

**Health Advice for the Prevention of Severe Respiratory Disease associated with a Novel Infectious Agent**

In view of outbreak of the Novel Coronavirus Infection, in order to ensure the safety of Centre Users and HKCRA staff and, everyone who would like to enter both Sha Tin Rowing Centre (STRC) and Jockey Club Shek Mun Rowing Centre (JCSMRC) **must read and commit to comply with the guidelines as below:**

**I understand that if I enter STRC and JCSMRC, I must:**

1. Wear surgical mask before entering Rowing Centres;
2. Go directly to boathouse to measure and record the body temperature, sign the “In & Out Record” and “Declaration Form” by myself or under the assistance of staff;
3. Avoid close contact between crews;
4. Avoid staying in the boathouse and go for boat outing as soon as you can;
5. Avoid staying in the changing rooms or toilet;
6. Perform hand hygiene frequently, especially before touching the mouth, nose or eyes; after touching public installations such as handrails or door knobs; or when hands are contaminated by respiratory secretions after coughing or sneezing;
7. Wash hands with liquid soap and water, and rub for at least 20 seconds. Then rinse with water and dry with a disposable paper towel. If hand washing facilities are not available, or when hands are not visibly soiled, performing hand hygiene with 70 to 80 per cent alcohol-based hand Rub is an effective alternative;
8. Cover mouth and nose with tissue paper when sneezing or coughing. Dispose of soiled tissues into a lidded rubbish bin, then wash hands thoroughly;
9. Put the toilet lid down before flushing to avoid spreading germs;
10. Clean the ergo machine by disinfection liquid before and after use.
11. **Avoid entering the Rowing Centres if I or my household members returned from countries outside of Hong Kong for a period of 14 days after arrival to Hong Kong.**

**I also understand that the following facilities are not available with immediate effect (until further notice):**

- Ergo room, gym room, meeting room and shower facility.

**I agree to make the following declaration:**

- I do not have fever (37.6°C or above) and I do not have symptoms of Severe Respiratory Disease; **I and my household members did not travel to any countries / regions outside Hong Kong** in the past 14 days; I did not visit hospitals or clinics in mainland China, wet markets, live poultry markets or farms;
- I do not touch animals (including game), poultry/birds or their droppings; I do not consume game meat and do not patronise food premises where game meat is served;
- I do not make close contact with COVID-19 confirmed case patients, especially those with symptoms of acute respiratory infections;
- I am not linked to any inflection case (including families/ companion/ schoolmates/ roommates who has symptoms of Severe Respiratory Disease).
- I am not currently subject to a mandatory self-quarantine or medical surveillance.

**I declare that I have read and fully understood and agreed that if I do not fulfill any of the above statements, I will not enter the Rowing Centres. If I am having respiratory symptoms, I will not visit both Rowing Centres, and I will wear surgical mask and seek medical advice as soon as possible. If I have respiratory symptoms within 14 days after entering the Rowing Centres, I will inform HKCRA as soon as possible to safeguard the safety of the Centre Users. I will also declare to HKCRA via email at [hkcra@rowing.org.hk](mailto:hkcra@rowing.org.hk) if I am working at hospital/clinic/market.**

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Please be notified that the Novel Coronavirus Infection is a serious epidemic situation, HKCRA will take proper precautions to control the risks under limited recourses. Let's work together to prevent the spread of novel coronavirus. HKCRA will keep monitor the latest situation and may adjust the opening hours and conditions to use subject to the Government policies/advices and arrangements with short notice.

Should you have any question to the above arrangements, please feel free to contact us at 2608-0302.

Thank you for your kind co-operation.

Hong Kong, China Rowing Association

**25 March 2020**