

**The Chinese University of Hong Kong**  
**Physical Education Unit**  
**Arrangement on Elective P.E. Courses Offered in Summer Session 2019-20**

In the light of the improving conditions in the recent development of Covid-19 and the Government's gradual relaxation of related measures, the Physical Education Unit decided to conduct face-to-face teaching for elective P.E. courses offered in the Summer Session 2019-20. Students are welcome to register the elective P.E. course during the course add/drop period under CUSIS from 25 May (8:30 p.m. Monday) to 29 May (8:30 p.m. Friday).

***\*\*\*Please note that online teaching by using Zoom will be conducted for the first lesson only.***

In order to minimize the risk of contracting and spreading COVID-19, students should observe the following precautionary measures:

- ✧ Students should wear sportswear on school days when there are PE lessons as far as possible to avoid overcrowding in changing rooms;
- ✧ Students should have body temperature screening at the entrance of the University Sports Centre before entering the court/gymnasium;
- ✧ Students should perform hand hygiene before and after exercise/lesson, and avoid touching eyes, nose and mouth during exercise;
- ✧ Students should keep a physical distance of at least 1m apart from each other if wearing masks or at least 1.5m apart from each other if not wearing masks during the lesson;
- ✧ Students should wear masks as far as possible if exercise is not too rigorous. However, if they are having moderate- or vigorous-intensity physical activities, they should not wear masks as it will cause difficulty in breathing and increases the chance of a lack of oxygen and dizziness. They should place their masks properly after removing them for taking part in physical activities;
- ✧ Students should avoid sharing sports equipment and the equipment should be disinfected after each use;
- ✧ Students should avoid sharing their personal items such as water bottles, towels, combs, etc.