

為預防新型冠狀病毒，健身室現採取以下措施：

To prevent the spread of COVID-19, we are now taking the following preventive measures:

◆ 重新開放的健身室會實施特別安排，以隔健身設施方式開放

Special measures will be adopted at reopened Fitness Centre, such as opening alternate fitness equipment

◆ 所有健身室使用者須掃瞄安心出行應用程式或填寫個人資料

All users are required to scan the “LeaveHome Safe” QR code or provide personal details

◆ 進入及離開健身室時，請用酒精搓手液搓手

Please clean your hands with the alcohol-based hand rub thoroughly before entering and leaving the Fitness Centre

◆ 調整使用習慣及空間，運動時留意與其他人之間至少保持 1.5 米距離

Maintain at least 1.5 metres distance between people in the Fitness Centre during exercise.

◆ 所有健身室使用者須戴口罩

All users must wear masks at all time in the Fitness Centre

◆ 每次使用健身器材後切勿觸摸眼和口鼻

Avoid touching eyes, nose and mouth after using the fitness equipment or machine

◆ 使用健身器械和器材前及使用後，請用提供的清潔劑消毒

Before and after using the machines, equipment and yoga mat, please clean with the provided disinfectants

◆ 打噴嚏或咳嗽時應用紙巾掩着口鼻，及儘快洗手

Covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Wash your hand immediately

◆ 如身體不適，例如咳嗽、氣喘、發燒等，切勿使用健身室

If you have fever, cough and difficult breathing, please stay home.