

6 March 2021

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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 17 February 2021 (Wednesday) to continue to relax social distancing measures in a gradual and orderly manner, the Association has decided to update the measures for accessing the rowing centres at the Sha Tin Rowing Centre (STRC) and the Jockey Club Shek Mun Rowing Centre (JCSMRC) on 8 March 2021 (Monday) as follows: -

Maximum Capacity of the advance booking session:

Centre	Nos. of People
Sha Tin Rowing Centre	100 Persons
Jockey Club Shek Mun Rowing Centre	

Facilities available:

Time	Water Training	Indoor Rowing Machine	
		STRC	JCSMRC
06:00 – 08:30 (For key holder only)	All type of rowing boats is permitted (except conducting team water rowing, there should not be more than 4 persons per group)	N/A	N/A
08:30 – 12:30 14:30 – 17:30		Balcony: <u>8</u> Machines Ergo Room: <u>4</u> Machines Reserve: <u>4</u> Machines (can be used at roof top if needed)	Balcony: <u>4</u> Machines Ergo Room: <u>4</u> Machines

Remarks:

- Indoor rowing and gym room reopened on 22 February 2021
- 12:30 – 14:30 will be closed for centre cleaning.
- Advance Booking is required for using any Centres facilities.
- Disinfection liquid is provided and please clean the Ergos before and after use.
- There must be a distance of 1.5 meters or more between Ergos.
- Centre Users must wear masks surgical at all time (except when doing exercise in outdoor area and consuming food or drink as well as having a shower) when entering and in the Rowing Centres.
- All centre users must wear masks when doing exercise in indoor area.
- Indoor Rowing Machines cannot be used at roof top in case of raining.

Apply for Sea Trip or Coastal Rowing Activities during Weekends

- Application should be sent in written to hkcra@rowing.org.hk at least **three working days in advance*** with confirmation received;
- All type of rowing boats is permitted (except conducting team water rowing, there should not be more than 4 persons per group)
- Maximum 10 persons (including coaches)** of the same Club should be allowed.

Advance Booking Reservation: *Passion to go beyond 熱愛.無限*

1. **From 7 September 2020 (Monday):** online “Google Form” will be used for reservation of water and ergo training.
2. Club representatives will then be available to edit the numbers of rowers via google form by themselves but Clubs is required to register your Club representative with name and contact who will attend the training on that day.
3. Reservation deadline: The day before the training at **15:00** (Apply to Monday to Sunday).
4. If the numbers of rowers exceed the quota in each session, all club representatives are recommended to discuss the quota arrangements by themselves. If the situation cannot be solved **by 16:00**, the Association will reserve the right to make final decision. (e.g. Reallocate the quota to relevant clubs.)
5. **At 16:00 every day:** the last update training pattern will be sent to the WhatsApp group for reference.
6. Club representatives should notify any reduction on the number of rowers booked to our staff via WhatsApp (5707-2699) with confirmation reply.
7. In order to **FULLY UTILIZE** the training quota, if the number of rowers absent per session reached **20%** of the total number of reservations, the Association will **consider to suspend relevant club training for a week.**

General Rules for Using Centres:

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 4 persons in indoor and outdoor area at the Rowing Centres (e.g. pontoon, boat washing area & balcony)**. There must be a distance of 1.5 meters or more between different groups.
4. All type of rowing boats is permitted.
5. Centre Users must wear surgical masks at all time (expect when doing exercise in outdoor area and consuming food or drink as well as having a shower) when entering and in the Rowing Centres.
6. 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**.
7. Any Club does not comply the above and the attached guidelines is not allowed to have further booking for any kinds of trainings.
8. Ensure appropriate distance between shower facilities users, only alternate shower cubicles and shower heads will be opened. Our Centres will also enhance cleansing and disinfection measures for the shower cubicles and storage cabinets.
9. The drinking fountains will be opened for use. For the hygiene reason, please **bring your own bottle to refill and do not drink filtered water directly by mouth.**
10. The HKCRA reserves the rights to make the final arrangements for using the Rowing Centres.

Rules for Using Jockey Club Shek Mun Rowing Centre Gym Room

1. Any person within a fitness centre is required to wear a mask at all times.
2. No more than four persons may be allowed at each fitness station, machine or equipment.
3. There should be a distance of at least 1.5m between every participant and participants (including the coach).

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 to 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 17 February 2021) Health Advice for the Prevention of COVID-19

Health Advice for the Prevention of COVID-19

In view of outbreak of the COVID-19, 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. Centre Users must wear surgical masks at all time (except when doing exercise in outdoor area and consuming food or drink as well as having a shower) before entering and in the Rowing Centres;
2. All Centre users must wear masks when doing exercise in indoor area.
3. 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;
4. Avoid close contact between crews;
5. Avoid staying in the boathouse and go for boat outing as soon as you can;
6. Avoid staying in the changing rooms or toilet;
7. 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;
8. 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;
9. Cover mouth and nose with tissue paper when sneezing or coughing. Dispose of soiled tissues into a lidded rubbish bin, then wash hands thoroughly;
10. Put the toilet lid down before flushing to avoid spreading germs;
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;
12. Please remain social distancing and **avoid group gatherings of more than 4 persons in indoor and outdoor area at the Rowing Centres (e.g. pontoon, boat washing area & balcony etc)**. There must be a distance of 1.5 meters or more between different groups.
13. All type of rowing boats is permitted.
14. Must be a valid HKCRA Centre User.
15. 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.
16. Ensure appropriate distance between shower facilities users, only alternate shower cubicles and shower heads will be open. Our Centres will also enhance cleansing and disinfection measures for the shower cubicles and storage cabinets.
17. The drinking fountains will be opened for use. For the hygiene reason, please **bring your own bottle to refill and do not drink filtered water directly by mouth.**

I agree to make the following declaration: -

1. 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;
2. I **do not** touch animals (including game), poultry/birds or their droppings;
3. I **do not** consume game meat and do not patronise food premises where game meat is served;
4. I **do not** make close contact with COVID-19 confirmed case patients, especially those with symptoms of acute respiratory infections;
5. I **am not** linked to any inflection case (including families/ companion/ schoolmates/ roommates who has symptoms of Severe Respiratory Disease).
6. 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 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/advices and arrangements with short notice. Should you have any question to the above arrangements, please feel free to contact us at 2608-8302. Thank you for your kind co-operation.

Hong Kong, China Rowing Association