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香港銅鑼灣掃桿埔大球場徑1號奧運大樓1012室  
Room 1012, Olympic House, 1 Stadium Path,  
So Kon Po, CausewayBay, H.K.

www.hkboxing.org.hk

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## 學員通告

### 拳擊訓練班復課措施及指引

**\*必須把填妥的回條交回總會\***

為有效預防新型冠狀病毒(COVID -19)的傳播，及保障參加者的健康，請學員遵照以下措施及指引：

1. 本會將於發出報名電郵時附上「健康申報表」，學員於首次上課前必須帶備已填妥之「健康申報表」交予教練作記錄及簽署，申報表上之需填寫正確之個人健康記錄及附家長/監護人簽署(未滿 18 歲之學員)，**如未能提供者，教練有權拒絕學員參與當日之課堂，所繳費用概不發還。**學員之體溫則每次由教練記錄在點名紙上。
2. 如學員於申報後有任何更改，請主動通知教練並再次填寫及遞交「健康申報表」予教練。
3. 學員須保持良好個人衛生，並留意自己身體狀況，如學員體溫為攝氏 37.5 度(華氏 99.5 度) 或以上，或出現發燒、乏力、乾咳及呼吸困難。其他病徵包括鼻塞、頭痛、結膜炎、喉嚨痛、腹瀉、喪失味覺或嗅覺、皮疹或手指或腳趾變色；又或於過去十四天曾有外遊記錄、或曾與確診/懷疑確診的人士有密切接觸，學員都不應上課，並請佩戴外科口罩及盡早向醫生求診，以及盡快與本會職員聯絡。
4. **學員須於上課時佩帶口罩**；活動時需盡量與在場人士保持適當的社交距離；而在課堂小休期間，學員都不應聚集。
5. 學員需遵守場地的防疫措施及根據場地設施的最新規定佩戴口罩，並應自備飲用水和個人衛生用品，減少使用公共物品。
6. 疫情期間，參加者佩戴口罩進行運動時，應時刻留意呼吸及心跳等生命體徵的變化，並應適時放緩，或停下來休息。此外，流汗和呼氣會弄濕口罩。參加者請適時更換自備的口罩，以策安全。
7. 學員於使用拳擊器材後應徹底清潔雙手，如有需要可自行準備消毒用品清潔上課用具。
8. 當課堂完結後，學員請盡快離開訓練場地。



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## Participants Circular

### Guidelines and Measures of Boxing Programme on Class Resumption

**\*MUST return the completed reply slip to association\***

To prevent the spread of the Coronavirus disease (COVID-19) and protect participants health, the Association appeals to participants to comply with guidelines and measures as below:

1. Health Declaration Form will be attached by order email. Participants must fill out, sign, and bring the form which will be also signed and collected by the coach on the first day of class. Participants who are aged under 18 are required to have their parents/guardians signed. Also, **the coach reserves the right to prohibit anyone who could not provide the declaration and the fee would not be refunded.** Moreover, the coach will mark the participants' temperature records on the attendance list.
2. If participant have any change of health declaration, please fill out and submit a new health declaration form to coach again.
3. Participants should maintain good personal hygiene and pay attention to their health condition. If body temperature equal to or above 37.5 degrees Celsius (99.5 degrees Fahrenheit); have and have had the following symptoms - fever, malaise, dry cough, shortness of breath, diarrhea. Other symptoms include nasal congestion, headache, conjunctivitis, sore throat, diarrhoea, loss of taste or smell, skin rash or discolouration of fingers or toes; are not subject to compulsory quarantine required by the government; have been out of Hong Kong in the past 14 days; have been in close contact with any person who is a confirmed or preliminary positive case of Novus Coronavirus (COVID-19) infection in Hong Kong or overseas in the past 14 days, the participant should avoid taking the class and should put on a surgical mask and seek medical advice immediately, as well as contact association as soon as possible.
4. Participant should wear a surgical mask during the class and should maintain proper social distancing during the activity. Additionally, participant should not gather at recess time.
5. Participants must comply with the disease prevention measures and should wear a mask in accordance with the latest regulations of the leisure facilities of the Department. Also, Participants should bring their own drinking water and personal belongings, as well as reduce shared use of items.
6. Participants should always pay attention to the changes of vital signs, such as breathing and heartbeat, when exercising with a mask on during the pandemic. Slow down or stop for a rest when necessary. As the mask may be moistened by sweat and breath, please replace your mask when necessary for safety sake.
7. Participants should wash hands thoroughly after using boxing equipment. Also, participant could sanitize the equipment with your own disinfectant products.
8. Participants should leave as soon as possible at the end of class.



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## Participants Reply Slip

### 學員回條

## Guidelines and measures of boxing programme on class resumption

### 拳擊訓練班復課措施及指引

I have read and agreed to comply with the above guidelines and measures.

本人已詳細閱讀及知悉「拳擊訓練班復課措施及指引」，並會遵從所有相關的措施及指引。

Student's Name 學員姓名: \_\_\_\_\_

Course Code 課程編號: \_\_\_\_\_

Student's Signature 學員簽署: \_\_\_\_\_

Order No. 訂單編號: \_\_\_\_\_

Parents /Guardian's Name 家長 / 監護人 姓名: \_\_\_\_\_

(未滿十八歲之學員 Student who aged under 18)<sup>2</sup>

Parents /Guardian's Signature 家長 / 監護人 簽署: \_\_\_\_\_

(未滿十八歲之學員 Student who aged under 18)<sup>2</sup>

Date 日期: \_\_\_\_\_

#### Remark 備註:

- After reading above guidelines and measures very carefully, please keep the circular for your own records. Then, student must **upload the completed reply slip on the "Order History" of My Account at the website, or return it by post, email, or fax to association before class commences.** 細閱「拳擊訓練班復課措施及指引」後，請自行保留該份指引，並**必須把填妥的回條經學員中心的訂單紀錄中上載、或以郵寄、電郵或傳真方式於復課前交回本會。**
  - Address 郵寄地址: Room 1012, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong (Hong Kong Boxing Association)  
香港銅鑼灣掃桿埔大球場徑一號奧運大樓 1012 室(請註明「香港拳擊總會收」)
  - Email 電郵: [admin@hkboxing.org.hk](mailto:admin@hkboxing.org.hk)
  - Fax 傳真: (852) 2882-5443
- Students who are aged under 18 are required to have their parents/guardians signed. 未滿十八歲之學員必須附上家長 / 監護人姓名及簽署。