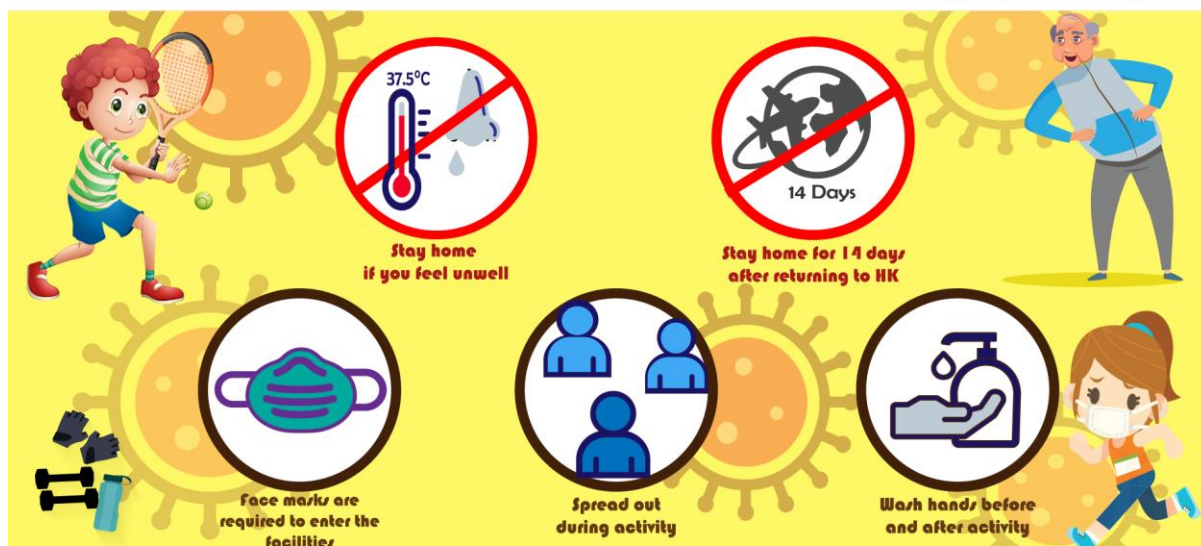


**Precautionary Measures for COVID-19
at Centre for Sports and Exercise**



Stay Healthy and Stay Strong!

19 March, 2020

Dear Students and Colleagues,

Gradual Facility Re-opening at the Stanley Ho / Flora Ho Sports Centre and CSE Active (23 - 29 Mar, 2020)

We wish to inform you that CSE will continue to re-open a few more sports facilities at the Stanley Ho / Flora Ho Sports Centre and CSE Active for our users in the week of **23 - 29 March, 2020**. Details are as follows:

Facilities at the FLORA HO Sports Centre to be opened	Opening Hours
<ul style="list-style-type: none"> Tennis Courts (2 courts) Table Tennis Room (1 room) Squash Courts (2 courts) Badminton Courts (6 courts until 27 March) 	Mon-Sun: 7:30am – 8:30pm
<ul style="list-style-type: none"> Changing Rooms & Toilets 	Mon- Sun: 7:30am – 9:00pm
Facilities at the STANLEY HO Sports Centre to be opened	Opening Hours
<ul style="list-style-type: none"> Tennis Courts (2 courts) 	Mon-Sun: 6:30am – 8:30pm
<ul style="list-style-type: none"> Running Tracks 	Mon-Sun: 6:30am – 9:00pm
<ul style="list-style-type: none"> Fitness Room 	Mon-Fri: 6:30am – 9:00pm Sat & Sun: 7:00am – 5:00pm
<ul style="list-style-type: none"> Henry Fok Swimming Pool & Changing Facilities at the Pool 	Mon-Fri: 6:30am – 2:00pm Sat & Sun: 7:00am – 2:00pm
<ul style="list-style-type: none"> Changing Rooms and Toilets at the Stanley Ho Sports Centre 	Mon-Sun: 6:30am – 9:30pm
Main Campus Fitness Facility to be opened	Opening Hours
<ul style="list-style-type: none"> CSE Active (Centennial Campus, 3/F Jockey Club Tower) 	Mon-Fri: 7:30am – 7:00pm (Closed from 2:15pm to 3:15pm for cleaning) Sat & Sun: Closed

In the coming week, we will further extend our operation hours during weekend. The newly extended hours are highlighted above in **RED** font. Please take special note of the operation hours of the re-opened facilities, which are different from our usual operation hours. As the Coronavirus situation improves we will take further steps to broaden our operation hours and facility provision and hopefully be back to full operation as soon as is practicable and safe.

ATTENTION: Users who come to use the Stanley Ho Sports Centre, Flora Ho Sports Centre or CSE Active next week please kindly note the following health precaution measures:

- 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 or CSE Active. 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) **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 physical activity, CSE strongly advises that users who are walking around the centres before or after exercise please use your face masks. For the safety and protection of users and staff, face masks will be required to remain on when using the fitness gym 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;
- 4) 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.
- 5) The fitness rooms are subject to a user quota of 25 at any one time; users are required to wipe down all equipment immediately after use and are strongly recommended to bring and use their own sweat towel. There may be a few minutes of waiting time if the quota is exceeded, so we ask you for your patience and understanding;
- 6) Users who play tennis / table tennis / squash please bring your own racquets as no sports equipment will be on loan during this period of time. Also, only users who have court booking (advance or walk-in booking) are allowed to enter the Flora Ho Sports Centre;
- 7) 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;
- 8) Users are **not** allowed to bring in any guests to use the sports centres (this period is for members only);
- 9) Users are strongly advised not to gather together in groups of more than 3 persons and it is recommended, as far as possible, to maintain an appropriate social distance from one another;
- 10) CSE may request any users who do not follow any of the above precautionary measures to leave the sports centres immediately.

We are continuing to add more services each week as best we can, but we also understand that our reduced level of services may not be able to meet all users' expectations. The hours and venues still remain reduced at this time, due to our need for deploying additional manpower to address the augmented precautionary measures and also enhance the hygiene and cleaning frequency for the benefits of our users. We intend to continue extending our service hours and facilities in the subsequent weeks should the situation allow.

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 COVID-19, the Novel Coronavirus <https://fightcovid19.hku.hk/>.

Regards,

Dr Michael Tse

Director

Centre for Sports and Exercise, HKU