

HKRU COVID-19

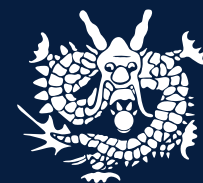
MATCH DAY

GUIDELINES

香港欖球總會2019冠狀病毒病 比賽日指引

HONG KONG RUGBY

A GAME FOR ALL



HKRU
香港欖球總會



ENTRY



- All clubs must appoint a COVID Manager - more information can be found on <https://www.hkrugby.com/assets/downloads/200909-HKRU-Return-to-Play-Club-Covid-Manager-Role.pdf>
- All squad members and officials must follow the individual venue requirements:
 - Register at the venue using the LeaveHomeSafe App or by registering their names, contact number and time & date of visit
 - Have their temperature checked at the venue entrance
 - Wear face masks at all times within the venue, unless warming up, playing or showering

報名



- 所有球會必須任命一位「冠狀病毒病經理」— 請瀏覽以下連結了解更多相關資訊
<https://www.hkrugby.com/assets/downloads/200909-HKRU-Return-to-Play-Club-Covid-Manager-Role.pdf>
- 所有球隊成員及裁判員均必須於場內使用「安心出行」流動應用程式，或登記其姓名、聯絡電話及到訪場所的時間及日期
- 所有球隊成員和裁判員須在場所入口量度體溫
- 所有球隊成員及裁判員在場所內，在非熱身、比賽及淋浴外的任何時候都必須佩戴口罩

PITCH RESTRICTIONS & WARM UP



- No more than 33 individuals are allowed on a pitch at any one time* - this is 2 teams of 15 players, 1 referee and 2 assistant referees
- All other squad members and officials must remain either in the subs bench, tech zones or public seating area
- In the event two teams must share a warm-up pitch, only 16 members of the squad may warm up on the pitch - all other players must warm up off the pitch in groups of no more than 4
- For in-game warm-ups, players will not be allowed to warm up in the deadball area - they must remain off the pitch and in groups of no more than 4
- For club training purposes only, clubs may train either in a group of 33 individuals maximum, or in groups of 4 with 1.5m between each group

賽場規限及熱身

- 在任何時候，每個球場只限最多**33**人逗留* — 這包括**2**支球隊、每隊**15**名球員、**1**名裁判及**2**名助理裁判
- 所有其他球隊成員和裁判員只限於替補席、技術區或公眾座位區逗留
- 若兩支球隊必須共用同一個熱身場地，則只有每隊**16**名隊員可於場內上熱身 — 所有其他球員必須以不超過**4**人**1**組的方式在場外熱身
- 賽事期間，球員不得於死球區內熱身 — 他們必須維持在場外、以不超過**4**人一個群組進行熱身
- 平日練習時，每支球隊只可以容許**33**人同時練習，或在每組保持**1.5**米距離下，以不多於**4**人**1**組的形式進行練習

SUBSTITUTES & TECH ZONE



- Substitutes must wear face masks at all times, unless physically warming up, or about to enter onto the pitch
- Substitutes will be seated in groups of no more than 4 and groups must be socially distanced apart
- Players who have been replaced and come off the pitch must then put on face masks while sitting on the subs bench
- Tech zones will operate as normal and with a maximum of 4 members permitted per team
- Water carriers must wear face masks at all times and remain within the tech zone unless going onto the field of play
- Physios must wear Level 1 PPE (face masks & gloves) at all times

後備球員及技術區

- 除進行熱身或隨即被換入球場作賽，後備球員在任何時間均必須戴上口罩
- 後備席球員不可以超過4人1組，組與組之間須保持社交距離
- 被替換離場的球員於後備席上必須佩戴口罩
- 技術區將正常運作，每支隊伍最多允許4名成員
- 除進入比賽場地外，運水專員必須留在技術區內。運水專員在任何時間必須佩戴口罩
- 物理治療師在任何時間必須佩戴第一級醫療防護裝備 (口罩和手套)

SPECTATORS



- All spectators will register at the venue using the LeaveHomeSafe App or by registering their names, contact number and time & date of visit
- All spectators must wear face masks at all times and are only permitted to remove them when eating or drinking
- Spectators will be permitted in groups of no more than 4 and must be socially distanced 1.5m apart*
- Spectators are reminded to maintain good personal hygiene, wash hands frequently and avoid touching their faces

*subject to change in line with HK Government regulations

觀眾



- 所有觀眾均須於場內使用「安心出行」流動應用程式，或登記其姓名、聯絡電話及到訪場所的時間及日期
- 所有觀眾於任何時候均必須佩戴口罩，只允許在進食或飲水時摘下口罩
- 觀眾限聚不多於4人，群組間必須保持1.5米以上社交距離*
- 觀眾時刻必須保持個人衛生，經常洗手及避免觸摸臉部

*將根據香港政府的法規變動而進行更改

POST MATCH



- HKRU will suggest a "get in, play, get out" policy but limited changing rooms and showers will be available (depending on venue)
- All club members are advised to leave immediately after their match has finished and not watch subsequent matches
- If members do stay, they are required to follow all hygiene and social distancing guidelines

賽後

- 香港欖球總會建議採用「到場、比賽、離開」策略 (get in, play, get out) ，但仍設有限的更衣室和淋浴設施 (視乎場地而定)
- 建議所有球會成員在比賽結束後立即離開球場，不要逗留觀看隨後的賽事
- 若成員仍留在場內，則必須遵守所有衛生和社交距離指引

GENERAL **HYGEINE**



All rugby community members are required to maintain a sense of personal hygiene to help combat the spread of COVID-19.

This includes:

- 1) Wearing face masks at all times
- 2) Frequent hand washing and sanitising with alcohol-based solutions
- 3) Maintaining social distancing away from other members of the public
- 4) Checking body temperatures before entering any venue
- 5) Registering at all venues using the LeaveHomeSafe app or registering names, contact number and time & date of visit
- 6) Avoid touching eyes, nose and mouth
- 7) Seeking medical advice promptly if feeling unwell
- 8) Sharing of water bottles is permitted so long as they do not touch the mouth or lip of players

一般衛生



所有欖球社區成員必須保持個人衛生意識，以助抵禦2019新型冠狀病毒病的傳播。包括以下措施：

- 1) 任何時間必須佩戴口罩
- 2) 經常洗手，或以酒精搓手液消毒雙手
- 3) 維持公共社交距離
- 4) 進入任何場所前均須檢查體溫
- 5) 進入任何場所，均須使用「安心出行」流動應用程式，或登記其姓名、聯絡電話及到訪場所的時間及日期
- 6) 避免觸摸眼睛、鼻子和嘴巴
- 7) 如感到不適，應立即求醫
- 8) 只要不觸碰到口或嘴唇，球員仍可共用水瓶

COVID-19 SYMPTOMS



- Anyone who experiences COVID-19 related symptoms whilst at a venue should report their condition to their COVID Manager/Club Representative prior to going directly home
- COVID Managers/Club Representatives will be required to report all symptomatic individuals to HKRU Medical Department who will follow up with all guidance and contact tracing if required
- The individual will not be permitted to attend any training or games, until medically cleared
- In the event of a positive case, clubs will be required to follow protocols as directed by HK Government/Club regulations
- More information can be found at <https://www.hkrugby.com/assets/downloads/200909-HKRU-Return-to-Play-Positive-Covid-19-Case.pdf>

2019冠狀病毒病徵狀

- 任何人士在比賽場地中出現與2019冠狀病毒病相關徵狀時，應當在離開場地前，向冠狀病毒病經理 / 球會代表 / 香港欖球總會工作人員報告情況
- 如有隊員出現徵狀，冠狀病毒病經理 / 球會代表必須向香港欖球總會醫務部報告，部門將提供指引及進行聯絡追蹤等工作
- 經醫生確認許可以前，該有徵狀人士不得參與任何訓練或比賽
- 若為陽性個案，球會則需要根據香港政府/球會規定指引作處理
- 請瀏覽 <https://www.hkrugby.com/assets/downloads/200909-HKRU-Return-to-Play-Positive-Covid-19-Case.pdf> 索取更多資訊