



HONG KONG CHINA SWIMMING ASSOCIATION

Unit L, 9/F, MG Tower, 133 Hoi Bun Road, Kwun Tong, Kowloon

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短池先進游泳比賽 – 第一部份 (城門谷游泳池)

- 防疫措施指引 及 比賽安排

Short Course Masters Swimming Competition – Part 1

(Shing Mun Valley Swimming Pool) Infection Control Measures Guidelines and Competition Arrangement

賽事將以閉門方式進行，不設觀賽。

The competition will be held behind closed-door.

由於比賽受人數限制，每個屬會除了參賽泳員外，只可額外派 **3 位教練/屬會代表** 入場。每個屬會請派代表於 **8 月 26 日(星期五)** 開始於辦公時間(上午十時至中午十二時或下午一時至五時)到泳總辦公室領取運動員證及教練 / 屬會代表證件。比賽當日**必須**全程佩戴證件於當眼處。

Only **3 quotas of Coaches / Club Representatives** of each club are allowed to enter to Pool on event day besides participating swimmers due to limitation in number of participants. Please collect Coach / Club Representatives' cards and athletes' cards from **26th August 2022 (Friday)** onwards during HKGSA Office hour (1000hours – 1200 noon; 1300 hours – 1700 hours). All participants **must wear** the cards conspicuously on the event day.

防疫措施指引及比賽安排 / Infection Control Measure Guidelines & Competition arrangement:

1. 所有泳員須先於泳池入口跟康文署資料搜集處報到
Swimmers need to Report to LCSD stations which located in the Main entrance.
 - 請使用安心出行程式並使用疫苗通行證 (地點於泳池入口，上樓梯前)。
有關疫苗通行證相關資料可瀏覽政府 2019 冠狀病毒專題網站：
<https://www.coronavirus.gov.hk/chi/vaccine-pass.html>
 - Must scan the "Leave Home Safe" QR code displayed at the LCSD stations and present Vaccine Pass. You may find more information regarding Vaccine Pass in the following link:
<https://www.coronavirus.gov.hk/eng/vaccine-pass.html>
 - 量度體溫
Check Body Temperature

於康文署登記入口完成所有入場手續後，請往 **1 樓**泳總報到處出示運動員證或教練/屬會代表證件。



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3.

游泳池入口開放時間 / Entrance Opening:	運動員可以於 8:30 開始入場 The swimming pool entrance opens at 8:30am
上午熱身時間 / Warm Up - AM Session	Group A: 09:00 am – 09:30 am Group B: 09:35 am – 10:05 am *詳情請參閱附件一 *Please refer to Appendix I for details
上午比賽時間 / Competition - AM Session:	10:15 am
下午熱身時間 / Warm Up - PM Session:	Group A: 1:00 pm – 1:30 pm Group B: 1:35 pm – 2:05 pm *詳情請參閱附件一 *Please refer to Appendix I for details
下午比賽時間 / Competition - PM Session:	2:15 pm 比賽完結後一小時內，所有人必須離開游泳池。 Everyone must leave the swimming pool within 1 hour after the PM Competition Session

熱身流程安排

由於泳池可容納人數有限，現已分配屬會熱身時段，詳情請參閱附件一。

Warm up arrangement

Due to limitation on capacity of Swimming Pool, please refer to the Appendix I for details.

2. 游泳池看台座位不可以連續超過八張座椅被佔用。
No more than eight consecutive seats can be occupied in the same row at the spectator stand.
3. 所有工作人員、運動員及訪客必需全時間佩戴口罩。運動員於泳池比賽線道前方可以除下口罩作準備，請運動員自備後備口罩及口罩套。完成賽事後離開比賽池需佩戴口罩後再返回看台。
Officials, swimmers, coaches and guest must wear a mask properly at all times. Swimmers can only take off their masks for preparation at racing lanes. Please all swimmers prepare their own mask cover. Swimmers have to put on the masks again when they leave the competition pool.
4. 在看台可以飲水，不得進食。
Only drinking is allowed at the spectator stand.



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5. 如入場後中途需要離開並再返回泳池，請憑運動員證或訪客代表證件入場。
建議運動員完成整個比賽後才離開泳池範圍。
Anyone who wishes to leave the swimming pool in between competition period, please show the athletes or coach/club representative cards upon return. Strongly recommend participants leave the swimming pool after the competition completed.