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| English | Chinese Traditional (Cantonese) |
| **Summary of key changes to restrictions** | **限制措施主要變動摘要** |
| **Stage 3,** **Step 3.1** of [Canberra’s Recovery Plan](https://www.covid19.act.gov.au/community/canberra-recovery) includes minor and cautious changes to COVID-19 restrictions in the ACT for some sectors that have been closed since March. | [「堪培拉興復計劃」(Canberra's Recovery Plan)](https://www.covid19.act.gov.au/community/canberra-recovery)**第三階段第3.1步**的冠狀病毒病(COVID-19)限制措施有次要而謹慎的改動，而這些改動是關乎自3月來一直停業的個別行業的。 |
| The following changes apply from **11:59pm, Tuesday 1 September 2020:** | 以下改動將於**2020年9月1日週二深夜11:59時**起生效: 。 |
| * **Venues, facilities and businesses can continue to have up to 100 patrons in each indoor space and each outdoor space, or one person per 4 square metres per usable space, whichever is lesser.**
* Community sporting activities (other than for classes and training) can have a maximum of 100 spectators for each indoor and each outdoor space, where the one person per 4 square metres of usable space can be observed.  This **excludes staff and participants.  This includes community sporting activities taking place at a swimming pool, such as competitive races or water polo matches.**
 | * **所有場館、設施及商企内的每一室內空間及每一室外空間仍繼續可以有多至100名賓客，或以可用空間内每4平方米僅容一人為原則，取人數較少者**。
* 社區體育運動(除非是課堂或集訓)，若可遵循每4平方米僅容一人的原則，則每一室内及室外活動空間的人數可多至100人。此限額**不包括職員及活動參與者。此措施包括在游泳池内進行的社區體育活動，如比賽或水球賽事**。
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| **In addition, the following will apply:** | **此外，還有以下規定:** |
| * **Usable space is defined in the Public Health Direction as the space that people can freely move around in, but not including the following areas:**
 | * **「公共衛生指示」(Public Health Directions)對可用空間的定義是人們可以在裏面自由走動的空間，但不包括以下區域:**
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| * stages and similar areas,
* restrooms, changerooms and similar areas,
* areas occupied by fixtures, fittings, and displays, and
* staff only areas and areas that are closed off or not being used.
 | * 舞臺或類似區域，
* 衛生間、更衣室及類似區域,
* 設有固定裝置、配件及展覽物件的區域，以及
* 僅限員工進入的、或被封隔的、或不在使用中的區域。
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| * All venues, facilities and businesses must continue to clearly display occupancy allowance at entrance to each venue or space.
* Bar, pubs and clubs are able to continue to serve alcohol to seated patrons, with no limit on the size of group bookings.
* When gyms, health clubs and fitness facilities are unstaffed, a maximum of 25 patrons continue to be permitted to be in the venue at any one time.
* Food courts (dine-in) remain open.
* Casinos and gaming in clubs remain open.
* Steam-based services including saunas, steam rooms, steam cabinets and bathhouses remain open.
* Strip clubs, brothels, escort agencies remain open.
 | * 所有場館、設施及商企的各營業點或服務空間入口處均須繼續設有榜帖，清楚寫明入内人數的限額。
* 酒吧、酒棧及俱樂部可繼續向就席賓客供應酒類飲品，集體訂座的賓客人數不限。
* 健身房、健身俱樂部及健美設施在無職員當值的情況下，同一時間内的賓客人數不得超過25人。
* 美食廣場(堂食)仍然營業。
* 賭場及博彩游戲館仍然營業。
* 蒸汽類服務，包括桑拿、蒸汽室、蒸汽櫃及浴場仍然營業。
* 脫衣舞俱樂部、妓院、伴陪服務仍然營業。
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| **What stays the same** | **仍無變動的措施** |
| All requirements under **Step 2.2** remain in place, in particular: | **第2.2步**中的所有措施仍舊無變，具體有以下幾點: |
| * No limit on household visits.
* Venues, facilities and businesses must develop and follow a COVID Safety Plan.
* The limit on the number of people allowed at outdoor gatherings remains at 100 people.
 | * 到別家串門之類的探親訪友，人數不限。
* 所有場館、設施及商企均須備有一份「COVID安全計劃」(COVID Safety Plan)，並執行此計劃
* 戶外集會的上限人數仍為100人。
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| **We all need to continue to be responsible** | **大家仍須繼續為社會盡責** |
| The requirements under the Public Health Directions are not just the responsibility of businesses - they extend to all Canberrans. | 「公共衛生指示」(Public Health Directions)中規定的社會公責不僅僅是商企的責任，也是所有坎培拉市民的責任。 |
| We must all be sensible when having people in our homes and put in place our own control measures. This includes knowing who is there and at what times, and downloading the COVIDSafe app. | 在家裏招待客人時應考慮實際情況，備有自己的防控措施。這包括要清楚知道都有誰來過、甚麼時候來過、下載COVIDSafe應用程式等。 |
| Importantly, we must maintain our best lines of defence against the disease by physically distancing, practising good hand and respiratory hygiene, staying home if unwell and getting tested if you have symptoms. | 重要的是，大家必須備有防禦疾病的得力措施，即是，保持與他人之間的疏距、良好的潔手及呼吸道衛生習慣、若感不適則應留在家裏、出現病癥時就去做檢測等做法。 |
| These principles have not changed and are the best way to keep our community safe and to prevent the spread of COVID-19. | 以上各原則仍無改變，均爲保護社區安全、防範冠狀病毒病(COVID-19)傳播的最行之有效的途徑。 |