

The Chinese University of Hong Kong
Physical Education Unit
Precautionary Measures for P.E. Courses in 2022-23 T1

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

- ✧ Students concerned with one or more of the following conditions should not come back to the campus for the face-to-face meetings, and they should make other appropriate arrangements.
 - a). are still within the compulsory quarantine period;
 - b). are living with family members/persons who are confirmed cases of COVID-19; or
 - c). have chronic illness/other medical conditions concerned.
- ✧ Students should wear P.E. uniform on school days when there are PE lessons as far as possible to avoid overcrowding in changing rooms;
- ✧ Students should wear masks as far as possible if exercise is not too vigorous. 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 in a clean storage area/bag after removing them for taking part in physical activities. Students should bring an extra face mask to change in case the mask gets wet during exercise;
- ✧ Students should reserve ample time to enter the sports venue by batches to avoid crowd gathering at the entrance of the venue;
- ✧ Students should have body temperature screening and meet the latest requirements of the 'Vaccine Pass' for entering sports premises;
- ✧ 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 1.5m apart from each other during the lesson;
- ✧ 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.

**Students with an amber code are restricted from mask-off activities*