

Notes to Participants on Resumption of School Sports Programme with regard to the Latest Situation of COVID-19

1. Participants are required to scan the “LeaveHomeSave” QR code, or register their name, contact number and the date and time of their visit before entering the sports premises.
2. To avoid gathering in changing rooms, participants should wear sportswear before arriving at the venues.
3. Avoid touching eyes, nose and mouth during exercise. If need to, perform hand hygiene before touching.
4. Only essential persons, including participants, bench coaches (one at most), referees, first-aiders, staff of the Organiser and authorised persons, are allowed to enter the competition field.
5. In order to avoid crowds, maintain social distancing and reduce the risk of infection, participants shall report to the registration counter according to the specified reporting time, comply with the latest Regulation of Sports premises. If participants fail to report to the Organiser on time, or have symptoms of communicable diseases such as fever, malaise, dry cough, shortness of breath, nasal congestion, headache, conjunctivitis, sore throat, diarrhoea, loss of taste or smell, skin rash or discolouration of fingers or toes, or are subject to compulsory quarantine required by the Government, the Organiser has the right to disqualify them and the enrolment fee will not be refunded.
6. Non-participants shall not stay in the competition field.
7. Participants shall register at the registration counter before entering the competition field, failing which the Organiser has the right to refuse their entry or ask them to leave the venue.
8. The bench coach (badminton competition, table-tennis competitions etc.) shall enter the competition venue with players participating in the competition and leave the competition field with them when the competition ends.
9. Participants and bench coaches should wear a mask in accordance with the latest regulations of LCSD venues; avoid exceeding the legal limit on the maximum number of persons allowed in a group; and properly maintain social distancing. In case of non-compliance, referees and staff of the Organiser have the right to refuse the entry of participants and bench coaches or order them to leave the venue.
10. Physical contacts among players should be avoided as far as possible. There will be no handshaking before and after the competition.
11. Participants should bring their own drinking water and personal belongings.

12. Participants should maintain good personal hygiene and pay attention to their physical condition. They should not participate in the competition 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.
13. If a participant is found by the Organiser to be physically unfit for participating in the competition or has the most common symptoms of COVID-19, the participant concerned will be immediately advised to stop participating in the competition.
14. 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 masks may be moistened by sweat and breath, participants should bring spare masks for replacement for safety's sake.