

| English   | Chinese Simplified (Mandarin)   |
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| <b>CANBERRA'S RECOVERY PLAN</b>   | <b>堪培拉恢复计划</b>  |
| <b>COVID-19 Easing of Restrictions Roadmap as at 9 October 2020</b>   | <b>COVID-19 限制放松路线图（截至 2020 年 10 月 9 日）</b>   |
| <b>STAGE 1</b>  | <b>第一阶段</b>   |
| Please refer to the Easing of Restrictions Roadmap as at 26 May 2020 for details of the already implemented Stage 1.  | 请查看限制放松路线图（截至 2020 年 5 月 26 日）了解已在第一阶段实施的措施详情。  |
| <b>STAGE 2</b>  | <b>第二阶段</b>   |
| <b>Step 2.1</b>   | <b>第 2.1 步</b>  |
| 1 person per 4 square metres  | 每人 4 平方米空间  |
| Maximum 20 people   | 最多 20 人   |
| <b>COVID Safety Plan</b>  | <b>COVID 安全计划</b>   |
| <ul style="list-style-type: none"> <li>• Beauty therapy, tanning or waxing services</li> <li>• Nail salons</li> <li>• Spa and massage</li> <li>• Tattoo and body modification parlours</li> <li>• Gyms, health clubs, fitness or wellness centres</li> <li>• Yoga, barre, pilates and spin facilities</li> <li>• Galleries, museums, national institutions and historic places</li> <li>• Outdoor amusement/attractions (e.g. zoo)</li> <li>• Choirs, bands and orchestras</li> </ul> | <ul style="list-style-type: none"> <li>• 美容、美黑或脱毛服务</li> <li>• 美甲沙龙</li> <li>• 水疗和按摩院</li> <li>• 纹身和身体修饰店</li> <li>• 健身房、健身俱乐部、健身或保健中心</li> <li>• 瑜伽、barre 健身操、普拉提和室内健身单车设施</li> <li>• 美术馆、博物馆、国家机构和古迹场所</li> <li>• 户外游乐园/景点（比如动物园）</li> <li>• 合唱团、乐队和管弦乐队</li> </ul> |

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| <ul style="list-style-type: none"> <li>• Caravan parks and campgrounds</li> <li>• Indoor sporting centres</li> <li>• Low contact indoor and outdoor sport (including dance)</li> <li>• Further easing of restrictions: <ul style="list-style-type: none"> <li>- Restaurants, cafés, clubs and other licensed venues</li> <li>- Weddings – 20 people</li> <li>- Funerals – 50 people indoors and outdoors</li> <li>- Places of worship and religious ceremonies</li> <li>- Boot camps and personal training</li> <li>- Pools</li> <li>- Community centres, facilities or youth centres</li> </ul> </li> <li>• Universities/CIT and other vocational training providers to increase face-to-face learning where possible</li> <li>• Working from home if it works for you and your employer.</li> </ul> | <ul style="list-style-type: none"> <li>• 房车公园和度假营地</li> <li>• 室内运动中心</li> <li>• 低接触式的室内外运动（包括舞蹈）</li> <li>• 进一步放松限制： <ul style="list-style-type: none"> <li>- 餐厅、咖啡馆、俱乐部和其他持牌场所</li> <li>- 婚礼–可有 20 人参加</li> <li>- 葬礼–室内外均可 50 人参加</li> <li>- 礼拜场所和宗教仪式</li> <li>- 新手训练营和私人健身培训</li> <li>- 游泳池</li> <li>- 社区中心、设施或青少年中心</li> </ul> </li> <li>• 大学/堪培拉科技学院（CIT）和其他职业培训机构在可能的情况下增加面对面教学</li> <li>• 在对您和雇主可行的情况下在家上班。</li> </ul> |
| <b>Step 2.2</b>   | <b>第 2.2 步</b>  |
| 1 person per 4 square metres  | 每人 4 平方米空间  |
| Maximum 100 people  | 最多 100 人  |
| COVID Safety Plan   | COVID 安全计划  |

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| <ul style="list-style-type: none"> <li>• All indoor and outdoor gatherings to maximum 100 people within the 1 per 4sqm rule</li> <li>• For hospitality venues – maximum number of patrons excludes staff and alcohol can be served without food</li> <li>• Reopening of: <ul style="list-style-type: none"> <li>- Cinemas and movie theatres</li> <li>- Indoor amusement centres, arcades and outdoor/indoor play centres</li> <li>- Betting agencies (Tab and Keno)</li> </ul> </li> <li>• All performances in all locations (including concert venues, theatres, arenas, auditoriums or outdoor venues)</li> <li>• Return to full-contact training for all sports</li> <li>• Circuit training in gyms</li> <li>• Universities/CIT and other vocational training providers to increase face-to-face learning where possible</li> <li>• Working from home if it works for you and your employer.</li> </ul> | <ul style="list-style-type: none"> <li>• 所有室内外聚会可在遵守每人 4 平方米空间规定的前提下最多容纳 100 人</li> <li>• 餐饮场所–工作人员不包括在顾客人数上限内, 可以给不点餐的顾客供应酒水</li> <li>• 重开以下场所： <ul style="list-style-type: none"> <li>- 电影院和影剧院</li> <li>- 室内游乐中心、游戏机厅和室内外儿童游乐中心</li> <li>- 投注机构 (Tab 和 Keno)</li> </ul> </li> <li>• 所有场所 (包括音乐会场、剧院、圆形剧场、礼堂或户外场所) 的所有表演</li> <li>• 恢复所有运动的全接触式训练</li> <li>• 健身房里的循环训练</li> <li>• 大学/堪培拉科技学院 (CIT) 和其他职业培训机构在可能的情况下增加面对面教学</li> <li>• 在对您和雇主可行的情况下在家上班。</li> </ul> |
| <p><b>From 12 Noon Friday 17 July 2020:</b></p>   | <p><b>从 2020 年 7 月 17 日星期五中午 12 点开始：</b></p>   |
| <ul style="list-style-type: none"> <li>• Return to full-contact competition for sport, dance and martial arts</li> </ul>  | <ul style="list-style-type: none"> <li>• 恢复运动、舞蹈和武术的全接触式竞赛</li> </ul>  |

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| <b>STAGE 3</b><br><b>Currently in effect</b>  | <b>第三阶段</b><br><b>目前实行</b>  |
| Step 3.1  | 第 3.1 步   |
| 25 Maximum in venue or 1 person per 4 square metres   | 每个场所最多 25 人或每人 4 平方米空间  |
| Maximum 100 people  | 最多 100 人  |
| COVID Safety Plan   | COVID 安全计划  |
| <ul style="list-style-type: none"> <li>• 1 person per 4 square metres of usable space applies, to maximum of 100 people in each indoor space and each outdoor space (excluding staff on premises)</li> <li>• Reopening of: <ul style="list-style-type: none"> <li>- Casinos and gaming in clubs</li> <li>- Food courts (dine-in)</li> <li>- Steam-based services, including saunas, steam rooms, steam cabinets and bathhouses</li> <li>- Strip clubs, brothels, escort agencies</li> <li>- 24-hour gyms – maximum of 25 people when unstaffed</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• 实施每人 4 平方米可用空间的规定，每个室内空间和每个室外空间可容纳最多 100 人（不包括场所工作人员）</li> <li>• 重开： <ul style="list-style-type: none"> <li>- 赌场和俱乐部里的博彩</li> <li>- 美食广场（店内堂食）</li> <li>- 桑拿、蒸汽室、蒸汽房和澡堂等基于蒸汽的服务</li> <li>- 脱衣舞俱乐部、妓院、伴游公司</li> <li>- 24 小时健身房 - 没有员工看管时可同时容纳最多 25 人</li> </ul> </li> </ul> |
| Working from home if it works for you and your employer.  | 在对您和雇主可行的情况下在家上班。   |

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| <p><b>From 9am Friday 18 September 2020:</b></p>  | <p><b>从 2020 年 9 月 18 日星期五上午 9 点开始：</b></p>  |
| <ul style="list-style-type: none"> <li>• Smaller sized venues, facilities and businesses can return to their pre-COVID capacity, with a maximum of 25 people (excluding staff) across the whole venue.</li> </ul>   | <ul style="list-style-type: none"> <li>• 规模较小的场所、设施和企业可以恢复 COVID 疫情前的接待人数上限，在整个场地容纳最多 25 人（不包括工作人员）。</li> </ul>  |
| <p><b>Step 3.2</b></p>  | <p><b>第 3.2 步</b></p>  |
| <ul style="list-style-type: none"> <li>• 1 person per 4 square metres</li> </ul>  | <ul style="list-style-type: none"> <li>• 每人 4 平方米</li> </ul>   |
| <ul style="list-style-type: none"> <li>• Maximum 200 people</li> </ul>  | <ul style="list-style-type: none"> <li>• 最多 200 人</li> </ul>   |
| <ul style="list-style-type: none"> <li>• COVID Safety Plan</li> </ul>   | <ul style="list-style-type: none"> <li>• COVID 安全计划</li> </ul>   |
| <ul style="list-style-type: none"> <li>• Electronic contact tracing</li> </ul>  | <ul style="list-style-type: none"> <li>• 电子方式追踪接触者</li> </ul>  |
| <ul style="list-style-type: none"> <li>• All gatherings can increase to 200 people</li> <li>• Medium-sized hospitality venues with total usable space between 101 and 200 square metres can have a maximum of 50 people throughout the venue (excluding staff)</li> <li>• For cinemas and movie theatres – up to 50% capacity of each theatre, up to 200 people</li> <li>• For large indoor seated venues – ticketed events up to 50% capacity, up to 1,000 people</li> <li>• For enclosed outdoor venues with permanent tiered seating/grandstands – ticketed events up to 50% capacity, up to 1,000 people</li> <li>• For GIO Stadium and Manuka Oval – up to 50% seated capacity</li> <li>• Workplaces may commence a return to the workplace if it suits employers and employees. If workplaces choose to return, a COVID- Safe Plan should be in place.</li> </ul> | <ul style="list-style-type: none"> <li>• 所有聚会规模可以增加至最多 200 人</li> <li>• 使用总面积在 101 到 200 平方米的中等规模餐饮场所可在整个场地容纳最多 50 人（不包括工作人员）</li> <li>• 电影院和影视剧院 - 单场上座率可达 50%，人数不超过 200 人</li> <li>• 设有座位的大型室内场所 - 上座率可达 50%，人数不超过 1000 人，售票时不得超出这一上限</li> <li>• 有永久性分层座位/看台的封闭露天场所 - 上座率可达 50%，人数不超过 1000 人，售票时不得超出这一上限</li> <li>• 体育场 GIO Stadium 和 Manuka Oval - 上座率可达 50%</li> <li>• 工作场所可在适合雇主和员工的情况下开始复工。选择复工的工作场所应执行 COVID 安全计划。</li> </ul> |

| <b>FUTURE CONSIDERATIONS</b>   | <b>日后考虑</b>  |
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| Timing to be confirmed   | 时间安排有待确认   |
| Highest-risk activities and settings, including: <ul style="list-style-type: none"> <li>• Mass gatherings (e.g. festivals)</li> <li>• Larger conferences and conventions</li> <li>• Nightclubs.</li> </ul> | 风险最高的活动和环境，包括： <ul style="list-style-type: none"> <li>• 大规模聚会（比如节庆）</li> <li>• 较大规模的会议和会展</li> <li>• 夜总会。</li> </ul> |
| <b>COVID Safe check points</b>   | <b>COVID 安全检查点</b>   |
| Public health risk assessment informed by monitoring the impacts of eased restrictions.  | 公共卫生风险的评估依靠对限制放松带来影响情况的监测。   |
| <b>Next check point 6 November 2020</b>  | <b>下个检查点 2020 年 11 月 6 日</b>   |
| Avoid public transport in peak hour.   | 避免在高峰时段搭乘公共交通。   |
| <b>RESTRICTIONS MAY HAVE EASED BUT YOUR RESPONSIBILITY HASN'T</b>  | 限制措施可能有所放松，但您的责任没有放松   |
| Maintain good hand hygiene   | 保持良好的手部卫生习惯  |
| Stay 1.5 metres apart  | 保持 1.5 米距离   |
| Stay home if you are unwell  | 如果感到不适请您待在家里   |
| Get tested if you have symptoms of COVID-19  | 如果您有 COVID-19 的症状， 请去接受检测  |
| Further information at <a href="https://covid19.act.gov.au">covid19.act.gov.au</a>   | 更多信息请访问 <a href="https://covid19.act.gov.au">covid19.act.gov.au</a>  |