



HONG KONG AMATEUR SWIMMING ASSOCIATION

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

Tel: (852) 2572 8594 Fax: (852) 2591 0792 E-mail: hkasa@hkasa.org.hk Web-site: www.hkasa.org.hk

長池先進游泳比賽 – 第三部份 (中山紀念公園游泳池)

- 防疫措施指引 及 比賽安排

Long Course Masters Swimming Competition – Part 3

(Sun Yat Sen Memorial Park Swimming Pool) 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.

由於比賽受人數限制，每個屬會除了參賽泳員外，只可額外派 **3 位教練/屬會代表** 入場。每個屬會請派代表於 **6 月 16 日(星期三)**開始於辦公時間(上午十時至中午十二時或下午一時至五時)到泳總辦公室領取運動員證及教練 / 屬會代表證件。比賽當日**必須**全程佩戴證件於當眼處。

Only **3 quotas of Coaches / Club Representatives** of each club are allowed to enter to Pool on event day besides participating swimmers due to limitation in number of participants. Please collect Coach / Club Representatives' cards and athletes' cards from **16th June 2021 (Wednesday)** onwards during ASA Office hour (1000hours – 1200 noon; 1300 hours – 1700 hours). All participants **must wear** the cards conspicuously on the event day.

防疫措施指引 及比賽安排 / Infection Control Measure Guidelines & Competition arrangement:

1. 所有泳員須先於泳池入口跟康文署資料搜集處報到
Swimmers need to Report to LCSD stations which located in the Main 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】，請預先填妥個人資料表格(康文署)。表格可於以下網址下載)

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/zh-hant/viewfile/?file=dXBsb2FkL3RlbXBsYXRILzMyMDMvcGRmX2ZpbGVzXzIvNjA4OGJkZDk4YmFizi5wZGY=>

**only applicable for people who do not have "Leave Home Safe" app.*

於康文署登記入口完成所有入場手續後，請往 **2 樓**泳總報到處出示運動員證或教練/屬會代表證件及遞交健康申報表



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After report to LCSD station, please present swimmers' cards or coach/club representatives' cards and submit health declaration form at ASA station at 2/F.

為避免阻塞入口通道，請預先填妥健康申報表(香港業餘游泳總會)於比賽當日入場時遞交。申報表可於以下網址下載：

To avoid blockage at the registration, please complete Health Declaration form (HKASA) in advance and submit upon arrival at the ASA registration counter on event day. Health Declaration form could be downloaded via:

<https://www.hkasa.org.hk/zh-hant/viewfile/?file=dXBsb2Fkl3RlZXBsYXRlZMyMDMvcGRmX2ZpbGVzXzIvNjA4OGJkZDc4OTM0Ni5wZGY=>

2. 請於 **6月11日(星期五)**下午三時或之前把**接力名單 (包括只參加接力比賽的泳員)**填妥遞交至泳總辦公室。如接力名單有任何更改，請於比賽日中午十二時前遞交。

Please submit relay team list (include relay only swimmer, if any) of the Relay events to ASA office on or before **11th June 2021 (Friday) at 1500 hours**. Any substitutions are required to resubmit final team list no later than 1200 noon on competition day.

3.

游泳池入口開放時間 / Entrance Opening:	運動員可以於 8:00 開始入場 The swimming pool entrance open at 8:00am
男子上午熱身時間 / Warm Up - AM Session for Male Swimmers:	Group A: 08:30 am – 08:50 am Group B: 08:55 am – 09:15 am *詳情請參閱附件一 *Please refer to Appendix I for details
女子上午熱身時間 / Warm Up - AM Session for Female Swimmers:	Group C: 09:20 am – 09:40 am *詳情請參閱附件一 *Please refer to Appendix I for details
上午比賽時間 / Competition - AM Session:	09:45 am



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男子下午熱身時間 / Warm Up - PM Session for Male Swimmers:	Group A: 1:00 pm – 1:20 pm Group B: 1:25 pm – 1:45 pm *詳情請參閱附件一 *Please refer to Appendix I for details
女子下午熱身時間 / Warm Up - PM Session for Female Swimmers:	Group C: 1:50 pm – 2:10 pm *詳情請參閱附件一 *Please refer to Appendix I for details
下午比賽時間 / Competition - PM Session:	2:15 pm 比賽完結後一小時內，所有人必須離開游泳池。 Everyone must leave the swimming pool within 1 hour after the PM Competition Session

熱身流程安排

由於泳池可容納人數有限，現已分配屬會熱身時段及線道，詳情請參閱附件一。

於熱身時段期間，泳員須經由更衣室水簾進入池面，完成熱身的泳員請從玻璃門離開前往更衣室或返回看台。而下一組正準備熱身的泳員請從入閘口等候指示再往泳池熱身。

Warm up arrangement

Due to limitation on capacity of Swimming Pool, please refer to the Appendix I for details.

Swimmers who are going to warm up must walk through the shower bath at changing room. Using the door nearby the marshalling area for exit. Next warm up group's swimmers wait for instruction before enter to the pools. Stand-by area is outside of the pool entrance gate at 1/F.

4. 游泳池看台座位不可以連續超過四張座椅被佔用。

No more than four consecutive seats can be occupied in the same row at the spectator stand.

5. 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，請運動員自備後備口罩及口罩套。完成賽事後離開比賽池需佩戴口罩後再返回看台。

Officials, swimmers, coaches and Club Representative must wear a mask properly at all times. Swimmers can only take off their masks for preparation at racing lanes. Please all swimmers prepare their own mask cover. Swimmers have to put on the masks again when they leave the competition pool.



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6. 如入場後中途需要離開並再返回泳池，請憑運動員證或教練/屬會代表證件入場。建議運動員完成整個比賽後才離開泳池範圍。

Anyone who wishes to leave the swimming pool in between competition period, please show the athletes or coach/club representative cards upon return. Strongly recommend participants leave the swimming pool after the competition completed.