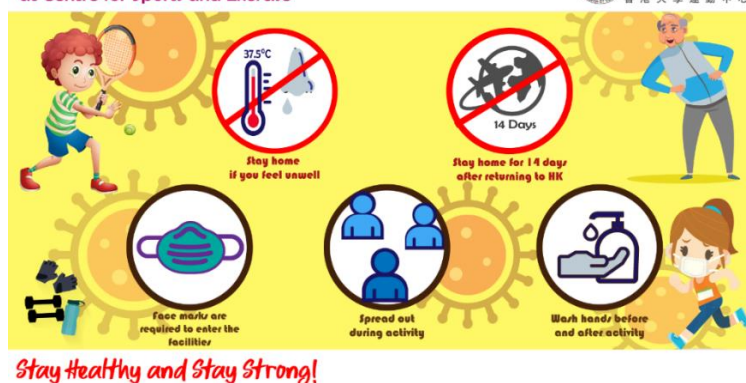


**Precautionary Measures for COVID-19
at Centre for Sports and Exercise**



4 September, 2020

Dear Students and Colleagues,

Gradual Facility Re-opening at the Stanley Ho / Flora Ho Sports Centre and CSE Active (Updated as of 4 Sep)

We are pleased to inform you that CSE will re-open the following sports facilities at the Stanley Ho / Flora Ho Sports Centre for our users for the period of **4 - 10 September, 2020**. Details are as follows:

FLORA HO SPORTS CENTRE:	Opening Hours
• Tennis Courts (Court 1 & 2)**	Mon-Sun: 7:30am – 9:30pm
• Badminton Courts (9 courts)**	
• Table-tennis Rooms (2 rooms)**	
• Changing Rooms & Toilets at Flora Ho Sports Centre	Mon- Sun: 7:30am – 10:00pm
STANLEY HO SPORTS CENTRE:	Opening Hours
• Golf Practice Bay (2 bays) & Golf Pitching and Putting**	Mon-Sun: 6:30am – 5:30pm
• Tennis Courts (Court 1 - 6)**	Mon-Sun: 6:30am – 9:30pm
• 400m Running Tracks	
• 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)	
• Fitness Room (up to 20 people for each 1.5-hour session). Please click HERE to make your appointment and further see note 5 below.	Mon – Fri: 6:30am – 9:00pm Sat & Sun: 7:00am – 6:30pm
• Changing Rooms & Toilets at Stanley Ho Sports Centre	Mon-Sun: 6:30am – 10:00pm
MAIN CAMPUS:	Opening Hours
• CSE Active (Centennial Campus, 3/F, Jockey Club Tower) (up to 20 people for each 1.5-hour session). Please click HERE to make your appointment and further see note 5 below	Mon – Fri: 7:30am – 6:45pm Sat & Sun: 7:30am – 12:30pm

****** Normal facility booking applies. Also, a maximum of 4 players are permitted to remain in the court/room at any time, only 2 players on each side of the court/room unless specified otherwise.

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 outdoor 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, mask-wearing will be mandatory when using the fitness room and all other indoor sports facilities, including during exercise but except when having shower.** 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. Users are also reminded to clean the fitness equipment before and after use.
- 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) Fitness rooms are subject to a user quota at this stage (please refer to the table above). 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 and you would then have to wait until there is quota available. In case of cancellations, the same [link](#) can be used so that the quota can be released for other users. Please be reminded that no shows incur a one-week ban of fitness center 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 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 only allowed to bring a maximum of **one** guest to use the sports centres.
- 9) Users are strongly advised not to gather together in groups of more than 2 persons (or 4 persons at the designated indoor facilities) 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.

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