



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) (11月5至7日)

Hong Kong Age Group Long Course Swimming Championships 5th – 7th November 2021 @ 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。

The Covid-19 restrictions and limitation of Pool Capacity imposed by Government & LCSD require all participants to obey. Any swimmer who has violated the rules can be disqualified.

一. 報名 Entry

- ✧ 重新報名(Re-entry) – 須於 **11月4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 **4th November 2021 (Thursday) at 1200 noon.**
- ✧ 泳員入場證可於 11月1至4日於泳總辦公時間到泳總辦公室領取
Please collect Swimmers' entry permits during 1st - 4th November at HKGSA Office within office hours.
- ✧ 工作人員憑裁判制服識別入場，制服會於比賽當日派發。
Official's uniform will be distributed on the event day. Officials are required to wear uniform to enter into the venue.
- ✧ 比賽當日只接受已登記的教練入場，教練請憑泳總註冊教練證入場。請填妥教練登記表格並於 **11月1日(星期一)中午12時或**之前遞交到泳總辦公室。
Coaches are required to present HKGSA Coach's registration card to enter into the venue. Coaches must be nominated by Club on or before **1st November 2021 (Monday) at 1200 noon.**

二. 比賽日報到 Registration on Event day

- ✧ 賽事共有五節(星期五、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入場。
5 sessions (Friday, Sat AM., Sat PM., Sun AM., Sun PM.) of competition in total, only concerned swimmers are allowed in the venue for related racing session.
- ✧ 泳員可由一位家長陪同進入場地，家長請憑入場券入場。入場券會連同泳員證派發。
A swimmer could only be accompanied by **1 guest** who is holding entry ticket. Tickets will be distributed together with the swimmers' entry permits.



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- ✧ 先往康文署安心出行櫃台報到(地點於泳池看台入口)

Report to LCSD "LeaveHomeSafe" stations which are located in front of the Spectator Stand entrance.

必須使用安心出行

Using "LeaveHomeSafe" mobile application is a MUST

1. 量度體溫

Check Body Temperature

2. 用酒精搓手液搓手

Rub hands by using Alcohol hand-rub

- ✧ 再往泳總報到處報到

After LCSD station, please go straight to register at HKGSA stations.

1. 出示入場證(泳員)，入場證會被收取。如下節仍需作賽，請於每節完成比賽後於登記處取回證件。

Submit entry permit for registration (Swimmers). Swimmers who will be participating in the next session, please get the entry permit back from the registration counters after end of sessions.

2. 報到時間

Registration Time Table

日期 Date	報 到 時 段 Registration Time
11 月 5 日(星期五) 5 th November (Friday)	16:30
11 月 6 日(星期六)上午 6 th November (Saturday) AM	07:30
11 月 6 日(星期六)下午 6 th November (Saturday) PM	12:30
11 月 7 日(星期日)上午 7 th November (Sunday) AM	07:30
11 月 7 日(星期日)下午 7 th November (Sunday) PM	12:30



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三. 熱身安排 – 見表(一) Warm up Arrangement – Appendix 1

- ◇ 每節熱身時段為 30 分鐘，0、9 號線道全程 30 分鐘作起跳練習。
Each warm up session duration is 30 minutes. Lane 0、9 is reserved as Sprints Lane during warm up session.
- ◇ 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 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.
- ◇ 由於泳池可容納人數有限，現已分配屬會熱身時段及線道。如泳員不遵守有關安排可被取消資格，即於本比賽所有比賽成績均會被取消。
Due to limitation of Swimming Pool capacity, please adhere to the table of warm up session and lanes allocation to each club. The swimmer's results of this competition will be **disqualified** if he / she violates the warm up arrangement.
- ◇ 於熱身時段期間，完成熱身的泳員請從女更衣室旁邊樓梯返回看台。而下一組正準備熱身的運動員請從主池與跳水池之間樓梯由看台往泳池等候指示再往泳池熱身。
During Warm up session, swimmers return to spectator stand by using the staircases nearby the Female changing room. Next warm up group's swimmers wait for instruction before enter to the Pools. Stand-by area is in between Main Pool & Diving 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 wear a mask properly at all times 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 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 cover. Swimmers have to put on the masks again when they leave the competition pool.



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- ✧ 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 20 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 20 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.

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 wear a mask properly at all times.

- ✧ 所有人員**不得攜帶**食物進場。

All attendee **are not** allowed to bring any kind of food into the venue.

- ✧ 在看台可以飲水，不可進食。

Only drinking water is allowed at the spectator stand.

- ✧ 所有人須按限聚令要求，最多 5 人一組就座。

No more than a group of five 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 leave the swimming pool after the competition completed.

- ✧ 泳員於中途離場如欲再次入場，必須於入口報到處取回運動員入場證，並於返回時於泳總報到處交還。如未能出示運動員入場證，請出示身份證明文件核實身份。

Swimmers who leave the pool in between competition period, please get back Swimmers' entry permits and return it at the HKGSA registration counter upon return. In case failed to present swimmer entry permit upon return, proof of identity is required.

- ✧ 家長於中途離場如欲再行入場，必須於入口報到處領取入場券，再次入場時入場券會被收取。



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Guest who leaves the pool in between competition period, please get a ticket at HKGSA registration counter. Ticket will be collected upon return.

✧ 已登記教練請憑泳總註冊教練證再次入場。

Coaches are required to present HKGSA Coach's registration card to re-enter into the venue.

九. 其他 Others

✧ 每個屬會教練與泳員比例為 **1:7**。教練人數上限為 **8** 人。教練名單須 **11 月 1 日(星期一)中午 12 時**或之前提交到泳總辦公室。港隊及地區青年訓練隊教練不列入屬會教練名額當中。
Each Club Coaches to swimmer ratio is 1:7. Maximum number of coaches per club is **8**. Clubs are required to submit Coaches list to HKGSA office on or before **1st November 2021 (Monday) at 1200 noon**. HKSI Coaches and Regional Squad Coaches will not be counted in Club Coaches quota.