

English	Chinese Simplified (Mandarin)
CANBERRA'S RECOVERY PLAN	堪培拉恢复计划
COVID-19 Easing of Restrictions Roadmap as at 16 July 2020	COVID-19 限制放松路线图（截至 2020 年 7 月 16 日）
STAGE 1	第一阶段
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。
STAGE 2	第二阶段
Step 2.1	第 2.1 步
1 person per 4 square metres	每人 4 平方米空间
Maximum 20 people	最多 20 人
COVID Safety Plan	COVID 安全计划
<ul style="list-style-type: none"> • Beauty therapy, tanning or waxing services • Nail salons • Spa and massage • Tattoo and body modification parlours • Gyms, health clubs, fitness or wellness centres • Yoga, barre, pilates and spin facilities • Galleries, museums, national institutions and historic places • Outdoor amusement/attractions (e.g. zoo) • Choirs, bands and orchestras 	<ul style="list-style-type: none"> • 美容、美黑或脱毛服务 • 美甲沙龙 • 水疗和按摩院 • 纹身和身体修饰店 • 健身房、健身俱乐部、健身或保健中心 • 瑜伽、barre 健身操、普拉提和室内健身单车设施 • 美术馆、博物馆、国家机构和古迹场所 • 户外游乐园/景点（比如动物园） • 合唱团、乐队和管弦乐队

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

<ul style="list-style-type: none"> • All indoor and outdoor gatherings to maximum 100 people within the 1 per 4sqm rule • For hospitality venues – maximum number of patrons excludes staff and alcohol can be served without food • Reopening of: <ul style="list-style-type: none"> - Cinemas and movie theatres - Indoor amusement centres, arcades and outdoor/indoor play centres - Betting agencies (Tab and Keno) • All performances in all locations (including concert venues, theatres, arenas, auditoriums or outdoor venues) • Return to full-contact training for all sports • Circuit training in gyms • Universities/CIT and other vocational training providers to increase face-to-face learning where possible • Working from home if it works for you and your employer. 	<ul style="list-style-type: none"> • 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 • 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 • 重开以下场所： <ul style="list-style-type: none"> - 电影院和影剧院 - 室内游乐中心、游戏机厅和室内外儿童游乐中心 - 投注机构（Tab 和 Keno） • 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 • 恢复所有运动的全接触式训练 • 健身房里的循环训练 • 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 • 在对您和雇主可行的情况下在家上班。
<p>From 12 Noon Friday 17 July 2020:</p>	<p>从 2020 年 7 月 17 日星期五中午 12 点开始：</p>
<ul style="list-style-type: none"> • Return to full-contact competition for sport, dance and martial arts 	<ul style="list-style-type: none"> • 恢复运动、舞蹈和武术的全接触式竞赛
<p>WE ARE HERE</p>	<p>正在实行</p>

STAGE 3	第三阶段
Timing to be confirmed	时间待定
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
Larger gatherings	较大规模的聚会
COVID Safety Plan	COVID 安全计划
<ul style="list-style-type: none"> • Maximum of 250 people for outdoor gatherings • Professional events are to be ticketed and spectators to be seated • For sporting and entertainment venues with tiered patron seating, up to 25% of total seating capacity • Bars, pubs and clubs able to serve alcohol to seated patrons, with no limit on group size • Casinos, gambling and gaming venues • Food courts (dine-in) • Steam-based services, including saunas, steam rooms, steam cabinets and bathhouses • Strip clubs, brothels, escort agencies • Universities/CIT and other vocational training providers to increase face-to-face learning where possible • Gradual return to work. 	<ul style="list-style-type: none"> • 户外聚会规模限制为最多 250 人 • 专业活动需要凭票入场，而且观众要落座观看 • 有分层看台座位的体育和娱乐场所，顾客入座人数不得超过可容纳人数的 25% • 酒吧、酒馆和俱乐部可以给就座顾客供应酒水，团体规模没有限制 • 赌场、赌博和博彩场所 • 美食广场（店内堂食） • 桑拿、蒸汽室、蒸汽房和澡堂等基于蒸汽的服务 • 脱衣舞俱乐部、妓院、伴游公司 • 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 • 逐渐重返工作场所上班。

FUTURE CONSIDERATIONS	日后考虑
Further Roadmap to be developed	进一步的路线图有待制定
Highest-risk activities and settings, including: <ul style="list-style-type: none"> • Mass gatherings (e.g. festivals) • Larger conferences and conventions • Nightclubs. 	风险最高的活动和环境，包括： <ul style="list-style-type: none"> • 大规模聚会（比如节庆） • 较大规模的会议和会展 • 夜总会。
COVID Safe check points	COVID 安全检查点
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。
Next check point 23 July 2020	下个检查点 2020 年 7 月 23 日
Avoid public transport in peak hour.	避免在高峰时段搭乘公共交通。
RESTRICTIONS MAY HAVE EASED BUT YOUR RESPONSIBILITY HASN'T	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 covid19.act.gov.au	更多信息请访问 covid19.act.gov.au