

5 May 2020

Dear All affiliated Clubs and Centre Users,

New Measures for Accessing the Rowing Centres Under COVID-19

In view of the government's recent announcement on 28 April 2020 for the re-opening of some of the sports facilities, the Association decided to reopen the Sha Tin Rowing Centre and Jockey Club Shek Mun Rowing Centre gradually on 6 May 2020 (Wednesday) with limited opening hours as below: -

Water Training

<u>Time</u>	<u>Date</u>
06:00 – 08:30 <i>For key holder only</i>	From 9 May 2020
09:00 - 12:30 14:30 – 17:30	From 6 May 2020
* <i>Note: 12:30 – 14:30 will be closed for centre cleaning</i> <i>Advance Booking is required for using any Centres facilities</i>	

Since all Clubs had already submitted their training pattern, if there is any change of the training pattern or number of rowers of the booked session, Clubs should submit the changes at least **three working days in advance** via the WhatsApp group (Name: **HKCRA Advance Booking**) created by HKCRA on the following conditions: -

1. **Maximum 50 persons** at each Rowing Centre would be accepted per each opening time slot including early morning training. If more than 50 persons in the same time slot, the Clubs shall coordinate by themselves or the HKCRA will allocate the quota to each Club if the over-quota issue being unsolved;
2. Clubs should submit the date, time, name of Club and number of persons in your application.

Apply for Sea Trip or Coastal Rowing Activities during Weekends

1. Application should be sent in written to hkcra@rowing.org.hk at least **three working days in advance***;
2. **Maximum 10 persons** of the same Club should be allowed.

**3 days in advance: for example, apply for training on 11/3, application should be made by 5pm on 5/3*

Please be informed that part of the outdoor facilities will be resumed to normal operation for Clubs and users, including boat washing area and pontoon. Ergo room, fitness room, meeting room, shower facilities and all drinking fountain will continue to be closed to reduce the potential risk of the spread of the COVID-19.

General Rules for Booking:

1. If the HKCRA found there is any invalid Centre User, the staff of HKCRA reserves the right declined the entry of that persons into the Centres.
2. Booking can only be made on Club basis.
3. Please remain social distancing and avoid group gatherings of more than four persons (8 persons after 7 May 2020) in the Rowing Centres. There must be a distance of 1.5 meters or more between different groups.
4. Only single, double and coxless quad rowing boat are permitted on the water training. Coxed quad can be used after 7 May 2020 while eight-person rowing boat is not allowed to use until further notice.
5. Strictly comply with the terms of the Key Holder Agreement if rowing outside the normal Centre opening hours, in particular, Clubs must ensure the users are not novice rowers.
6. Any Club does not comply the above and the attached guidelines is not allowed to have further booking for any kinds of trainings.
7. The HKCRA reserves the rights to make the final arrangements for using the Rowing Centres.

Please widely circulate the above information and the attached updated health advise to your Club members. We need your collaboration to remind your members to read BEFORE coming to centres and strictly follow to safeguard all rowers.

If you have any questions regard the above arrangements, please do not hesitate to contact our staff at 2699-7267.

We appreciate your understanding and thank you for your cooperation in these difficult times.

Hong Kong, China Rowing Association

Annex 1: UPDATED (as of 5 May 2020) Health Advice for the Prevention of Severe Respiratory Disease associated with a Novel Infectious Agent

UPDATED (As of 5 May 2020)

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. 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;
11. Comply with the prohibition of group gatherings of more than four people (8 persons after 7 May 2020) in the Centres, and there must be a distance of 1.5 meters or more between different groups.
12. Only single, double and coxless quad rowing boat are permitted on the water training. Coxed quad is allowed after 7 May 2020 and eight-person rowing boat is not allowed until further notice.
13. Must be a valid HKCRA centre user.
14. Strictly comply with the terms of the Key Holder Agreement if rowing outside the normal Centre opening hours. In particular, Clubs must ensure the users are not novice rowers.

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

- Ergo room, gym room, meeting room, **drinking fountains** 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 if I am working at hospital/clinic/market.

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/advice and arrangements with short notice.

Should you have any question to the above arrangements, please feel free to contact us at 2699-7267. Thank you for your kind co-operation.

Hong Kong, China Rowing Association