



HONG KONG CHINA SWIMMING ASSOCIATION

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

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第二組長池分齡游泳比賽第三節（中山紀念公園游泳池）

- 防疫措施指引 及 比賽安排

Division 2 Long Course Part 3 (SYSMPSP) – Infection Control Measures 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：

Due to limitation of Pool Capacity, a swimmer could only be accompanied by 1 guest. 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

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 before arrival.

2. 請使用安心出行程式並使用疫苗通行證(地點於泳池入口，上樓梯前)。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>

3. 由於泳池容納人數有限，請各泳員根據以下時間登記入場。登記處不會提早開放。

Due to the limit capacity of the swimming pool, swimmers please follow the listed concerned time below for registration. Entrance gate will be opened for registration on time.

13-14 歲及 15-17 歲組入場時間 / Entrance opening time for Age 13-14 & Age 15-17	泳員可以於上午 8:15 分開始入場 The swimming pool entrance opens for Age 13-14 & Age 15-17 at 8:15 am.
13-14 歲及 15-17 歲組熱身時間 / Warm up time for Age 13-14 & Age 15-17	女子組: 08:30 – 08:55 am 男子組: 08:55 – 09:20 am Girls: 08:30 – 08:55 am Boys: 08:55 – 09:20 am



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13-14 歲及 15-17 歲組比賽時間 / Competition time for Age 13-14 and Age 15-17	9:30 am – 12:45 pm
8 歲或以下組入場時間 / Entrance opening time for Age 8 and under	8 歲或以下組可以於上午約 11:30 分開始入場 The swimming pool entrance opens for Age 8 and under at 11:30 am. *8 歲或以下組可在訓練池熱身 *Training pool will be opened for Age 8 and under to warm up
8 歲或以下組比賽時間 / Competition start time for Age 8 and under	12:45 – 1:00 pm
11-12 歲組入場時間 / Entrance opening time for Age 11- 12	泳員可以於下午 1:15 分開始入場 The swimming pool entrance opens for Age 11-12 at 1:15 pm.
11-12 歲組熱身時間 / Warm up time for Age 11-12	女子組: 1:30 – 1:55 pm 男子組: 1:55 – 2:20 pm Girls: 1:30 – 1:55 pm Boys: 1:55 – 2:20 pm
11-12 歲組比賽時間 / Competition time for Age 11-12	2:30 – 5:00 pm
9-10 歲組入場時間 Entrance opening time for Age 9- 10	泳員可以於下午 4:00 開始入場 The swimming pool entrance opens for Age 9- 10 at 4:00 pm
9-10 歲組熱身時間 / Warm up time for Age 9-10	<u>訓練池</u> 女子組: 4:05 – 4:30 pm 男子組: 4:30 – 4:55 pm Training Pool Girls: 4:05 – 4:30 pm Boys: 4:30 – 4:55 pm



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9-10 歲組比賽時間

Competition time for Age 9-10

5:00 – 6:00 pm

*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 3rd working days after the event day.**

4. 非比賽池於開賽後可以使用唯每條線道不得超過 15 人，如額滿須稍為等候。
Non-competition pool will be opened for warm-down during competition period, maximum 15 swimmers per lane. Wait for vacancy in case quota filled.
5. 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.
6. 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。
Officials, swimmers and guests must always wear masks properly. 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.
7. 在看台可以飲水，不得進食。
Only drinking is allowed at the spectator stand.
8. **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.