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| English | Chinese Traditional (Cantonese) |
| **CANBERRA’S RECOVERY PLAN** | **坎培拉興復計劃(Canberra’s Recovery Plan)** |
| **COVID-19 Easing of Restrictions Roadmap as at 9 October 2020** | **冠狀病毒病(COVID-19)逐步寬限計劃表，2020年10月9日如實有效** |
| **STAGE 1** | **第一階段** |
| Please refer to the Easing of Restrictions Roadmap as at 26 May 2020 for details of the already implemented Stage 1. | 請參閱2020年5月26日的《冠狀病毒病(COVID-19)逐步寬限計劃表》瞭解第一階段實施了的寬限措施。 |
| **STAGE 2** | **第二階段** |
| **Step 2.1** | **第2.1步** |
| 1 person per 4 square metres | 每4平米1人 |
| Maximum 20 people | 上限人數20 |
| COVID Safety Plan | COVID安全計劃 |
| * 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 * Caravan parks and campgrounds * Indoor sporting centres * Low contact indoor and outdoor sport (including dance) | * 美容療法、美黑或蠟脫服務 * 美甲沙龍 * 水療及按摩 * 紋身及身體整修院 * 健身房、健身俱樂部、健美或健體中心 * 瑜伽、運動塑形、普拉提及旋轉設施 * 美術廊、博物館、國家公共機構及歷史遺址 * 戶外娛樂/景點(如動物園) * 合唱團、樂隊及交響樂團 * 旅居挂車公園及露營地 * 室內體育中心 * 低度接觸的室內及室外運動(包括舞蹈) |
| * 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. | * 進一步放寬:   + 餐館、咖啡館、俱樂部及其他有許可證場所  * + 婚慶儀式 -- 20 人   + 喪奠儀式 -- 室內外均許50人   + 禮拜場所及宗教儀式   + 訓練營及個人訓練   + 游泳池   + 社區中心、社區設施或少年中心 * 若可行，大學/CIT及其他職業培訓機構可增加面對面教學 * 若適合你亦適合你僱主，在家辦公。 |
| **Step 2.2** | **第2.2步** |
| 1 person per 4 square metres | 每4平米1人 |
| Maximum 100 people | 上限人數100 |
| COVID Safety Plan | COVID 安全計劃 |
| * 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) | * 所有室內及室外聚會不得超過100人，必須遵循每4平方米僅容1人的規定 * 就飲食招待業場館 – 職員人數不計入賓客上限人數，酒精類飲品可供净飲，無須配餐。 * 以下重新營業:   + 電影院及電影劇場   + 室內娛樂中心、商場内街及室外/室內娛樂中心   + 投注站(Tab及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. | * + 各類場所内的各種表演(包括音樂會場地、劇院、競技場、禮堂或室外場地)   + 所有體育運動均可恢復全身體接觸的訓練   + 健身房的循環訓練   + 若可行，大學/CIT及其他職業培訓機構可增加面對面教學   + 若適合你亦適合你僱主，在家辦公。 |
| **From 12 Noon Friday 17 July 2020:** | **從2020年7月17日週五中午12時起:** |
| * Return to full-contact competition for sport, dance and martial arts | * 體育、舞蹈及武術均可恢復全身體接觸的比賽活動 |

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| **STAGE 3**  **Currently in effect** | **第三階段**  **現正實行** |
| Step 3.1 | 第3.1步 |
| 25 Maximum in venue or 1 person per 4 square metres | 場内上限25人或每4平米1人 |
| Maximum 100 people | 上限人數100 |
| COVID Safety Plan | COVID安全計劃 |
| * 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 | * 必須遵守每4平方米僅容1人的原則，每一室内空間及每一室外空間各不得超過100人(場内職員不算) * 以下重新營業： * 賭場及俱樂部内的博彩活動 * 美食廣場(堂食) * 蒸汽類服務，包括桑拿浴室、蒸汽室、蒸汽櫃及浴場 * 脫衣舞俱樂部、妓院、伴陪服務 * 24小時開放的健身院 – 沒有職員當值的時段不得超過25人 |
| Working from home if it works for you and your employer. | 若適合你亦適合你僱主，在家辦公 |
| **From 9am Friday 18 September 2020:** | **2020年9月18日週五上午9時起:** | |
| * 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. | * 規模較小的場館、設施和企業可以恢復疫情之前的容量，但整個場地内不得超過25人(不含職員)。 | |
| **Step 3.2** | **第3.2步** | |
| * 1 person per 4 square metres | * 每4平方米僅容1人 |
| * Maximum 200 people | * 上限人數200 |
| * COVID Safety Plan | * COVID 安全計畫 |
| * Electronic contact tracing | * 電子順查接觸者 |
| * 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. | * 所有集會人數可多至200人 * 可用面積在101至200平方米的中型飲食招待業場館的整個場地内可容許50人(不含職員) * 電影院及電影劇場 – 各劇場祇能容許總容量50%的人數，總數不得超過200人 * 設有座席的大型室內場地 – 凴票出席的活動可容許總容量50%的人數，總數不得超過1,000人 * 設有固定臺階式座席/觀看臺的封閉式室外場館 – 凴票出席的活動可容許不超過總容量50%的觀衆，最多不得超過1,000人 * GIO Stadium 及 Manuka Oval 可容許不超過總容量50%的就席觀衆 * 若適合僱主亦適合僱員的話，職員可以返回工作崗位。若工作場所選擇接受職員返回崗位，則必須備有一份「COVID-安全計劃」。 |

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| **FUTURE CONSIDERATIONS** | **供將來考慮** |
| Timing to be confirmed | 時間仍待決定 |
| Highest-risk activities and settings, including:   * Mass gatherings (e.g. festivals) * Larger conferences and conventions * Nightclubs. | 風險最高的活動及場所，包括:   * 人山人海的聚集(如節日歡慶) * 更大型的會議及代表大會 * 各色夜總會。 |
| **COVID Safe check points** | **「病毒防禦」(COVID Safe)覆檢日** |
| Public health risk assessment informed by monitoring the impacts of eased restrictions. | 通過監測寬限措施帶來的影響而作的公共衛生風險評估。 |
| **Next check point 6 November 2020** | **下一期覆檢日為2020年11月6日** |
| Avoid public transport in peak hour. | 避開公交高峰時段。 |
| RESTRICTIONS MAY HAVE EASED BUT YOUR RESPONSIBILITY HASN’T | 措施可能放寬了，但大家的公責無變 |
| Maintain good hand hygiene | 堅持良好潔手習慣 |
| Stay 1.5 metres apart | 保持1.5米疏距 |
| Stay home if you are unwell | 若身體不適，留在家裏 |
| Get tested if you have symptoms of COVID-19 | 若出現冠狀病毒病癥狀，應予檢測 |
| Further information at covid19.act.gov.au | 詳情請參閲covid19.act.gov.au |