



HONG KONG AMATEUR SWIMMING ASSOCIATION

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

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第三組長池分齡游泳比賽第二節乙部 (沙田賽馬會游泳池) - 防疫措施指引 及 比賽安排

Division 3 Long Course Part 2B (Sha Tin Jockey Club Swimming Pool) – Infection Control Measure Guidelines and Competition Arrangement

由於比賽受人數限制，每位運動員只可有 **1** 人陪同入場。而屬會教練人數限制如下：

每個屬會教練與泳員比例為 1:7。教練人數上限為 **8** 人

Each Club 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. 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 ASA 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(香港業餘游泳總會)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 (HKASA) in advance and submit upon arrival at Pool entrance on event day. Health Declaration form could be downloaded via:

<https://www.hkasa.org.hk/zh-hant/viewfile/?file=dXBsb2FkL3RlbXBsYXRILzIxMjYzZm9udC5wZGY=>

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

Please complete personal details form (LCSD) in advance. Form could be downloaded via

<https://www.hkasa.org.hk/zh-hant/viewfile/?file=dXBsb2FkL3RlbXBsYXRILzIxMjYzZm9udC5wZGY=>

**only applicable for people who do not have "Leave Home Safe" app.*



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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 8:15 分開始入場 The swimming pool entrance open at 8:15am.
上午比賽時間 / Competition Start (AM):	09:00 am 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.
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 12:15 分開始入場 The swimming pool entrance open at 12:15pm for swimmers of Age 9-10 category
下午比賽時間 / Competition Start (PM) 9&10 歲組 Age 9-10:	1:00 pm – 3:00 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 3:00 分開始入場 The swimming pool entrance open at 3:00pm for swimmers of Age 11-12 category
下午比賽時間 / Competition Start (PM) 11-12 歲組 Age 11-12:	3:30pm – 6:00pm
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 and LCSD measures under COVID-19. Swimmers are required to warm up on land before competition.

3. 游泳池看台座位不可以連續超過四個座位被佔用。

No more than four 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。



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Officials, swimmers 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.

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 leave the swimming pool after the competition completed.

6. 在看台可以飲水，不得進食。

Only drinking is allowed at the spectator stand.