



# HONG KONG CHINA SWIMMING ASSOCIATION

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## 第三組短池分齡游泳比賽第一節(城門谷游泳池)

### - 防疫措施指引 及 比賽安排

## **Division 3 Short Course Part 1 (SMVSP) – Infection Control Measures 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, 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 Measures 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. **必須使用安心出行 Using "LeaveHomeSafe" mobile application is a MUST**

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 8:15 分開始入場  The swimming pool entrance opens for Age 13&14, Age 15&16 at 8:15am.
13&14 歲組 及 15&16 歲組上午比賽時間 / Competition start time for morning session	<b>9:00 am</b>  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.
8 歲或以下組入場時間 / Entrance opening time for Age 8 & under	12:45pm
8 歲或以下組比賽時間 Competition time for Age 8 & under	1:15 pm– 2:15pm



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9-10 歲組 及 11-12 歲組 入場時間 Entrance opening time for Age 9-10 & 11-12	泳員可以於下午 2:30 開始入場  The swimming pool entrance opens at 2:30 pm
9-10 歲組 及 11-12 歲組 比賽時間 / Competition time for the Age 9-10 & 11-12	3:00 pm –7:30pm
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.  <b>**由於整場比賽報名人數眾多，未能於有限比賽時間內完成，所以 9-10 歲組 及 11-12 歲組 100 米自由泳(項目 27,28,29,30) 將會取消。</b>  <b>**9-10 years &amp; 11-12 years 100m Freestyle (Event 27,28,29,30) will be cancelled due to large number of entries and limited booking time of the venue</b>

\*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.**

5. 非比賽池於開賽後可以使用唯每條線道不得超過 6 人  
Non-competition pool will be opened for warm-down during competition period, maximum 6 swimmers per lane

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。



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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. 在看台可以飲水，不得進食。

Only drinking is allowed at the spectator stand.