



# HONG KONG CHINA SWIMMING ASSOCIATION

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

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## 香港長池分齡游泳錦標賽 - 防疫措施及比賽安排(九龍公園游泳池) (2022年11月4至6日)

### Hong Kong Age Group Long Course Swimming Championships (4<sup>th</sup> – 6<sup>th</sup> November 2022)

#### KPSP Infection Control Measures & Competition arrangement

為配合政府限聚令及康文署要求，以下守則務請嚴格執行，違者可被取消參賽資格。

All participants must straightly observe the Covid-19 restrictions and limitation of Pool Capacity imposed by Government & LCSD. Any swimmer who has violated the rules can be disqualified.

#### 一. 報名 Entry

- ✧ 重新報名(Re-entry) – 須於 **2022年11月3日(星期四)** 中午 **12:00** 前到泳總辦公室辦理。  
Any re-entry must be submitted to HKGSA office on or before **3<sup>rd</sup> November 2022 (Thursday) at 1200 noon.**

#### 二. 比賽日報到 Registration on Event day

- ✧ 賽事共有五節(星期五下午、星期六上午、星期六下午、星期日上午及星期日下午)，每節只限該節有賽事泳員及相關教練入場。非該節泳員不可進場，一經發現有可能會被紀律處分。  
5 sessions (Friday PM., Sat AM., Sat PM., Sun AM., Sun PM.) of competition in total, only concerned swimmers and coaches are allowed in the venue for related racing session. Disciplinary action may be applied if any non-racing swimmers found in the venue.
- ✧ 泳員可由一位家長陪同進入場地。  
A swimmer could only be accompanied by **1 guest.**
- ✧ 請使用安心出行程式及疫苗通行證(地點於泳池入口)。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/chi/vaccine-pass.html>
- ✧ 量度體溫。  
Check Body Temperature.
- ✧ 用酒精搓手液搓手。  
Rub hands with Alcohol hand-rub.



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## 三. 熱身安排 **Warm up Arrangement**

星期五下午入場時間 Entrance opening time on Friday PM	4:45 pm
星期五下午熱身時間 Warm up Time on Friday PM	5:00 pm – 5:45 pm
星期五下午比賽時間 Competition Time on Friday PM	6:00 pm
星期六上午入場時間 Entrance opening time on Saturday AM	8:00 am
星期六上午熱身時間 Warm up Time on Saturday AM	8:15 am – 9:05 am 女子 Girls: 8:15 am – 8:40 am 男子 Boys: 8:40 am – 9:05 am
星期六上午比賽時間 Competition Time on Saturday AM	9:15 am
星期六下午入場時間 Entrance opening time on Saturday PM	1:15 pm
星期六下午熱身時間 Warm up Time on Saturday PM	1:30 pm – 2:20 pm 女子 Girls: 1:30 pm – 1:55 pm 男子 Boys: 1:55 pm – 2:20 pm
星期六下午比賽時間 Competition Time on Saturday PM	2:30 pm
星期日上午入場時間 Entrance opening time on Sunday AM	8:00 am
星期日上午熱身時間 Warm up Time on Sunday AM	8:15 am – 9:05 am 女子 Girls: 8:15 am – 8:40 am 男子 Boys: 8:40 am – 9:05 am
星期日上午比賽時間 Competition Time on Sunday AM	9:15 am
星期日下午入場時間 Entrance opening time on Sunday PM	12:45 pm



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星期日下午熱身時間 Warm up Time on Sunday PM	1:00 pm – 1:50 pm 女子 Girls: 1:00 pm – 1:25 pm 男子 Boys: 1:25 pm – 1:50 pm
星期日下午比賽時間 Competition Time on Sunday PM	2:00 pm

- ✧ 泳員於觀眾席前往池面仍須佩戴口罩，落水前方可除下安放（請自備口罩套），上水後立即戴回口罩。

Swimmers must always wear a mask properly. 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.

#### 四. 召集 **Marshalling**

- ✧ 召集處位於跳水池對上。

Marshalling area is located at far end corner at Diving Pool direction.

- ✧ 泳員於前往召集處途中須佩戴口罩。

Swimmers must always wear a mask properly even when approaching to Marshalling area.

#### 五. 比賽 **Competition**

- ✧ 泳員於觀眾席前往池面仍須佩戴口罩，落水前方可除下安放（請自備口罩套），上水後盡快戴回口罩。

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

- ✧ 開賽後跳水池及訓練池繼續開放予需熱身及放鬆泳員，唯每條線道不得多於 10 人。如額滿須稍為等候。賽事完成可往跳水池及訓練池放鬆，放鬆上水後須佩戴回口罩。

Diving Pool and Training Pool are open for warm up and swim down during competition period. No more than 10 swimmers per lane are allowed. Wait for vacancy in case quota filled. Swimmers have to put on the masks again when they leave the Diving Pool and Training Pool.

- ✧ 個人賽事完結後須盡快離開場館。

Swimmers must leave the venue as soon as possible after completion of their racing events.



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### 六.更衣室 **Changing Room**

- ◇ 為免擠擁，建議使用時間不超過 5 分鐘。

To avoid long queue at changing room, suggest using time should not exceed 5 minutes.

### 七.看台(觀眾席) **Spectator Stand**

- ◇ 所有入場人士全程均須佩戴口罩。

All attendees must always wear a mask properly.

- ◇ 所有人員不得於看台進食(飲水除外)。

All attendees **are not** allowed to eat at spectator stand (except for drinking water).

- ◇ 所有人須按限聚令要求，最多 8 人一組就座。

No more than a group of eight can occupy consecutive seats in a row at the spectator stand.

### 八.出入場館 **In-out venue during competition period**

- ◇ 如無需要請勿頻繁出入場館。建議泳員完成整個比賽後才離開泳池範圍。

**Please stay in venue until completion of the competition unless any emergency issue. Strongly recommend swimmers to leave the swimming pool after the competition completed.**