



HONG KONG CHINA SWIMMING ASSOCIATION

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

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Updated

防疫措施指引 及 比賽安排 **Infection Control Measure Guidelines and** **Competition Arrangement**

賽事將以閉門方式進行，不設觀賽。

The competition will be held behind closed-door.

防疫措施指引 / Infection Control Measure Guidelines:

1. 所有工作人員和運動員必須已接種至少 2 劑新冠疫苗。工作人員及非全職運動員(即兼職運動員及其他)需要於 **4月19日及21日** 於體院進行檢酸檢測，獲得陰性結果。並在比賽當日到達體院前在家進行快速測試並且獲得陰性結果再經體院人員確認身份後方可進入體院游泳池工作或參賽。工作人員及泳員在任何時間不可前往其他體院場地。
註:快速測試包會由體院提供

All officials and swimmers must have received at least 2 doses of COVID-19 vaccination. Also, officials and full time swimmers (i.e. part time swimmers and others) must conduct a PCR test at HKSI on 19th April and 21st April 2022, receive a negative test result. Furthermore, rapid test is required to be conducted on 23rd April and obtain a negative test result before arrival to HKSI and confirming their identities by the HKSI staff accordingly. All officials and athletes could not visit any sports facilities other than the swimming pools in HKSI on 23rd April 2022.

Remarks: Rapid test kit to be provided by HKSI

2. 所有工作人員及泳員均只可從 體院 52 米游泳池(主池) 的正門樓梯進入游泳池(電梯不提供服務)。泳員前往 25 米游泳池只可從主池 與 副池中間的通道往返。

To enter the HKSI 52m Swimming Pool, all officials and swimmers must use the staircase located at the main entrance of the HKSI 52m Swimming Pool (the lift will be closed). All swimmers must enter HKSI 25m swimming pool by passing through from pool deck of the HKSI 52m Swimming Pool.

3. 全職運動員、教練員只能從更衣室一邊進出游泳池池面，教練辦公室一邊的池面被封住，只供工作人員和非全職運動員使用(見圖 1)。

Full-time athletes and HKSI coaches can only enter and exit the swimming pool from one side of the changing room. The swimming pool entrance on the side of the HKSI Coaches' office will be sealed and used by the officials and non full-time athletes only (Appendix 1).

4. 全職和非全職運動員需使用不同更衣室。運動員使用更衣室要按社交距離作出措施(體院已經在更衣室做出指示)。



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Full-time and non Full-time athletes shall use the different changing rooms in accordance with the HKSI social distance arrangements.

5. 游泳池看台劃分小區，每區最多讓 2 - 4 名泳員作等待或休息(見圖 2)。

The spectator stand is reserved for swimmers only and will be divided into small areas for swimmers' waiting and resting. Each area shall not house more than 2 - 4 swimmers (Appendix 2).

6. 運動員如需藥檢，藥檢人員及藥檢陪同人員必須穿戴整齊防護裝備（整套防護裝備由體院提供）以便近距離監督運動員留取樣本，並在不與運動員有身體接觸的情況下，隔著一張桌子來辦理藥檢手續。

Doping Control Officer and Chaperone: If Doping test is needed, Doping Control Officer and Chaperone must wear the personal protective equipment and gown provided by HKSI to collect the sample from the swimmers. Doping Control Officer and Chaperone shall not have any body contact with the swimmers. One table shall be set between the Doping Control Officer and swimmer during the sample collection in the doping station.

7. 所有工作人員及下午有賽事的非全職運動員必須留在體院游泳池內由體院餐廳專人運送飯盒到體院游泳池，並需要在足夠社交距離下用餐；全職運動員則到體院餐廳午餐。

All officials and non full-time athletes participating in the PM session shall stay at HKSI Swimming Pool and lunch will be prepared and delivery by HKSI Canteen directly to ensure following the social distance measures. Full-time athletes shall have their lunch at HKSI Canteen.

8. 工作人員和非全職運動員比賽當日不能泊車在體院內。

No vehicle parking spaces will be provided to all officials and non full-time athletes at HKSI on 23rd April 2022.

備註 / Remarks: 工作人員不會進入運動員專區，並需全時間佩戴口罩。
Officials must not enter the restricted area which is for swimmers only. Wearing a mask properly at all times is a must.



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比賽安排 / Competition arrangement:

- 2 位登記員會於體院 52 米游泳池正門把守，只有持有泳總所發出的工作証之工作人員 或 泳員入場證才可進入體院游泳池。所有出席者於第一次入場時向泳總職員出示快速檢測陰性結果紀錄相片。

Two Registration Officials will stand-by at the swimming pool entrance. Only those who can present a Work Permit or Swimmer's Entry Permit could enter the swimming pool. All participants must present a record photo of the negative rapid test result to HKGSA staff upon first time arrival.

上午比賽之泳員必須 **7:30 am – 8:45 am** 進入體院 52 米游泳池，
下午比賽之泳員則必須 **12:30 pm – 13:45 pm** 進入體院 52 米游泳池。

Swimmer who participates at the AM session must enter the swimming pool during **7:30 am – 8:45 am**.

Swimmer who participates at the PM session must enter the swimming pool during **12:30 pm – 1:45 pm**.

- 泳員登記時須出示身份證以便核對身份並同時歸還入場證予登記員。如需全日比賽之泳員，登記後獲發還入場證。

Swimmers must present their Hong Kong ID Cards for verifying their identity and the Swimmer Entry Permit will be collected by the Registration officials. For the swimmer(s) who participated in both AM and PM session, Registration Officials will do the registration by checking swimmer's HK ID Card and return the Swimmer Entry Permit to swimmer.

- 當比賽進行中，所有已進入游泳池之泳員均不得 離開游泳池（緊急事件除外）。

During the competition session, all swimmers **could not leave** the Swimming Pool unless any emergency case.

- 熱身時：
- 每條線道不可超過 8 名泳員。
 - 線道 0 至 線道 4 只限全職運動員使用；
 - 線道 5 至 線道 9 只限非全職運動員使用。

- Warm up:
- No more than 8 swimmers per swimming lane
 - Lane No. 0 to Lane No. 4 for Full-time athletes only ;
 - Lane No. 5 to Lane No. 9 for Non Full-time athletes only.



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上午體院 52 米游泳池入口 開放時間 / Entrance Opening: (AM Session)	7:30 am – 8:45 am 8:45 am 之後停止內進，緊急事件除外/ The swimming pool entrance shall be closed after 8:45am (except for emergency case).
上午熱身時間 / Warm Up - AM Session:	8:00 am – 8:45 am
上午比賽時間 / Competition - AM Session:	9:00 am – 12:00 noon 上午比賽完結後 30 分鐘內，所有只有上午比賽的泳員 必須離開體院游泳池。 Athletes participating in the AM session only must leave the swimming pool within 30 minutes after the AM Competition Session
午膳時間 / Lunch Time :	12:00 noon – 1:00 pm 所有工作人員及下午有賽事的非全職運動員留在體院 游泳池內由體院餐廳安排午膳 All officials, non full -time athletes participating in the PM session shall stay at HKSI Swimming Pool and lunch will be prepared by HKSI Canteen 全職運動員則到體院餐廳午膳。 Full-time athletes must have their lunch at HKSI Canteen
下午體院 52 米游泳池入口 開放時間 / Entrance Opening (PM Session) :	12:30 pm – 1:45 pm 1:45 pm 之後停止內進，緊急事件除外。 The swimming pool entrance shall be closed after 1:45 pm (except for emergency case)
下午熱身時間 / Warm Up - PM Session:	1:00 pm – 1:45 pm
下午比賽時間 / Competition - PM Session:	2:00 pm – 5:15 pm 比賽完結後一小時內，所有工作人員及泳員必須離開 體院游泳池。



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	All officials and swimmers must leave the swimming pool within 1 hour after the PM Competition Session
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- 比賽項目已預先作實名制(Seeded)安排線道，泳員應按照比賽項目而直接自行上線。

The event program is seeded by the swimmer's name. Swimmer will follow the event program and go direct to wait at the swimming lane by themselves.

- 當泳員自行上線後，召集員會站於工作人員地區並用體院游泳池之音響作泳員介紹，確認後，總裁判便會主持餘下比賽程序。

When swimmer stand-by for preparation, Marshalling Official would use the HKSI P.A. System to ensure the swimmers are in correct order. FINA starter and FINA referee will start the competition afterwards.

- 泳員完成比賽後，只限用線道 0 上水並領回所有私人物品及配帶口罩，返回游泳池看台已劃分之小區作等待或休息，亦可到體院 25 米游泳池作放鬆。體院 25 米游泳池的線道安排與體院游泳池(主池) 的防疫規格一樣，將會劃分水線供全職運動員及非全職泳員使用，每條線道不可超過 8 名泳員。

When the race finished, swimmers leave the pool at Lane No. 0 and collect all their belongings, put on their masks then return to the spectator stand area for waiting/resting; or go to HKSI 25m swimming pool for warming down. The rules and regulations for using the HKSI 25m swimming pool shall be the same as the HKSI 52m swimming pool which separate the swimming lanes for Full-time athletes and non Full-time athletes and shall not hold more than 8 swimmers per swimming lane in the same time.