



HONG KONG AMATEUR SWIMMING ASSOCIATION

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

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第一組長池游泳比賽(第二節) - 防疫措施及比賽安排 (維多利亞公園游泳池) (5月29-30日)

Division 1 Long Course Swimming Competition (Part 2) 29-30 May 2021VPSP

Infection Control Measure & 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 **5月28日(星期五)** 中午 **12:00** 前到泳總辦公室辦理。
Any re-entry must be submitted to ASA office on or before **28th May 2021 (Friday) at 1200 noon.**
- ✧ 教練及泳員入場證可於 5月26至28日於泳總辦公時間到泳總辦公室領取
Please collect Coaches' and Swimmers' entry permits during 26th – 28th May at HKASA Office within office hours.
- ✧ 工作人員證會於比賽當日派發。
Entry permits of Officials will distribute on the event day.

二. 比賽日報到 Registration on Event day

- ✧ 賽事共有三節，每節只限該節有賽事泳員入場。
3 sessions 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。
A swimmer could only be accompanied by 1 guest.
 - ✧ 先往康文署資料搜集處報到(地點於泳池入口，上樓梯前)
Report to LCSD stations which are located in front of the staircases of Main Pool entrance.
展示安心出行或提交個人資料表格 (為免擠塞，如沒有安心出行程式，請由下列路徑下載表格並預先填寫)
Scan the specific "Leave Home Safe" QR code displayed at the LCSD stations or submit LCSD's Visitors Registration form (Please fill in the form in advance if you do not have "Leave Home Safe" App. You may download it via the following link:
<https://www.hkasa.org.hk/zhant/viewfile/?file=dXBsb2FkL3RlbXBsYXRILzIxMjEvcGRmX2ZpbGVzXzIvNjA5OGJjODRiMGU0Yi5wZGY=>
1. 量度體溫



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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(地點於上樓梯後)

After LCSD station, please go to UG floor to register at ASA stations.

1. 出示入場證

Submit entry permit for registration.

2. 交健康申報表 (請由下列路徑下載表格並預先填寫，現場不予提供)

Submit HKASA Health Declaration Form (Declaration form should be filled in in advance.

Forms will not be provided onsite.) You may download the form via the following link

<https://www.hkasa.org.hk/zhhant/viewfile/?file=dXBsb2FkL3RlYXNlYXRlLzZpbGVzXzIvNjA4NjIzY2I3YmYzMi5wZGY=>

3. 報到時間

Registration Time Table

日期 Date	報到時段 Registration Time
5月29日(星期六) 29 th May (Saturday)	13:15
5月30日(星期日)上午 30 th May (Sunday) AM	07:30
5月30日(星期日)下午 30 th May (Sunday) PM	13:00

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

- ◇ 每節熱身時段為 20 分鐘，9 號線道全程 20 分鐘作起跳練習。

Each warm up session duration is 20 minutes. Lane 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.



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- ✧ 由於泳池可容納人數有限，現已分配屬會熱身時段及線道。如發現有不屬於該熱身時段的運動員於泳池熱身，相關泳員可被取消資格，即於本比賽(星期六及星期日)所有比賽成績均被取消。

Due to limitation on capacity of Swimming Pool, please refer to the table of each club's warm up session and lanes. All results of this competition (Saturday & Sunday) will be **disqualified** if any swimmer warm up in their non-warm up session.

- ✧ 於熱身時段期間，完成熱身的泳員請從召集處旁邊樓梯返回看台。而下一組正準備熱身的運動員請從中間樓梯(司令台後方樓梯)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 Marshalling area. Next warm up group's swimmers wait for instruction before enter to the Pools. Stand-by area is behind the Referee Table.

四. 召集 **Marshalling**

- ✧ 召集處位於泳池看台西翼角落(跳水池對上)

Marshalling area is located at far end corner at West Wing of Spectator Stand (Multi-purpose 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)，上水後立即戴回口罩(50 公尺項目上水後由泳總提供口罩)。

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. (For 50M events, new masks will be provided by HKASA)

- ✧ 開賽後多用途池繼續開放予需熱身及放鬆泳員，唯每條線道不得多於 4 人。如額滿須稍為等候。賽事完成可往多用途池放鬆，放鬆上水後須佩戴回口罩。

Multi- purpose pool is open for warm up and swim down during competition period. No more than 4 swimmers per lane are allowed. Wait for vacancy in case quota filled. Swimmers have to put on the masks again when they leave the multi-purpose pool.

- ✧ 個人賽事完結後須盡快離開場館。



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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.

- ✧ 所有人員不得於看台進食(飲水除外)

All attendee **are not** allowed to eat at spectator stand (except for drinking water)

- ✧ 所有人須按限聚令要求，最多 4 人一組就座。

No more than a group of four 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。

Please stay in venue until completion of the competition unless any emergency issue.

- ✧ 泳員可憑運動員證進出場館。

Swimmers can enter / leave the pool by presenting their entry permit.

- ✧ 所有單獨於中途離場之泳員家長如欲再行入場，必須於入口報到處領取通行證，並於再入場時於泳總報到處交還。如跟隨泳員一起出入則無需領取通行證。

Re-entry permit will only be issued to any guest who leaves the pool in between competition period alone. Please return the re-entry permit at the HKASA registration counter upon return. No need to obtain re-entry permit if accompanying swimmer to leave & return.

- ✧ 教練憑註冊教練證/進入泳池準許證及入場證出入場館。

Coaches enter / leave the pool by presenting their valid ASA coach card / pool deck entry card and entry permit.

九. 其他 **Others**

- ✧ 電梯只供有需要人士乘搭。

Elevator only in use for those in need.



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- ✧ 每個屬會教練與泳員比例為 **1:7**。教練人數上限為 **8** 人。教練名單須於 **5月21日(星期五)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 ASA office on or before **21st May 2021 (Friday) at 1200 noon**. HKSI Coaches and Regional Squad Coaches will not be counted in Club Coaches quota.