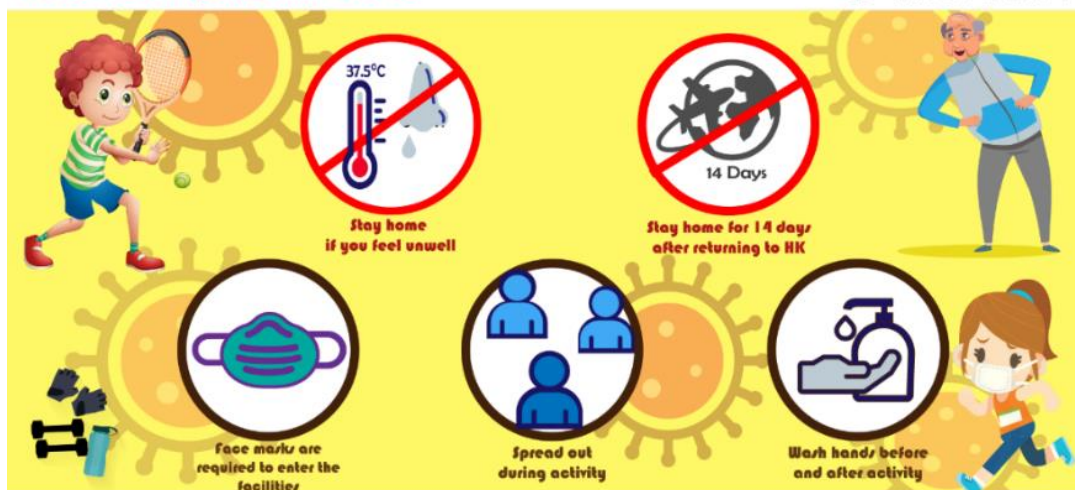


**Precautionary Measures for COVID-19  
at Centre for Sports and Exercise**



**Stay Healthy and Stay Strong!**

17 September, 2020

Dear Students and Colleagues,

**Gradual Facility Re-opening at the Stanley Ho / Flora Ho Sports Centre and CSE Active**

We are pleased to inform you of the service level of the Stanley Ho / Flora Ho Sports Centre and CSE ACTIVE for the period of **18 - 24 September, 2020**. Details are as follows:

<b>FLORA HO SPORTS CENTRE:</b>	<b>Opening Hours</b>
<ul style="list-style-type: none"> <li>Tennis Courts*, Squash Courts*, Badminton Courts*, Table-tennis Rooms*</li> <li>Multi-purpose Room* (#2 &amp; 3), Dance Studio* and Combat Room*</li> </ul>	Mon-Sun: 7:30am – 10:30pm
<b>STANLEY HO SPORTS CENTRE:</b>	<b>Opening Hours</b>
<ul style="list-style-type: none"> <li>Golf Practice Bay &amp; Golf Pitching and Putting*</li> </ul>	Mon-Sun: 7:00am – 5:30pm
<ul style="list-style-type: none"> <li>Tennis Courts*</li> </ul>	Mon-Sun: 6:30am – 10:30pm
<ul style="list-style-type: none"> <li>400m Running Tracks</li> </ul>	
<ul style="list-style-type: none"> <li>Multi-Purpose Court* and All-Weather Area*</li> </ul>	Mon – Sun: 7:30am – 10:30pm
<ul style="list-style-type: none"> <li>Fitness Room (up to 20 people for each 1.5-hour session). Please click <a href="#">HERE</a> to make your appointment and further see note 5 below.</li> </ul>	Mon – Fri: 6:30am – 9:00pm Sat & Sun: 7:00am – 6:30pm
<ul style="list-style-type: none"> <li>Henry Fok Swimming Pool (up to 60 people for each 2-hour session, max. of 8 persons per lane). Please click <a href="#">HERE</a> to make your appointment and further see note 5 below.</li> </ul>	Mon-Sun: 6:30am – 9:00pm
<b>MAIN CAMPUS:</b>	<b>Opening Hours</b>
<ul style="list-style-type: none"> <li>CSE Active (Centennial Campus, 3/F, Jockey Club Tower) (up to 20 people for each 1.5-hour session). Please click <a href="#">HERE</a> to make your appointment and further see note 5 below.</li> </ul>	Mon – Fri: 7:30am – 6:45pm Sat & Sun: 7:30am – 12:30pm

\* Normal facility booking applies.

**Any groups of more than 4 persons in the precincts of CSE must be arranged in sub-groups of not more than 4 and there has to be at least 1.5m between each sub-group.**

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 stabilizes, we will broaden our operation hours and facility provision with the hope of being 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 / 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 those feeling unwell, we ask you to be courteous to others and refrain from using the sports facilities.
- 3) **For the safety of other users and CSE staff, users are required to wear a face mask upon entering the sports centres or walking around the sports centre before / after exercise**, and adhere to the following mask-wearing requirements / precautionary measures when using particular facilities:

Facility	Requirements
Swimming Pool	<ul style="list-style-type: none"> <li>• Mask-wearing is mandatory <u>except</u> when swimming or when the user is doing warm-up exercise with a distance of at least 1.5m from any other users.</li> </ul>
Outdoor Facilities	<ul style="list-style-type: none"> <li>• Mask-wearing is mandatory <u>except</u> when doing exercise.</li> </ul>
Indoor Facilities	<ul style="list-style-type: none"> <li>• Mask-wearing is mandatory <u>except</u> when doing exercise with a distance of 1.5m from any other users.</li> </ul>
Fitness Room	<ul style="list-style-type: none"> <li>• Mask-wearing is mandatory, <u>even when exercising</u>. This may be uncomfortable for some users, so please consider this before choosing to use the fitness room and opt instead for use of outdoor facilities.</li> <li>• No more than 4 users can be allowed at each fitness station or equipment.</li> <li>• Users are required to clean the fitness equipment before and after use.</li> </ul>
Changing Rooms & Toilets	<ul style="list-style-type: none"> <li>• Mask-wearing is mandatory <u>except</u> when showering.</li> </ul>

- 4) Members returning to Hong Kong (including any travel to mainland China and Macau) must avoid using the sports facilities and complete the requirement of **at least 14 days self-quarantine** after the date of their return.
- 5) Fitness room and swimming pool are subject to a user quota at this stage (please refer to the table on page 1). Users 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, at which time you would then have to wait until a slot within the quota limit becomes available.

Fitness Room	Henry Fok Swimming Pool
Please click this <a href="#">link</a> to make online appointment / cancellation.	Please click this <a href="#">link</a> to make online appointment / cancellation

**Please be reminded that no shows without prior proper cancellation will incur a one-week ban of fitness center / swimming pool use.**

- 6) Users who play racket sports, 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 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 be able to keep a full record of users entering the sports centre.
- 8) Users are only allowed to bring a maximum of **one** guest to use the sports centres and guests will only be admitted to the swimming pool should the capacity allow.
- 9) Users are strongly advised not to gather together in groups of more than 4 persons and it is recommended, as far as possible, to maintain an appropriate social distance (1.5m or more) 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.

Regards,  
 Dr Michael Tse  
 Director  
 Centre for Sports and Exercise, HKU