



HONG KONG CHINA SWIMMING ASSOCIATION

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

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第一組短池游泳比賽(第三節) - 防疫措施及比賽安排 (維多利亞公園游泳池) (1月 8-9 日)

Division 1 Short Course Swimming Competition (Part 3) 8th – 9th 2022@ VPSP 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 **1月7日(星期五)** 下午 **3:00** 前到泳總辦公室辦理。
Any re-entry must be submitted to HKGSA office on or before **7th January 2022 (Friday) at 3pm.**
- ✧ 泳員入場證可於 1月 3 至 6 日於泳總辦公時間到泳總辦公室領取
Please collect Swimmers' entry permits during 3rd – 6th January 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 **1月3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 **3rd January 2022 (Monday) at 1200 noon.**

二. 比賽日報到 Registration on Event day

- ✧ 賽事共有三節(星期六下午，星期日上午，星期日下午)，每節只限該節有賽事泳員入場。
3 sessions (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.
- ✧ 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.



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必須展示安心出行以進入比賽場地

- ✧ Scanning "Leave Home Safe" QR code displayed at the LCSD stations is a **MUST** before entering the competition venue.

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(地點於上樓梯後)

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

1. 出示入場證(泳員)，入場證會被收取。

Submit entry permit for registration (Swimmers).

2. 報到時間

3. **Registration Time Table**

日期 Date	報到時段 Registration Time
1 月 8 日(星期六) 8 th January (Saturday)	13:15
1 月 9 日(星期日)上午 9 th January (Sunday) AM	07:30
1 月 9 日(星期日)下午 9 th January (Sunday) PM	13:00

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.



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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.

- ✧ 開賽後多用途池及非比賽池繼續開放予需熱身及放鬆泳員，唯每條多用途池線道不得多於 12 人及非比賽池每條線道不得多於 15 人。如額滿須稍為等候。賽事完成可往多用途池或非比賽池放鬆，放鬆上水後須佩戴回口罩。

Multi- purpose pool and non- competition pool are open for warm up and swim down during competition period. No more than 12 and 15 swimmers per lane in multi-purpose pool & in non-competition pool are allowed respectively. Wait for vacancy in case quota filled. Swimmers have to put on the masks again when they leave the multi-purpose pool or non-competition pool.



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- ◇ 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 6 人一組就座。

No more than a group of six 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，必須於入口報到處領取入場券，並於返回時於泳總報到處交還。

Swimmers who leave the pool in between competition period, please get a ticket and return it at the HKGSA registration counter upon return.

- ◇ 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。

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

- ◇ 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.



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九. 其他 Others

- ◇ 電梯只供有需要人士乘搭。

Elevator only in use for those in need.

- ◇ 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 **1月3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 **3rd January 2022 (Monday) at 1200 noon**. HKSI Coaches and Regional Squad Coaches will not be counted in Club Coaches quota.