

Notes to Participants of Resumed Recreation and Sports Programmes
In View of the Latest Situation of COVID-19

1. Under the Government's latest infection control requirements, all people (unless they are exempted) are required to possess valid Vaccine Pass and to scan the "LeaveHomeSafe" QR code before entry to sports premises and public swimming pools.
2. Participants should bring their own sports equipment, e.g. rackets and balls, as far as possible to reduce shared use of items.
3. Participants should bring their own drinking water and personal hygiene products.
4. Participants should have their body temperature checked and use hand sanitisers at the sports venues before the start of each lesson, and declare to instructors/officials that they are not subject to compulsory quarantine required by the government.
5. Participants, instructors and officials should maintain proper social distancing during the activity.
6. Participants should maintain good personal hygiene and pay attention to their health condition. They should not attend the class if they have the most common symptoms of COVID-19, such as fever, malaise, dry cough and shortness of breath. Other symptoms include nasal congestion, headache, conjunctivitis, sore throat, diarrhoea, loss of taste or smell, skin rash or discolouration of fingers or toes.
7. Instructors/officials will immediately advise a participant to stop participating in the activity and seek medical attention as soon as possible if they find that his/her health condition is not suitable for participation in the class or he/she has the most common symptoms of COVID-19.
8. Participants should wear a mask in accordance with the latest regulations of our venues.
9. Participants should always pay attention to the changes of vital signs, such as breathing and heartbeat, when exercising with a mask on during the pandemic. Slow down or stop for a rest when necessary. As the mask may be moistened by sweat and breath, please bring your own masks for replacement when necessary for safety's sake.