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