Dear Students, Colleagues,

**Gradual Facility Re-opening of CSE**

We wish to inform you that CSE will re-open more of our facilities and please refer to the following table for more details.

<table>
<thead>
<tr>
<th>Facilities at the FLORA HO Sports Centre</th>
<th>Availability</th>
<th>Opening Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Tennis Courts (2 courts) **&lt;br&gt;• Table Tennis Room (1 room) **&lt;br&gt;• Squash Courts (2 courts) **&lt;br&gt;• Outdoor Court (for ball-shooting for 1 individual user on each side, i.e. up to max. of 2 persons at any one time)</td>
<td>Currently Available</td>
<td>Mon-Sun: 7:30am – 8:30pm</td>
</tr>
<tr>
<td>• Changing Rooms &amp; Toilets at Flora Ho Sports Centre</td>
<td></td>
<td>Mon-Sun: 7:30am – 9:30pm</td>
</tr>
<tr>
<td>• Stanley Smith Swimming Pool and Changing Rooms (up to 15 persons for each 1.5-hour session). Please click <a href="#">HERE</a> to make your appointment and further see note 5 below.</td>
<td>Available from 18 May, 2020 (Monday)</td>
<td>Mon-Sun: 7:30am – 8:30pm</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Facilities at the STANLEY HO Sports Centre</th>
<th>Availability</th>
<th>Opening Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Tennis Courts (2 courts) **&lt;br&gt;400m Running Tracks&lt;br&gt;Multi-Purpose court and All Weather Area (for ball-shooting for 1 individual user on each side, i.e. up to max. of 2 persons at any one time)</td>
<td>Currently Available</td>
<td>Mon-Sun: 7:30am – 8:30pm</td>
</tr>
<tr>
<td>• Fitness Room (up to 20 persons for each 1.5-hour session). Please click <a href="#">HERE</a> to make your appointment and further see note 5 below.</td>
<td></td>
<td>Mon-Sun: 7:30am – 8:30pm</td>
</tr>
<tr>
<td>• Other Changing Rooms &amp; Toilets at Stanley Ho Sports Centre</td>
<td></td>
<td>Mon-Sun: 6:30am – 9:30pm</td>
</tr>
</tbody>
</table>
- Henry Fok Swimming Pool & Changing Facilities at the Pool (up to 30 persons for each 1.5-hour session). Please click [HERE](#) to make your appointment and further see note 5 below.

<table>
<thead>
<tr>
<th>Main Campus Fitness Facility</th>
<th>Availability</th>
<th>Opening Hours</th>
</tr>
</thead>
</table>
| CSE Active (Centennial Campus, 3/F Jockey Club Tower) (up to 20 persons for each 1.5-hour session). Please click [HERE](#) to make your appointment and further see note 5 below. | Currently Available | Mon-Fri: 7:30am – 7:00pm (Closed from 2:15pm to 3:30pm for cleaning)  
Sat & Sun: Closed |

**Normal facility booking applies.**

Please take special note of the operation hours of the re-opened facilities, which are different from our usual operation hours. As the Coronavirus pandemic situation continue to be stable, we will broaden our operation hours and facility provision and hopefully be back to full operation as soon as it is practicable and safe.

**ATTENTION:** Users who come to use the Stanley Ho Sports Centre, Flora Ho Sports Centre and CSE ACTIVE please kindly note and adhere to the following health precautionary 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. 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 and shower, CSE strongly advises that users to put on face mask when using changing facilities and walking around the centres before or after exercise. 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) Swimming pools and gyms are subject to a user quota at this stage (Please refer to the table above). Users of these facilities are strongly advised to make your online appointment first as you might not be allowed to use the facilities in case the quota is exceeded at the time you walk in and you would then have to wait for the next available session where there is still quota left. In case users cannot come to use the facilities at the booked timeslot, please inform us through the following means as soon as possible so that the quota can be released for other users:

- Stanley Smith Swimming Pool – Tel: 2817-5631
- Henry Fok Swimming Pool – Tel: 2872-6760
- Fitness room – Email: activihp@hku.hk

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 8 persons and it is recommended, as far as possible, to maintain an appropriate social distance from one another (at least 1.5m apart from each other);

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/](https://fightcovid19.hku.hk/).

Regards,

Dr Michael Tse

Director

Centre for Sports and Exercise, HKU