



Hong Kong Rowing Schools Championships 2021 2021 香港校際賽艇錦標賽 參賽者須知 Notice to Competitors

1. 所有賽事均按照中國香港賽艇協會之競賽守則進行。

The races are rowed under the Rules of Racing of the Hong Kong, China Rowing Association.

2. 所有參賽者必須簽妥比賽個人聲明，否則一概不得參與任何賽事。

All participants must sign and return the completed declaration form, otherwise, they are not allowed to compete in the event.

3. 學校代表可於登記處借還號碼牌，如有遺失，本會會向有關學校即場收取港幣70元費用。

School Representatives can borrow Number Plate at the Registration Counter on event days, but it will be charged HK\$70 on site for any lost.

4. 大會不會廣播召集參賽隊伍。所有隊伍須於參與項目預定開賽時間前30分鐘，持有效之學生証/學生手冊副本於艇隻檢錄處報到及登記。

Crews will not be called for their race. They shall register with their valid Student cards/ copy of the student handbook and report to the boat marshals at the landing stage 30 minutes prior the scheduled start time of their race.

出艇程序 Outing Procedures:

舵手過磅 Cox Weight-In	比賽前 30 分鐘 30 minutes before the race start	比賽前 20 分鐘 20 minutes before the race start
比賽前 1-2 小時 1-2 hrs. before the race start	攜有效之學生證/學生手冊副本到「艇隻檢錄處」報到 (隊員登記、記錄更換隊員及借號碼牌等) Report to Boat Marshall with valid student card/ copy of the student handbook. (Registration, record the substitution and borrow No. Plate, etc)	把艇隻搬往碼頭及出艇 Move the race boat to the pontoon and outing

5. 大會將會提供器材予私人器材不足的學校並以抽籤形式分配，唯參賽者不得大幅調校艇隻之槳架位置。如有任何本會器材因損毀而未能提供與參賽隊伍使用，本會將於稍後發還參賽費用。如參賽者是使用私人器材參賽，請在報名表格上列明。

HKCRA boats will be allocated to the competitors as indicated in the Draw. Major adjustments to rigging will not be permitted on shared boats. If any HKCRA boats cannot be provided by in view of the equipment failure, entry fee will be refunded to the participated school. If competitors will use their private boats for competition, please state in the Entry Form.

6. 為保障參賽者之安全，所有參賽艇隻的船頭須裝設一個直徑最少4厘米，實心白色圓球及繫上鞋包繩。

In order to protect the safety of rowers, the bows of all boats shall be fitted with a solid white ball shape, minimum 4 cm in diameter and crews should ensure the racing boat are tightened with heel restraints..

7. 所有於沙田賽艇中心及賽馬會石門賽艇中心出艇之艇隻，必須依據「比賽循環路線圖」所示之路線划行，並須注意正在進行中之賽事，準備隨時讓道予競賽中之艇隻。

Boats leaving the pontoon at the Sha Tin Rowing Centre and Jockey Club Shek Mun Rowing Centre must follow the direction of the Competition Traffic Circulation Pattern as shown and keep a careful lookout for races in progress and be prepared to give way.

8. 賽道南岸沿線每隔250米處會劃上距離標誌。

Distances are marked along the south bank at 250 meter intervals.

9. 所有參賽隊伍須於賽事預定開賽時間前五分鐘抵達起點（起點區）200米範圍內。參賽隊伍須有起點發令員的指示，方可將艇隻划至賽道起點。除非得到發令員的指示，否則所有隊伍必須於預定開賽時間前兩分鐘到達起點位置。

All crews shall be within 200 meters of the start (the starting area) five minutes before the scheduled time of the race. Crews shall not proceed onto the course until instructed to do so by an official at the start. Crews shall be on their starting positions two minutes before the scheduled time of the race, unless otherwise instructed by an official.



10. 賽事起點發令員將不會理會缺席之隊伍並按時開賽。

The starter may start a race without reference to absentees.

11. 如有參賽隊伍退出賽事，並只餘下一個隊伍參賽，該隊伍可被要求完成賽事，以取得獎牌。

In the event of a crew or crews withdrawing and leaving only one crew, that crew may be required to row over the course to be entitled to the prize.

12. 如有需要，本會將保留修改賽程表之權利。

The Organizer reserves the right to amend the Race Schedule should circumstances require.

13. 提出抗議：曾經提出反對而被否決或賽事裁判就反對而作出的判決使其受影響的艇隊，可在賽事裁判作出有關反對的判決後的30分鐘內以書面形式提出抗議，同時須繳付港幣500元按金。若抗議或上訴得直，所繳付按金可獲退還。如對賽事有任何爭議，將以裁判團之裁決為最終決定，而不得作進一步上訴。

Protests: A crew whose objection has been rejected or crews affected by the Race Umpire's decision on the objection may lodge a Protest in writing to the Jury not later than 30 minutes after the Race Umpire has advised his decision regarding the objection. The Protest shall be accompanied by a deposit of HK\$500, which amount shall be refunded if the Protest or Appeal is succeed. In all cases of dispute, the decision of the jury shall be final and without further appeal.

14. 學校可替換經其報名的艇隊內最多半數成員(適用時，包括舵手)，唯換入的成員必須為同一學校的學生及符合該項比賽之參賽資格，並在有關比賽開賽前30分鐘向本會發出有關替換成員的書面通知。任何已開始作賽的艇隊均不可替換艇隊成員，除非有關的替換是基於疾病或受傷等理由。

Substitution of up to half the number of crew members (as well as the coxswain, if applicable) is permitted provided that any substitutes are entitled to represent the same School and fulfill the entry requirement in the particular event. The changes are advised in writing to the HKCRA at least 30 minutes before the start of the Heat concerned. No substitution shall be permitted once a crew has raced, other than for genuine reasons of injury or illness.

15. 舵手必須每天於其參與項目舉行第一場比賽前一至兩小時內量度體重，男子項目舵手的體重不得少於50公斤，女子項目則不得少於40公斤，舵手年齡不得少過13歲。

Coxswains shall weigh-in not less than one hour and not more than two hours before their first race on each day of racing. A coxswain's minimum weight shall be 50kg for men's events and 40kg for women's events. Coxswain must be the age of 13 or over.

16. 若艇隊欲退出已報名參與的項目，須盡早通知本會，而在任何情況下，有關的通知均應在該項賽事第一場初賽一小時之前發出，除非艇隊成員是因病或受傷，並能出示有關健康狀況證明，否則如未能於限期前通知本會，艇隊需繳付等值於比賽報名費的罰款。若有艇隊退出時，本會可按需要重新進行抽籤程序。退出申請提出後即不可撤回，報名費用亦不會獲得發還。

If a crew withdraws from an Event for which it has been entered, it shall give notice on the designated form to the HKCRA as early as possible; in any circumstance, it shall give notice of withdrawal no later than one hour before the first heat of the Event concerned. For any withdrawals received after this time, except a medical certificate is presented, the crew shall pay a penalty equal to the entry fee. In the case of a withdrawal the HKCRA may conduct a new draw if required. A withdrawal once made is irrevocable. There shall be no refund of entry fee.

17. 領隊會議將於在賽馬會石門賽艇中心舉行，日期時間待定，請各學校委派最少一名代表出席。

Each participating school shall assign at least 1 representative to attend the Team Managers' Meeting at the Meeting Room of Jockey Club Shek Mun Rowing Centre. The time and date are subject to confirm.



因應新型冠狀病毒病最新情況的注意事項 Note to Participants In View of the Latest Situation of COVID-19

- (a) 根據最新修訂的《預防及控制疾病(禁止羣組聚集)規例》(第599G章)規定及《預防及控制疾病(佩戴口罩)規例》(第599I章)規定，並配合《預防及控制疾病(規定及指示)(業務及處所)規例》(第599F章)的最新指示，活動人數若超過4人，須安排為不得超過4人的小組(連導師/助教/工作人員在內)，而每小組或分組之間有至少1.5米距離。(如《預防及控制疾病(禁止羣組聚集)規例》(第599G章)規定的人數稍後有所修訂，參與學員人數或每小組人數亦會因應當時的有關指引作適當調整。)

According to the newly amended Prevention and Control of Disease (Prohibition on Group Gathering) Regulation (Cap. 599G) and the Prevention and Control of Disease (Wearing of Mask) Regulation (Cap. 599I), and in line with the latest guidelines of the Prevention and Control of Disease (Requirements and Directions) (Business and Premises) Regulation (Cap. 599F), an activity with more than 4 persons should be split into groups consisting of not more than 4 persons each (including the coach/assisting coach/staff), with at least 1.5 metres between each group or subgroup. For team sports, the maximum number of players and referees allowed in each playing field should follow the rules and regulations of respective sports competition. The number of participants or group members will be adjusted in accordance with the latest guidelines if any amendments are to be made regarding the number of participants stipulated in the "Prevention and Control of Diseases (Prohibition of Group Gathering) Regulations

- (b) 如參加者需要進入體育處所，須利用手機掃描「安心出行」二維碼，或登記姓名、聯絡電話及到訪處所的日期及時間。

Participants are required to scan the "LeaveHomeSave" QR code, or register their name, contact number and the date and time of their visit before entering the sports premises and swimming pools.

- (c) 參加者請盡量攜帶自己的運動用品及器材，以減少使用公共物品。

Participants should bring their own sports equipment as far as possible to reduce shared use of items.

- (d) 參加者應自備飲用水和個人衛生用品，運動前及運動後應佩戴口罩。

Participants should bring their own drinking water and personal hygiene products.

- (e) 參加者在每堂開始前須先向教練/工作人員申報體溫正常，並表明自己不是正接受政府指定強制檢疫的人士。

Participants should have their body temperature checked and use hand sanitisers at the sports venues before the start of each lesson, and declare to instructors/officials that they are not subject to compulsory quarantine required by the government.

- (f) 參加者、教練及工作人員進行活動時，應盡量保持適當的社交距離。

Participants, instructors and officials should maintain proper social distancing during the activity.

- (g) 非參加者不要在場地範圍逗留。

Non-participants shall not stay in the venues.

- (h) 參加者須保持良好個人衛生，並留意自己身體狀況，如發覺有2019冠狀病毒病最常見的病徵，如發燒、乏力、乾咳及呼吸困難，或其他病徵，包括鼻塞、頭痛、結膜炎、喉嚨痛、腹瀉、喪失味覺或嗅覺、皮疹或手指或腳趾變色，則不應勉強上課。

Participants should maintain good personal hygiene and pay attention to their health condition. They should not attend the class if they have the most common symptoms of COVID-19, such as fever, malaise, dry cough and shortness of breath. Other symptoms include nasal congestion, headache, conjunctivitis, sore throat, diarrhoea, loss of taste or smell, skin rash or discoloration of fingers or toes.

- (i) 如教練/工作人員觀察到參加者的健康狀況不宜上課，或參加者出現上述(h)項所述的病徵，如發燒及呼吸道徵狀，會立刻勸諭參加者停止參與活動；參加者應盡快求醫診治。

Instructors/officials will immediately advise a participant to stop participating in the activity and seek medical attention as soon as possible if they find that his/her health condition is not suitable for participation in the class or he/she has the most common symptoms of COVID-19.

- (j) 參加者須根據政府預防及控制疾病的最新規例佩戴口罩。

Participants should wear a mask in accordance with the latest regulations of our venues.

- (k) 疫情期間，參加者佩戴口罩進行運動時，應時刻留意呼吸及心跳等生命體徵的變化，並應適時放緩或停下來休息。此外，流汗和呼氣會弄濕口罩。參加者請適時更換自備的口罩，以策安全。

Participants should always pay attention to the changes of vital signs, such as breathing and heartbeat, when exercising with a mask on during the pandemic. Slow down or stop for a rest when necessary. As the mask may be moistened by sweat and breath, please bring your own masks for replacement when necessary for safety's sake.

- (l) 因應2019冠狀病毒病發展及相關的法例，中國香港賽艇協會有權審視當時的情況修改課程，參加者請留意有關的安排。

In view of the development of COVID-19 and the related regulations, Hong Kong, China Rowing Association reserves the right to make changes to the programme content after examining the prevailing situation. Participants shall pay attention to the relevant arrangement.

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