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| English | Chinese Simplified (Mandarin) |
| **CANBERRA’S RECOVERY PLAN** | **堪培拉恢复计划** |
| **COVID-19 Easing of Restrictions Roadmap as at 9 October 2020** | **COVID-19限制放松路线图（截至2020年10月9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 |
| * 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 | * 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 |
| * Caravan parks and campgrounds * Indoor sporting centres * Low contact indoor and outdoor sport (including dance) * Further easing of restrictions: * 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. | * 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： * 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。 |
| **Step 2.2** | **第2.2步** |
| 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 |
| * 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: * 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. | * 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： * 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。 |
| **From 12 Noon Friday 17 July 2020:** | **从2020年7月17日星期五中午12点开始：** |
| * Return to full-contact competition for sport, dance and martial arts | * 恢复运动、舞蹈和武术的全接触式竞赛 |

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| **STAGE 3**  **Currently in effect** | **第三阶段**  **目前实行** |
| 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 |
| * 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) * Reopening of: * Casinos and gaming in clubs * Food courts (dine-in) * Steam-based services, including saunas, steam rooms, steam cabinets and bathhouses * Strip clubs, brothels, escort agencies * 24-hour gyms – maximum of 25 people when unstaffed | * 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） * 重开： * 赌场和俱乐部里的博彩 * 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 * 24小时健身房 - 没有员工看管时可同时容纳最多25人 |
| 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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| **From 9am Friday 18 September 2020:** | **从2020年9月18日星期五上午9点开始：** |
| * 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. | * 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）。 |
| **Step 3.2** | **第3.2步** |
| * 1 person per 4 square metres | * 每人4平方米 |
| * Maximum 200 people | * 最多200人 |
| * COVID Safety Plan | * COVID安全计划 |
| * Electronic contact tracing | * 电子方式追踪接触者 |
| * All gatherings can increase to 200 people * 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) * For cinemas and movie theatres – up to 50% capacity of each theatre, up to 200 people * For large indoor seated venues – ticketed events up to 50% capacity, up to 1,000 people * For enclosed outdoor venues with permanent tiered seating/grandstands – ticketed events up to 50% capacity, up to 1,000 people * For GIO Stadium and Manuka Oval – up to 50% seated capacity * 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. | * 所有聚会规模可以增加到最多200人 * 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） * 电影院和影视剧院 - 单场上座率可达50%，人数不超过200人 * 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 * 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 * 体育场GIO Stadium和Manuka Oval - 上座率可达50% * 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。 |
| **FUTURE CONSIDERATIONS** | **日后考虑** |
| Timing to be confirmed | 时间安排有待确认 |
| Highest-risk activities and settings, including:   * Mass gatherings (e.g. festivals) * Larger conferences and conventions * Nightclubs. | 风险最高的活动和环境，包括：   * 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 6 November 2020** | **下个检查点2020年11月6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 |