

英皇書院
預防 2019 冠狀病毒病
進行體育活動的指引

本指引是參照衛生防護中心的健康建議而編寫。學生在進行體育活動時應遵從以下指引，以預防 2019 冠狀病毒病在校園傳播：

1. 如多於一人進行非劇烈性的運動，同學應佩戴外科口罩，並應與人保持最少 1 米距離。
2. 進行中等或劇烈強度的體能活動時，學生不宜配戴口罩，並應與人保持最少 1.5 米距離。如學生需要除下口罩進行活動，應妥善放置及保存除下之口罩。
3. 學生須在體育課當天穿著學校體育服（可穿著深藍色短或長運動褲及合適運動鞋）回校上課，以避免於更衣室內聚集。
4. 學生必須時刻注意個人衛生，在活動前後須以正確的方法洗手及不可共用個人物品，例如毛巾和水樽。
5. 運動有提高人體抵抗力、促進血液循環等好處，但學生亦應注意自己身體狀況是否合適進行體能活動，如感到身體不適，須盡快停止運動和向老師求助。
6. 學生應自備水樽適時補充足夠的水分。
7. 要謹記避免用手接觸眼睛、鼻和口，經常使用肥皂、水或酒精搓手液潔手，以防新型冠狀病毒從受污染物件表面，意外傳播到眼、鼻和口。
8. 學生必須先洗手，戴上口罩後才返回課室。

參考資料

家居運動—在家進行體能活動網上教學資源：

https://www.edb.gov.hk/tc/curriculum-development/kla/pe/Doing_Physical_Activities_at_Home/index.html

King's College
Guidelines on Conducting Physical Activities
for the Prevention of Coronavirus Disease (COVID-19)

The guidelines are written with reference to the Health Advice to schools from the Centre for Health Protection. Students should follow the guidelines below when having learning activities in the Computer Room to prevent the spread of COVID-19 on campus:

1. When multiple persons are doing physical activities together, they should keep a physical distance of at least 1 m apart from each other if wearing masks.
2. Students should not wear masks when taking part in moderate- or vigorous-intensity physical activities. They should keep at least 1.5 m apart from each other and place their masks properly after removing them for taking part in physical activities.
3. Students must wear sports uniform (sports shorts or pants in navy blue and suitable sneakers are acceptable) on school days when there are P.E. lessons to avoid overcrowding in changing room.
4. Students should observe personal hygiene. Before and after doing exercise, they should wash their hands thoroughly and avoid sharing their personal items, e.g. towels and water bottles.
5. Regular exercise helps us to build up good body immunity. But students should also pay attentions to their physical conditions. Students who feel sick should stop exercising and inform the teacher immediately.
6. Students should bring their own water bottle and replenish water to prevent excessive loss of water from the body.
7. Students should avoid touching eyes, nose and mouth during exercise. They should wash their hands beforehand if necessary.
8. Students should wash their hands properly and wear masks before leaving the venues.

Reference Information

Doing Physical Activities at Home – Online Teaching Resources:

https://www.edb.gov.hk/en/curriculum-development/kla/pe/Doing_Physical_Activities_at_Home/index.html