



HONG KONG CHINA SWIMMING ASSOCIATION

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

Tel: (852) 2572 8594 Fax: (852) 2591 0792 E-mail: info@hkgswimming.org.hk Web-site: www.hkgswimming.org.hk

第三組長池分齡游泳比賽第三節乙部（中山紀念公園游泳池）

- 防疫措施指引 及 比賽安排

Division 3 Long Course Part 3A (SYSMPSP) – Infection Control Measures Guidelines and Competition Arrangement

由於比賽受人數限制，**13&14 歲及 15&16 歲組**家長**不得**陪同入場。其餘組別每泳員只可有 **1** 人陪同入場。

Due to limitation of Pool Capacity, NO Guests for Age 13&14 and Age 15&16 will be allowed to enter the venue. All other age group swimmers could be accompanied by 1 guest per swimmer.

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, coach 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 Measures Guidelines & Competition arrangement:

1. 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 return 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：

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 can be downloaded via: **(Declaration form should be completed in advance. Forms will not be provided onsite.):**

<https://hkgswimming.org.hk/zh-hant/viewfile/?file=dXBsb2Fkl3RlBzYXRlZMxMjEvcGRmX2ZpbGVzXzlvNjBkYWQxZGYwMjI5wZGY=>

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 apps, please complete personal details form (LCSD) in advance. Form can be downloaded via:

<https://hkgswimming.org.hk/zh-hant/viewfile/?file=dXBsb2Fkl3RlBzYXRlZMxMjEvcGRmX2ZpbGVzXzlvNjA5OGJlODRlMGU0Yi5wZGY=>



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2.

上午游泳池入口開放時間 / Entrance Opening for morning session:	泳員可以於上午 8 時開始入場 The swimming pool entrance opens at 8am.
上午比賽時間 / Competition Time (AM):	8:30 am – 1pm 比賽完結後三十分鐘內，所有人必須離開游泳池。 Everyone must leave the swimming pool within 30 mins after competition completed.
下午游泳池入口開放時間 / 9-10 歲組 Entrance Opening for Afternoon session:	9-10 歲組泳員可以於下午 1:30 分開始入場 The swimming pool entrance opens at 1:30pm for swimmers of Age 9-10 category
下午比賽時間 / Competition Time (PM) 9&10 歲組 Age 9-10:	2pm – 4:30 pm
下午游泳池入口開放時間 / 11-12 歲組 Entrance Opening for Afternoon session:	11-12 歲組泳員可以於下午 4:45 分開始入場 The swimming pool entrance opens at 4:45pm for swimmers of Age 11-12 category
下午比賽時間 / Competition Time (PM) 11-12 歲組 Age 11-12:	5pm – 6:45pm *11-12 歲組 200 米蛙泳會取消 Age 11-12 200m Breaststroke will be cancelled
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 CANCELLED 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 Pool Capacity, NO medals will be given to medallist on the event day. Concerned Club Coaches please collect the medals at HKGSA office start from the 3rd working days after the event day.**



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3. 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.

4. 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 guest must wear a mask properly at all times. Swimmers can only take off their masks for preparation at racing lanes. All swimmers please prepare their own mask covers. Swimmers have to put on the masks again when they leave the competition pool.

5. 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 wishes to leave the swimming pool in between competition period, please obtain a re-entry permit with ASA staffs at the registration counter and return the permit upon return. Strongly recommend swimmers only leave the swimming pool after the competition completed.

6. 在看台可以飲水，不得進食。

Only drinking water is allowed at the spectator stand.