

# COVID-19 Preventive Measures

NSTC has been working hard to prevent the spread of COVID-19. We would like to thank you for your understanding as we strengthening our efforts.

## (1) Alcohol-based disinfectant

- The facilities and equipment is disinfected twice daily.
- Delegates are encouraged to use the alcohol-based disinfectant on their hands and fingers when moving into and between facility.

## (2) Distribution and wearing of masks

- We require all staff members to wear masks when delivering training.
- We ask that all delegates wear masks as well. We try to minimize the occasions where masks are to be removed for safety, including pool training, please cooperate with us and wear and remove your mask at the staff' s instruction. Please ask staff for a new mask if it gets dirty or has gone missing.

## (3) Social Distancing

- We have adopted a zoning system in our building so that the entrances, exits, and common facilities that can be used in the building are restricted by category.
- We encourage social distancing by keeping some distance between the seats and adding more common rooms.
- We have strict limits on the number of persons in showers and changing rooms to avoid crowding/close distance.
- Some parts of the training may be modified to avoid congestion, still we ensure you will fully comprehend the content, as usual.

## (4) Ventilation

In consideration of ventilation, some of the normally enclosed areas (e.g. lifeboats) are opened for ventilation.

We ask for your cooperation in opening the taxi windows and refraining from conversation.

## (5) Confirmation of Well-being

- For the training starting on or after February 7, 2022, delegates are requested to have PCR or antigen test within 48 hours prior to the training and submit an evidence of a negative result on the day of training. A test kit may be also used for the test.

- Each participant will be asked to take his or her temperature with a non-contact thermometer at the entrance of the first floor every morning.

- The participant's physical condition will be checked before the start of the training and at the end of the afternoon training. We may take necessary first aid measures such as temperature measurement depending on the situation.

- As NSTC staff will also be checking temperature and physical condition as well as conducting PCR/antigen tests, we would appreciate your cooperation.

## (6) Cancellation of training, partial or whole training

- We may cancel the training (whole training or partial training) according to the national infection status. If you should require any further information, please do not hesitate in contacting us.

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