

**Hong Kong Football Association**  
**「BOCHK PL Juniors Programme 2022-23」**

Hygiene Guidelines for players and parents

Time Course before / during / after training	Suggested
Before going to training venue	<ul style="list-style-type: none"> <li>● Measure body temperature if needed</li> <li>● Should wear face masks</li> <li>● Players should bring their own hand sanitizer</li> </ul>
Arrive in training venue, before the training starts	<ul style="list-style-type: none"> <li>● All players must scan the "LeaveHomeSafe" (安心出行) QR code, show the effective vaccination pass with their mobile phones and have their temperature measured by the organizers' staff before being allowed to enter the pitch area</li> <li>● Should clean your hands</li> <li>● Should wear face masks</li> <li>● Maintain a social distance of 1.5 metres or above</li> <li>● Avoid gathering with a large group of players or parents</li> </ul>
During training	<ul style="list-style-type: none"> <li>● Players can take off their face masks and put the face masks into mask storage cases</li> <li>● Do not place or litter the face masks casually</li> <li>● All spectating parents must wear face masks and keep social distances from others</li> </ul>
After training	<ul style="list-style-type: none"> <li>● Should wear face masks</li> <li>● Avoid using showering facilities along with too many people / players</li> <li>● Take a shower or bath and wash your hair when you return home to remove any dirt and germs that you might have come across</li> <li>● Take off and wash your uniform properly</li> </ul>

- All participants need to fill out a health declaration form before entering the pitch.  
 (Health declaration form's link: <https://forms.gle/3kwF8ZroV1zEJnfj8>)



Players having **Fever** (Body temperature higher than 37.5°C) or one of the below symptoms **should not attend training sessions and should consult the doctor immediately:**

- Fever, Chills
- Cough
- Sore Throat
- Shortness of breath
- Extreme tiredness or malaise
- Sudden Loss of taste or smell
- Muscle pain
- Headache
- Sneezing or nasal congestion
- Diarrhoea
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**Players should not attend training sessions** if for below scenario

- Player listed as a confirmed case or a close contact.
- Player who has any travel history in the past 14 days or currently taking the compulsory quarantine according to the government policy
- Anyone living with player who is listed as a confirmed case or a close contact
- Anyone living with player who has any travel history in the past 14 days or currently taking the compulsory quarantine according to the government policy.
- Player or their housemate who required to conduct the compulsory testing according to the government policy while not yet received a negative testing report

Visit the below website to find the specific premises with compulsory testing notice:

[https://www.coronavirus.gov.hk/pdf/compulsorytestingnotice\\_premises\\_ENG.pdf](https://www.coronavirus.gov.hk/pdf/compulsorytestingnotice_premises_ENG.pdf)

**Health care advice from the Department of Health**

- Wash hands with liquid soap and water, and rub for at least 20 seconds. Then rinse with water and dry with a disposable paper towel. When the hands are cleaned, do not touch the water tap directly again (for example, using a paper towel to wrap the faucet before turn it off).
- Cover your nose and mouth with it when sneezing or coughing. Dispose soiled tissue paper properly into a lidded rubbish bin and wash hands with liquid soap and water afterwards.
- Mouth, nose and chin should fully be covered when wearing the face mask
- Avoid touching the surgical mask after wearing. Otherwise, should perform hand hygiene before and after touching the mask

By Hong Kong Football Association

