

**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. Please remain social distancing and avoid group gatherings of more than eight persons in the Rowing Centres. There must be a distance of 1.5 meters or more between different groups.
12. All types of rowing boats are permitted to conduct water training as long as there are not more than eight rowers on the boats.
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.
15. Shower facilities will be **reopened from 12 May 2020**. Special measures will be adopted such as **opening alternate shower cubicles or shower heads**, stepping up regular cleaning and disinfection of the shower cubicles and storage cabinets.

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

- Ergo room, gym room, meeting room and drinking fountains.

**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 fulfil 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/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