

## 開放健身中心須符合的規定及限制

政府已就《預防及控制疾病(規定及指示)(業務及處所)規例》(第 599F 章)和《預防及控制疾病(禁止羣組聚集)規例》(第 599G 章)下的指示及修訂刊憲，以放寬部分就餐飲業務、表列處所及在公眾地方進行羣組聚集的減少社交接觸措施。這些措施由 2020 年 5 月 8 日起生效，為期十四日至 2020 年 5 月 21 日。

根據第 599F 章及第 599G 章下的指示及修訂，開放健身中心須符合以下的規定及限制—

- (1) 任何人身處健身中心內，在運動前及運動後均須一直佩戴口罩；
- (2) 在容許某人進入健身中心前，須先為該人量度體溫；
- (3) 須在健身中心內，為在其內的人提供消毒潔手液；
- (4) 使用中的健身站、器械和器材的擺放布局，須確保每一健身站、器械或器材之間至少有 1.5 米距離；或在每一健身站、器械或器材之間設有某種形式的隔版，作出有效分隔；
- (5) 健身站、器械及器材在每次使用之前或之後，均須予清潔和消毒；
- (6) 淋浴設施須遵循以下控制感染建議：
  - (a) 只可以「隔一個，開一個」方式開放淋浴間或花灑頭，讓使用者之間保持至少 1.5 米的社交距離；
  - (b) 每四小時清潔和消毒淋浴間至少一次；
  - (c) 對設施(包括儲物櫃)進行定期環境清潔和消毒，每日最少一次；及
  - (d) 禁止共用個人用品(例如毛巾)；
- (7) 如有蒸汽浴和桑拿設施，則須予關閉；及
- (8) 連教練在內，每一小組訓練或課堂不得有超過 8 人<sup>1</sup>。

有關詳情，請瀏覽香港特別行政區政府憲報公告：  
<https://www.gld.gov.hk/egazette/pdf/20202428e/cgn2020242839.pdf>

請注意，健身中心管理人違反第 599F 章的法定規定者即屬干犯刑事罪行，最高可被罰款 50,000 元及監禁六個月。

2020 年 5 月 12 日  
民政事務局

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註 1: 以 8 人一組(包括 1 名教練/導師及最多 7 名學員)為上限的規定是以每一小組訓練或課堂為單位。因此，1 位教練只可教授 7 人或以下。然而，每一健身中心處所課室內的小組/課堂數目不設上限。如健身中心內有充足空間，授課地點足以容納多於一個 8 人小組，則每個小組/課堂(即 1 位教練及最多 7 名參加者)之間須有至少 1.5 米的社交距離或以某種形式的隔板作出有效分隔(例如不同課室)。

## **REQUIREMENTS AND RESTRICTIONS ON FITNESS CENTRES TO BE OPENED**

The Government has gazetted the directions and amendments under the Prevention and Control of Disease (Requirements and Directions) (Business and Premises) Regulation (Cap. 599F) and the Prevention and Control of Disease (Prohibition on Group Gathering) Regulation (Cap. 599G) as appropriate to relax some of the social distancing measures in relation to catering business, scheduled premises and group gathering in public places. The latest measures will come into effect from May 8, 2020 for 14 days till May 21, 2020.

In accordance with the directions and amendments under Cap. 599F and Cap. 599G, fitness centres may be open subject to the following requirements and restrictions –

- (1) a person must wear a mask before and after exercise within the fitness centre;
- (2) body temperature screening on a person must be conducted before the person is allowed to enter the fitness centre;
- (3) hand sanitisers must be provided at the fitness centre for any person therein;
- (4) fitness stations, machines and equipment in use must be arranged in a way to ensure there is a distance of at least 1.5 m or some form of partition which could serve as effective buffer between each fitness station, machine or equipment;
- (5) the fitness stations, machines or equipment must be cleaned and disinfected before and after each use;
- (6) the following infection control recommendations must be applied to shower facilities: -
  - (a) keep social distancing between users of at least 1.5 metres by opening alternate cubicles or shower heads only;
  - (b) carry out cleaning and disinfection of the shower cubicles at least once every four hours;
  - (c) carry out regular environmental cleaning and disinfection on the facilities including storage cabinet at least daily; and
  - (d) forbid sharing of personal items such as towel.
- (7) steam and sauna facilities, if any, must be closed; and
- (8) no more than 8 persons including the coach may be allowed in each group training or classes <sup>Note 1</sup>.

Please refer to the notice of the Gazette of the Government of the Hong Kong Special Administrative Region for details: <https://www.gld.gov.hk/egazette/pdf/20202428e/egn2020242839.pdf>

You are reminded that managers of fitness centre that contravene the statutory requirements under Cap. 599F would be a criminal offence. Offenders are subject to a maximum fine of \$50,000 and imprisonment for six months.

12 May 2020  
Home Affairs Bureau

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Note 1 : The upper limit of a group of 8 (including 1 coach / instructor and a maximum of 7 students) is based on each group training or class. Therefore, one coach can only teach 7 or less. However, there is no upper limit on the number of groups/classes in each fitness centre premises. If the fitness centre is spacious enough and the training area has the capacity to accommodate more than one group of 8 persons, there must be at least 1.5 metres of social distance or effective separation by some form of partition (such as separate classrooms) between each group/class (i.e. 1 coach and a maximum of 7 participants).