

The arrangement under adverse weather

Coaches would make decision depends on the weather and safety reasons, parents can decide whether their children attend the class or not.

Weather	Coach Present	Training
Heavy rain or Thunder Storm Warning Signal	Yes	At coaches' discretion.
Tropical Cyclone Warning Signal No. 3 or Amber Rain Storm Warning	Yes	Trainings of Group E and F will be cancelled. Other groups at coaches' discretion.
Tropical Cyclone Warning Signal No.8 or higher, or Red / Black Rain Storm Warning Signal	No	All trainings will be cancelled.
Pre-No.8 special announcement (an advance notice to the public issued by the Observatory when the tropical cyclone warning signal No. 8 is expected within two hours)	No	In case the above announcement is issued before the start of the training, all trainings will be cancelled.
"High" health risk category (Air Quality Health Index (AQHI) of 7)	Yes	Activities will be held as scheduled. Environmental Protection Department advises those with existing heart or respiratory illnesses (such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and emphysema), children and the elderly to reduce outdoor physical exertion, and to reduce the time of their stay outdoors, especially in areas with heavy traffic. Participants with existing heart or respiratory illnesses should also seek advice from a medical doctor before participating in sports activities and take more breaks during physical activities. As the health effects on individuals may vary, participants should seek advice from a medical doctor if they are in doubt or feel uncomfortable.
"Very High" health risk category (Air Quality Health Index (AQHI) of 8-10)	Yes	Activities will be held as scheduled. Environmental Protection Department advises those with existing heart or respiratory illnesses (such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and emphysema), children and the elderly to reduce to the minimum outdoor physical exertion, and to reduce to the minimum the time of their stay outdoors, especially in areas with heavy traffic. The general public is advised to reduce outdoor physical exertion, and to reduce the time of their stay outdoors, especially in areas with heavy traffic. As the health effects on individuals may vary, participants should seek advice from a medical doctor if they are in doubt or feel uncomfortable.
"Serious" health risk category (Air Quality Health Index (AQHI) Exceeding 10)	Yes	Activities will be held as scheduled. Environmental Protection Department advises those with existing heart or respiratory illnesses (such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and emphysema), children and the elderly to avoid outdoor physical exertion, and to avoid staying outdoors, especially in areas with heavy traffic. The general public is advised to reduce to the minimum outdoor physical exertion, and to reduce to the minimum the time of their stay outdoors, especially in areas with heavy traffic. As the health effects on individuals may vary, participants should seek advice from a medical doctor if they are in doubt or feel uncomfortable.