

The Hong Kong Experience in Resuming Normal (Elite Sports Training)

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Coronavirus Disease (COVID-19) in HK

As of Dec 31, 2020

- 4th wave of outbreak (since Dec 2, 2020)
- 8779 confirmed cases
- 147 death

Hong Kong Sports Institute (HKSI)

During the COVID-19 pandemic

Principles:

- To maintain the training of HKSI athletes in a clean and safe environment

Fact

- One of the very few elite sports training centers still operating in the world

Lessons learned from SARS

- Well-studied and practiced preventive measure
 - Severe Acute Respiratory Syndrome and Sport, Facts and Fallacies (So et al., 2004)
 - Avoiding contact, personal hygiene and improving immunity
- Guidelines against different levels of outbreak
 - HKSIL alert and action plan
 - Work along with the Government guidelines and policy
 - Precaution measures, Personnel returning to HK, Control access, Infection control supply, Environmental hygiene
- Reviewing present situation with medical experts

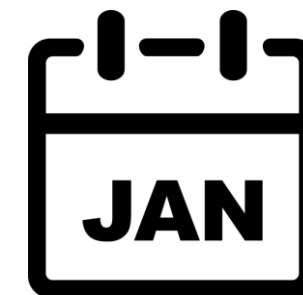
Define the HKSI Guidelines

- “Preparedness of suspected/positive cases of the COVID-19 and follow-up guidelines for HKSI”:
 - General Preparedness & Vigilance;
 - Alert Response Level;
 - Serious Response Level;
 - Emergency Response Level;
 - Urgent Response Level;
- Updated on Feb 17, 2020;
- Prevention details are included for each level;
- Appendices: prevention guidelines, body temperature report template, specific cleaning guidelines for different levels.

Highlights of HKSI's current practice on COVID-19

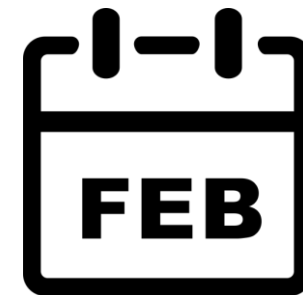
- 1 COVID-19 Test / week (athletes, coaches & others)
- 3 Closed camp
- 6 ETSTD Centre directly support the closed camp
- 17 Sports in the closed camp (>250 athletes & ~60 coaches)
- 20 ETSTD staff to stay in the camp and give direct support
- 50 The no. of athletes in the fitness training center at the same time

COVID-19 in HK



- 1st confirmed case (Jan 22)
- Government measures
 - Escalated to Emergency Response Level
 - Closed indoor, paid outdoor leisure facilities, aquatic facilities and public gym
- HKSI measures
 - Emergency Responses Level
 - Cancellation of all Junior and part-time training (Jan 28)
 - Work from home arrangement for non front line service staff (Jan 30)

Less COVID-19 cases in Europe and USA



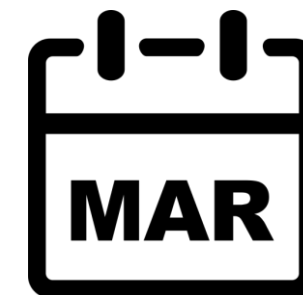
- HKSI measures
 - Encourage teams and athletes to go overseas for training
 - Teams and athletes were in France, Canada, USA, Japan

Due to the outbreak in Europe and Japan

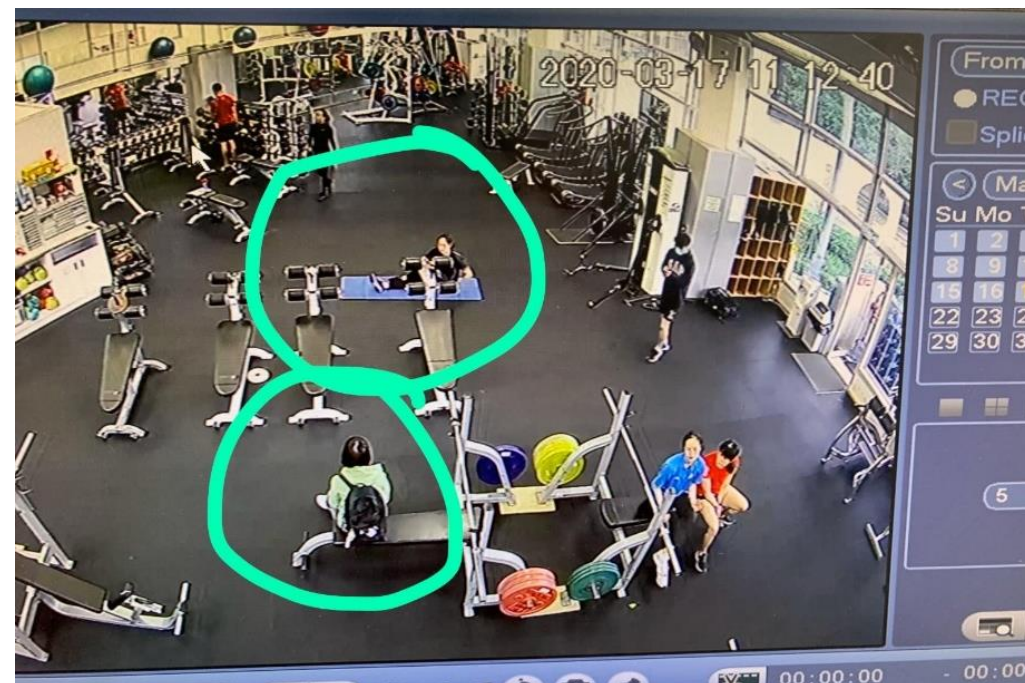


- Government measures
 - Avoid unnecessary travel (**Red** Outbound Travel Alert)
- HKSI measures
 - Due to confirmed cases on the same flight that HKSI athletes/staff returned to HK (not required any compulsory quarantine by the government)
 - Provide COVID-19 testing for returning HKSI athletes/staff

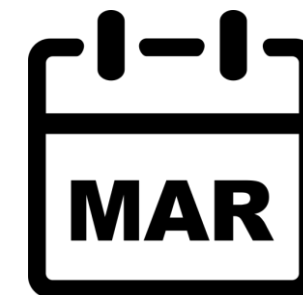
5 confirmed cases from overseas team



- HKSI measures
 - Deep cleaning of HKSI
 - Trace close contact history
 - Initiate COVID-19 tests



Second wave outbreak

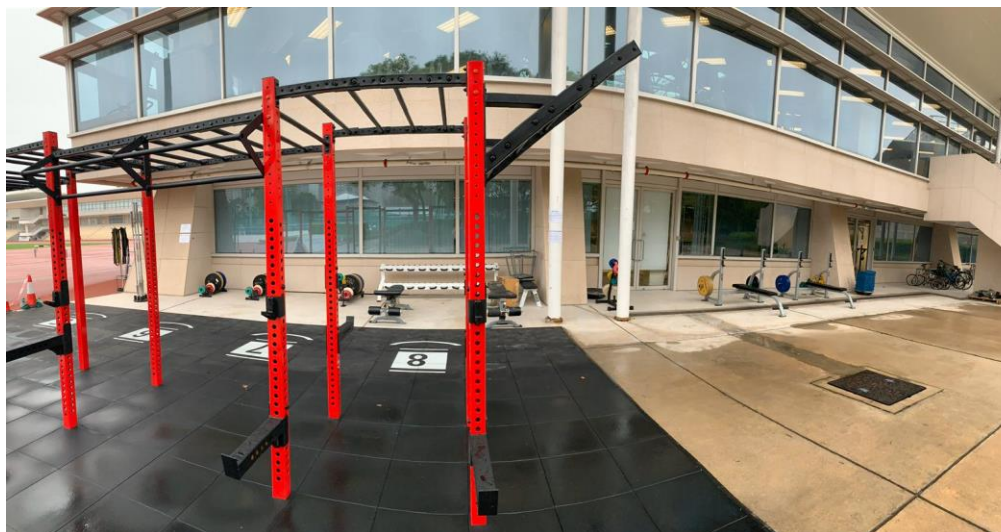


- Government measures
 - Closed indoor, paid outdoor leisure facilities, aquatic facilities and public gym
- HKSI measures
 - First closed camp started (Mar 25)
 - Test for athletes joining closed camp training
 - Test for coaches and staff changeover for the camp
 - 351 tests were done and all negative



Second wave outbreak

- HKSI measures (Cont.)
 - Closed indoor fitness training centre
 - Set up outdoor fitness training area



HK's COVID-19 cases are down



- Zero local cases for 17 days (>2 weeks) since mid-April
- HKSI measures
 - Seek medical experts' consultation and review on policy

HK's COVID-19 cases are down

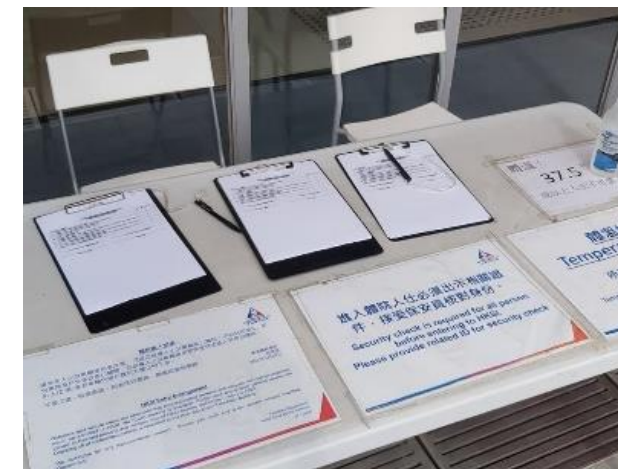


- Government measures (in early May)
 - Most civil services resume and work in office
 - Reopen most sport facilities
 - Resume school in phases
 - Relax on public gathering restriction
- HKSI measures
 - Reopen campus and resume normal training (May 8)
 - Limited to senior FT and OG/PG PT athletes
 - Gradual open to junior and other PT athletes
 - Almost 800 athletes (>80%) resume training

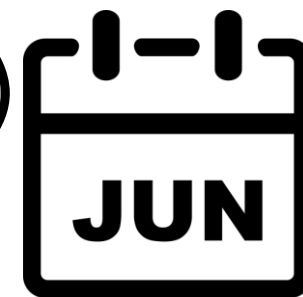
HK's COVID-19 cases are down



- HKSI measures (Cont.)
 - Health declaration required and constantly updated
 - Symptom-alertness procedures strictly uphold
 - Constant precautions reminders
 - Constant review of policy



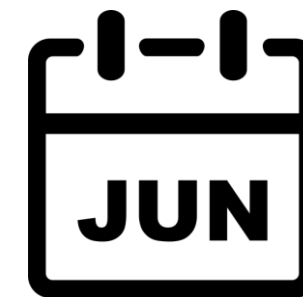
Training of athletes (outside the camp)



- Provide Nutritional tips to athletes during the pandemics
- Provide Psychological tips to athletes to cope with the cancellation of competition and other situations
- Provide video of strength and conditioning to athletes during the Pandemics



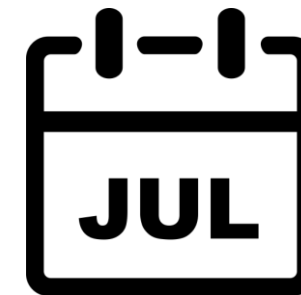
Engaging the community



- Motivational speech from Athletes on FB and IG
- Regular health and workout tips from Athletes to general public
- Encouraging word from athletes to urge general public to stay home to fight the pandemics

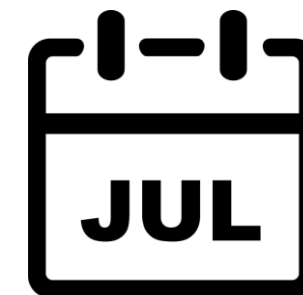


Third wave outbreak

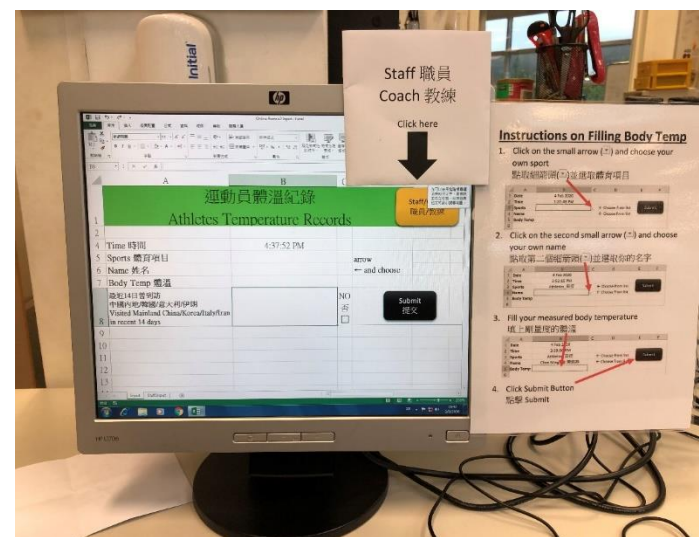


- 14 confirmed cases reported (Jul 7)
 - 9 new local cases with unknown sources of infection (risk of community outbreak)
- Government measures
 - EDB announced the early commencement of school summer holiday (Jul 10)
 - Closed of private gym and LCSD sports facilities (Jul 14)

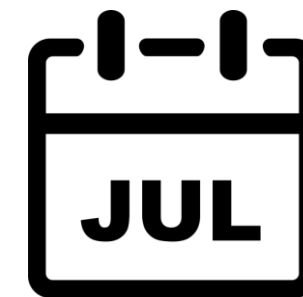
Third wave outbreak



- HKSI measures
 - Closed camp again for FT and OG/PG PT athletes (Jul 29)
 - Ensure the cleaning and disinfection of the SMC
 - Spread treatment beds in Sports Medicine Centre



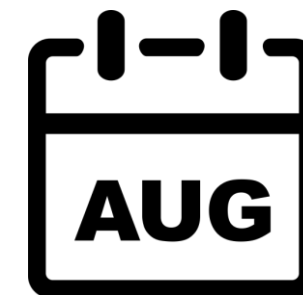
Third wave outbreak



- HKSI measures (Cont.)
 - Ensure the cleaning and disinfection of the Fitness Training Centre
 - Social distancing during training
 - Access to Fitness Training Centre was restricted to 30 athletes per session



Local cases has been decreasing



- Government measures
 - Re-open cinema, beauty parlour, some outdoor sports premises for activities involving little physical contact
 - Online appointments of the Universal Community Testing Programme (UCTP) (Aug 28)
- HKSI measures
 - Established a list of colleagues who commute and will have some contact with the athletes, coaches and staffs in the closed training camp

Local cases were stable



- Government measures
 - Universal Community Testing Programme (Sep 1)
 - Most civil services resume and work in office
 - Reopen most sport facilities
 - Relax on public gathering restriction
 - Mask-wearing of public still in effect

Local cases were stable



- HKSI measures
 - Weekly test for all HKSI personnel (Sept 14)
 - Resume normal open-camp training (Sept 18)
 - Limited to Tier A FT athletes
 - Abide with Government requirements



Local cases were stable



- HKSI measures
 - The campus to reopen to All PT athletes (Oct 15)
 - Arrange >1,300 tests per week to all athletes/coaches/staff
 - Manage and follow up tests
 - Strengthen the campus cleaning and disinfection
 - Strengthen the implementation of personal hygiene
 - Overseas training and competition recommendations to Sports

Local cases has been increased



- Cluster of local cases
 - Residential building
 - Nursing home
 - Dance group, etc.

Fourth wave outbreak



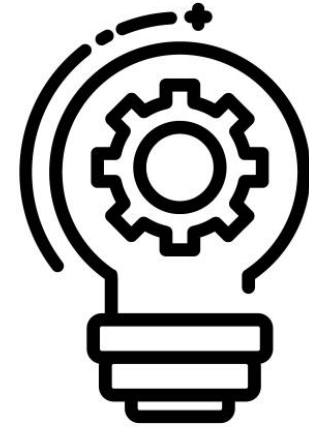
- Government measure
 - A new virus variant with higher transmissibility is spotted in the UK
 - Compulsory quarantine for 21 days (persons from outside China)
 - Stay at designated Quarantine Hotel Scheme
 - Government makes Regulation (Use of Vaccines)
- HKSI measures
 - Closed camp again for FT athletes (Dec 3)
 - Maintain weekly test for closed camp athletes and coaches



Preparation



Information



Implementation

HKSI POLICY ON COVID-19

Preparation



- Review after SARS outbreak in Hong Kong
- A comprehensive preventive guidelines were developed and in operation
- Continuous monitoring and update of the guidelines as required

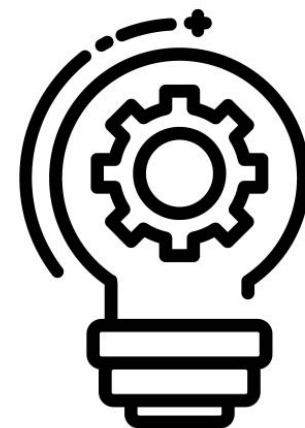
Information



- Constant update of the COVID-19 from Government and press
- Regular policy review base on Evidence & Science
 - Internal and external medical expert groups were formed and regular meetings were held
- Regular communication with the Department of Health and the Centre for Health Protection
- Keep update on the world research findings and practices

Implementation

- Hygiene (personal & environmental)
- Access control
- Test / Trace / Isolate
- Closed training camp operation
- Operation guidelines (positive cases, contact tracing, etc.)



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Thank You