



# HONG KONG CHINA SWIMMING ASSOCIATION

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

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## 第二組長池分齡游泳比賽第三節(孫中山紀念公園游泳池)

### - 防疫措施指引 及 比賽安排

## **Division 2 Long Course Part 3 (SYSMPSP) – Infection Control Measure Guidelines and Competition Arrangement**

由於比賽受人數限制，所有組別之泳員家長**不得**陪同入場，**8歲或以下組別**除外，可有**1**人陪同入場。

**Due to limitation of Pool Capacity, NO Guests will be allowed to enter the venue except for Age 8 & under swimmers whom could be accompanied by 1 guest.**

而屬會教練人數限制如下：

### **Coaches quota as below:**

每個屬會教練與泳員比例為 1:7。教練人數上限為 **8** 人

For each Club, the coaches to swimmer ratio is 1:7. Maximum number of coaches per club is **8**.

## **防疫措施指引 及 比賽安排 / Infection Control Measure Guidelines & Competition arrangement:**

1. 為使入場流暢，請所有泳員到達比賽場地前先行換上比賽泳裝。  
In order to have a smooth registration, all swimmers please get changed in advance before arrival.
2. 所有泳員必須於泳池門口向泳總職員登記及遞交健康申報表。

All swimmers must register with HKGSA staffs and submit the Health Declaration Form before entering the Pool.

為避免阻塞入口通道，請預先填妥健康申報表(中國香港游泳總會)於比賽當日入場時遞交。申報表可於以下網址下載 (**請由下列路徑下載表格並預先填寫，現場不予提供**):

To avoid blockage at the Pool entrance, please complete Health Declaration form (HKGSA) in advance and submit upon arrival at Pool entrance on event day. Health Declaration form could be downloaded **via (Declaration form should be completed in advance. Forms will not be provided onsite.):**

<https://hkgswimming.org.hk/zh-hant/viewfile/?file=dXBsb2FkL3RlbXBsYXRILzIxMjVjYXN0LzIyMzYwZTM3YWZlNy5wZGY=>

如沒有【安心出行】，請預先填妥個人資料表格(康文署)。表格可於以下網址下載

For those without "Leave Home Safe" app, please complete the personal details form (LCSD) in advance. Form could be downloaded via

<https://hkgswimming.org.hk/zh-hant/viewfile/?file=dXBsb2FkL3RlbXBsYXRILzIxMjVjYXN0LzIyMzYwZTM3YWZlNy5wZGY=>



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3.

13&14 歲組 及 15&16 歲組上午游泳池入口開放時間 / Entrance opening time for Age 13&14, Age 15&16 in morning session	13&14 歲組 及 15&16 歲組泳員可以於上午 8:00 分開始入場  The swimming pool entrance opens for Age 13&14, Age 15&16 at 8:00am.
13&14 歲組 及 15&16 歲組上午比賽時間 / Competition start time for morning session	<b>8:30 am</b>  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 competition completed.
8 歲組或以下入場時間 / Entrance opening time for Age 8 & under	11:30am
8 歲組或以下比賽時間 Competition time for Age 8 & under	12:00 noon – 1:00pm
下午游泳池入口開放時間 Entrance opening time for Afternoon session	泳員可以於下午 2:00 開始入場  The swimming pool entrance opens at 2:00pm
下午比賽時間 / Competition time for the afternoon session	2:30 pm –7:00 pm
熱身 / Warm-up	由於比賽人數眾多，因應康文署為冠狀病毒疫情採取之特別措施，故不設熱身時段，泳員在比賽前需預先進行陸上熱身  Warm-up session will be <b>CANCELLED</b> due to the number of participating swimmers exceeded the capacity limit of the swimming pool under the LCSD COVID-19 measures. Swimmers are required to warm up on land before competition.

\*礙於泳池容納人數有限，比賽當日將不派發獎牌。請得獎運動員之屬會教練於比賽後第三個工作天親臨泳總辦公室代領。

**\*Due to limitation of the Pool Capacity, NO medal will be given to medallist on the event day. Concerned Club Coaches please collect the medals at HKGSA office starting from the 3<sup>rd</sup> working days after the event day.**



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4. 游泳池看台座位不可以連續超過六個座位被佔用。

No more than six consecutive seats can be occupied in the same row at the spectator stand.

5. 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，請泳員自備口罩套。完成賽事後離開比賽池需佩戴口罩後再返回看台。

Officials, swimmers and guests must wear a mask properly at all times. Swimmers can only take off their masks for preparation at racing lanes. All swimmers must prepare their own mask cover. Swimmers have to put on the masks again when they leave the competition pool.

6. 如入場後中途需要離開並再返回泳池，請於泳池登記處向泳總職員領取入場證，返回泳池時必須交還。建議泳員完成整個比賽後才離開泳池範圍。

Anyone who wish to leave the swimming pool in between competition period, please obtain a re-entry permit with HKGSA staffs at the registration counter and return the permit upon coming back. Strongly recommend swimmers only leave the swimming pool after the competition completed.

7. 在看台可以飲水，不得進食。

Only drinking is allowed at the spectator stand.