

## Guidelines for Squash Activity under COVID-19

### 2019 冠狀病毒病 – 壁球活動指引

#### for Participants 參與者適用

#### 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 participants who join the training courses organized by Hong Kong Squash are requested to fill in the “Coach and Athlete’s Health Declaration Form”  
所有參加香港壁球總會舉辦的訓練班之學員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 (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
2. 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
3. Adjust intensity and amount of physical activity gradually in accordance with personal capabilities  
應按個人能力循序漸進地提升運動強度及調節運動量
4. When you have difficulties breathing or feel unwell, you should refrain from the training/ activity.  
當感到呼吸不暢順或身體不適，應立即停止訓練/ 活動
5. Do not wipe your hands on the walls and glasses. Use your towel or wristband to dry your hands, if necessary  
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
6. Avoid any body contacts, e.g. participants may tap rackets instead of shaking hands after play  
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
7. Recommend to wear protective eyewear  
建議佩戴護眼罩
8. 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
9. If parent/ guardian remains at the venues, he/she should wear a mask and maintain social distance with others  
如家長/ 監護人需於訓練場地等候子女，必需時刻戴上口罩，並與其他人保持適當社交距離

### 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