activity venues as close as possible to minimize the length of stay whenever possible
盡量縮短逗留時間，不要太早到達場地。
2. Wear a mask and maintain social distance with others when waiting
在等候期間必須戴上口罩，並與其他人保持適當社交距離
3. Wash hands with liquid soap and water or use alcohol-based sanitizer to perform hand hygiene
用梘液和清水或以酒精搓手液清潔雙手

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

1. Follow the most updated Prevention and Control of Disease (Wearing of Mask) Regulation (Cap. 599I) and Prevention and Control of Disease (Requirements and Directions) (Business and Premises) Regulation (Cap. 599F), coaches must wear masks all the time within the sports premises except consuming food or drink as well as having a shower.
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) 及《預防及控制疾病 (規定及指示)(業務及處所)規例》(第 599F 章)規定，教練必須在室內場地任何時候一直佩戴口罩(飲食或淋浴期間除外)。
2. 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.
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
3. Do adequate warm-up, stretching and relaxation exercise before and after training/ activity to prevent injury
訓練/ 活動前後進行足夠的熱身、伸展和舒緩運動，避免受傷
4. 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
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。
5. Remind the participants if they have difficulties breathing or feel unwell, they should refrain from the training/ activity and inform the coach. Coach should check whether the participants are suitable to continue the training/ activity
教練需提醒參與者如感到呼吸不暢順或身體不適，應立即停止訓練/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訓練/活動
6. Remind participants not to wipe their hands on the walls and glasses. Use their towel or wristband to dry the hands, if necessary
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
7. Minimize any training/ activities which may have body contacts with others
減少不必要的身體接觸之訓練/活動
8. Recommend to wear protective eyewear when coaching
建議在上課期間佩戴護眼罩
9. Avoid touching eyes, nose and mouth. Otherwise, should perform hand hygiene before touching
避免觸摸眼睛、鼻和口。如有需要，應先清潔雙手
10. Keep the attendance records and participants' contact details properly
保存參與者完整的出席紀錄及聯絡資料

After Training / Activity 訓練/ 活動後

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



香港壁球總會
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