

## **HKIS Sports Academies Return to Training Safety Protocols**

### **General**

**Drop off / Pick-up at Tai Tam** - Please drop your children off and depart the campus as quickly as possible when dropping off. Note that parents, helpers, etc are not permitted in the venues to watch the sessions as we are limited on total numbers. For pick up, we would ask that you please do not drive onto the campus more than 5 minutes before the sessions finish. If you arrive in your car earlier than this time, we would ask that you please wait outside until 5 minutes before as we do not want cars parking or waiting on campus. Again, if you need to get out of the car to go to the class to collect your child or talk to the coach, etc., please park outside of the campus and walk in.

**Parking / Waiting at Tai Tam** - There is strictly NO PARKING or WAITING on campus. This is especially important for those classes on the field as cars waiting or parking by the field are making the access road one lane and thereby blocking all traffic in and out. We strongly recommend that those picking up for classes on the field park outside, walk in and collect their child. If your child is old enough to exit the campus on their own, it would be a big help if they did and they were picked up outside.

### **Program / venue Protocols & Guidelines**

#### **MS Gym and HS Gym**

Our Mantra for the Transition Period is 'Get in, train and get out'

Students cannot remain on MS or HS Campus awaiting training sessions and there is no supervision offered at this time and parents / helpers/etc are not permitted to enter the campus to supervise children. So all students must leave campus after school and return for training. If this is an issue for any of you, please email us as this is going to be strictly enforced.

All players should arrive no more than 10 minutes before the start of their session suited up and should proceed directly to the gym and not be loitering on campus.

Hand sanitisers will be placed at the entrance and all students must sanitize their hands before entering the venue and after returning from the bathroom.

Only registered students will be permitted in the venue. Parents, siblings, helpers, etc are not allowed to enter the venue. So, unfortunately parents, etc cannot remain to watch the sessions.

On entry to the gym, students must follow all coaches instructions.

There will be designated stations spaced around the gym for students to place their bag and drinks bottle in order to maintain social distancing before training and during breaks.

Students MUST bring their own drink bottles (and there is strictly no sharing)

No eating allowed during any session

Face Masks must be worn until the students arrive in the gym. Please note that under the Preliminary Phase, students are encouraged to wear masks during training sessions but they can be removed for any strenuous activities. From Phase 1 and above, masks are optional during training and can be removed once the coach directs. Students should bring a ziploc bag to store their masks if they are removed and are also required to bring a spare mask.

Coaches will be required to wear masks in the venue in the Preliminary Phase but from Phase 1 and above, coaches are not required to wear masks.

Coaches will use electronic whistles, voice, hand signals, etc. but normal whistles will not be used.

The HKIS Covid-19 Phased Return to Play Protocols are attached as a separate document.

Equipment will be disinfected after classes and bibs, if used, will not be shared and will be washed after every use.

### **Repulse Bay LPS and UPS Gyms and 6th Floor UPS Multi Purpose Room**

All of the above rules for the MS Gym apply to all of these venues but note specifically:-

- UPS Students should go directly to their venue once school ends.
- Students in the later practices (4:30pm and later) should leave campus after school and return no earlier than 10 minutes before their session starts, suited up ready and should go directly to their venue. There is NO After School Care available during the Transition Schedule period.
- Please see [FAQ's on the Activities website](#) for more information on policies and procedures.

### **TT Field**

Our Mantra for the Transition Period is 'Get in, train and get out'

All players should arrive no more than 10 minutes before the start of their session, suited up and ready to train. On arrival within this time frame, students should proceed directly to the field and not be loitering on campus.

Hand sanitisers will be placed at the entrance and all students must sanitize their hands before entering the playing area and after returning from the bathroom.

Only registered students will be permitted in the venue. Parents, siblings, helpers, etc are not allowed to enter the venue. So, unfortunately parents, etc cannot remain to watch the sessions.

On entry to the playing area, students must follow all coaches instructions.

There will be designated stations spaced around the field for students to place their bag and drinks bottle in order to maintain social distancing before training and during breaks.

Students MUST bring their own drinks bottles (and there is strictly no sharing)

No eating allowed during any session

Face Masks must be worn until the students arrive in the gym. Please note that under the Preliminary Phase, students are encouraged to wear masks during training sessions but they can be removed for any strenuous activities. From Phase 1 and above, masks are optional during training and can be removed once the coach directs. Students should bring a ziploc bag to store their masks if they are removed and are also required to bring a spare mask.

Coaches will be required to wear masks in the venue in the Preliminary Phase but from Phase 1 and above, coaches are not required to wear masks.

Coaches will use electronic whistles, voice, hand signals, etc. but normal whistles will not be used.

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We recommend that students use the hand sanitizer again before exiting the venue.

Equipment will be disinfected after classes and bibs, if used, will not be shared and will be washed after every use.

