

第 43 屆香港賽艇錦標賽 43rd Hong Kong Rowing Championships

賽事通告 2 - 本地屬會、工商機構及紀律部隊盃

Race Bulletin 2 for Local Clubs, Corporations & Disciplinary Forces Cup

1. 邀請 Invitation

中國香港賽艇協會 (賽協)誠意邀請 貴隊參加「第 43 屆香港賽艇錦標賽」。

The Hong Kong, China Rowing Association (HKCRA) is pleased to invite crews to compete at the 43rd Hong Kong Rowing Championships.

主辦機構	: 中國香港賽艇協會 (賽協)
Organized by	Hong Kong, China Rowing Association (HKCRA)
資助機構	: 康樂及文化事務署 (康文署)
Subvented by	Leisure & Culture Services Department (LCSD)
比賽日期	: 2021 年 12 月 11 至 12 日 (星期六至日)
Competition Date	11-12 December 2021 (Sat-Sun)
比賽場地	: 沙田城門河競賽航道
Venue	Shing Mun Regatta Course, Sha Tin
截止報名日期	: 2021 年 11 月 8 日 (星期一) 中午 12 時前 (香港時間)
Entry Deadline	8 November 2021 (Mon) on or before 12:00 noon (HK Time)

**請確保參加者均能出席兩天的比賽，賽程的編排會按每項項目的最後報名人數而定。

**Please note that crews should ensure they are available to row on both days – the final race schedule will be subject to the total number of entries received in each event.

2. 比賽場地 Venue

比賽將於香港沙田城門河舉行。此賽道於 1982 年啟用，為潮汐漲退的賽道。曾在 2008、2009 及 2013 年分別舉辦第十四屆亞洲青少年賽艇錦標賽，東亞運動會 (賽艇項目)及亞洲賽艇盃 II。

The Championships will be held on the Shing Mun Regatta Course at Sha Tin, New Territories which was the venue for the 14th Asian Junior Rowing Championships, East Asian Games (Rowing Event) and the Asian Rowing Cup II in 2008, 2009 and 2013 respectively. It is the race course used since 1982 for the Championships and is a tidal river.

2.1 交通 Transportation

沙田賽艇中心: 乘港鐵東鐵線到火炭鐵路站，下車後只需步行大約五分鐘便能到達。

Five minutes walk from Fo Tan MTR Station to Sha Tin Rowing Centre.

賽馬會石門賽艇中心: 沙田鐵路站轉乘九龍巴士 (九巴)284 號前往沙田濱景花園，下車後只需步行大約十分鐘便能到達。

Ten minutes walk from Ravana Garden to Jockey Club Shek Mun Rowing Centre. Please take KMB bus route no. 284 from Sha Tin MTR Station to Ravana Garden.

第 43 屆香港賽艇錦標賽 43rd Hong Kong Rowing Championships



亦可由石門站出發，步行大約十五分鐘便能到達。
OR Fifteen minutes walk from Shuk Mun Station to Jockey Club Shek Mun Rowing Centre.

第 43 屆香港賽艇錦標賽

43rd Hong Kong Rowing Championships

3. 比賽距離 Race Distance

除大師組、青少年組、工商機構及紀律部隊盃的比賽距離為 1000 米外，其他項目均是 2000 米定點起步。

Except Masters, Junior, Corporations Cup and Disciplinary Forces Cup which will be 1000 meters for race distance with floating start, all events will be 2000 meters distance start from a fixed starting pontoon.

4. 比賽項目 Events

公開組項目 Open Events

*項目/ Events			
組別 Group A		組別 Group B	
男子雙人雙槳艇 Men's Double Sculls	M2x	男子單人雙槳艇 Men's Single Sculls	M1x
男子四人單槳無舵艇 Men's Coxless Four	M4-	男子八人艇 Men's Eight	M8+
男子四人雙槳艇 Men's Quadruple Sculls	M4x	女子雙人雙槳艇 Women's Double Sculls	W2x
女子單人雙槳艇 Women's Single Sculls	W1x	女子四人單槳無舵艇 Women's Coxless Four	W4-
女子八人艇 Women's Eight	W8+	女子四人雙槳艇 Women's Quadruple Sculls	W4x

*備註 Remarks:

- 每名參加者只可於組別 A 及 B 各報 1 項項目。

Each participant can only enter a maximum of one event from Group A and Group B respectively.

- 公開組項目若有 7-18 隊參賽隊伍，該項目將會採用復活賽晉級制。每場初賽中獲得第一名的隊伍，將會直接進入決賽，而每場餘下的隊伍中，排名最高的隊伍將按以下機制進入復活賽：
若該項目有 2 場初賽，每場的第 2 至 4 名將進入復活賽，而復活賽中的第 1 至 4 名則會進入決賽；若該項目有 3 場初賽，每場的第 2 至 3 名將進入復活賽，而復活賽中的第 1 至 3 名則會進入決賽。賽事不設決賽 B。

若參賽隊伍有 19 隊或以上，籌委會將稍後公佈新的晉級機制。

If any Open event have 7 - 18 entries, a Repechage race will be adopted. The winner of each heat goes forward to the Final and remaining crews of each Heat in the highest ranking goes forward to the Repechage as stated below:

If the event has 2 heats: the 2nd to 4th place in each Heat go forward to Repechage and the first 4 crews in the Repechage go forward to Final;

If the event has 3 heats: the 2nd to 3rd place in each Heat go forward to Repechage and the first 3 crews in the Repechage go forward to Final.

There will not have Final B race for the event.

If the event have 19 entries or more, a new progression will issue later.

第 43 屆香港賽艇錦標賽

43rd Hong Kong Rowing Championships

大學組項目 University Events

項目/ Events	
男子 Men's	女子 Women's
八人艇 Eight	

青少年組項目 Junior Events

項目/ Events	
男子 Men's	女子 Women's
四人雙槳有舵艇 Coxed Quadruple Sculls	

*備註: 青少年組賽艇手必須年滿 18 歲或以下 (於 2021 年 12 月 31 日前)。

*Remarks: Junior Events are restricted to the rowers who must reach the age of 18 or below at 31 December 2021.

展能組項目 Para-Rowing Events

項目/ Events	
(PR1)級男子單人雙槳艇 (PR1) Men's Single Sculls	(PR1) M1x
(PR2)級男子單人雙槳艇 (PR2) Men's Single Sculls	(PR2) M1x
(PR3)級男子單人雙槳艇 (PR3) Men's Single Sculls	(PR3) M1x
(PR3)級公開四人雙槳有舵艇 - 智障組 (PR3) ID Open Coxed Quadruple Sculls	(PR3) ID Open4x+

工商機構及紀律部隊盃 Corporations and Disciplinary Forces Cups

組別/ Category	項目/ Events	
	男子 Men's	女子 Women's
工商機構 Corporations (Corp)	康樂四人雙槳有舵艇 Recreational Coxed Quadruple Sculls (Corp R4x+)	
紀律部隊 Disciplinary Forces (DF)	康樂四人雙槳有舵艇 Recreational Coxed Quadruple Sculls (DF R4x+)	

第 43 屆香港賽艇錦標賽

43rd Hong Kong Rowing Championships

大師組項目 Masters Events

*項目/ Events			組別/ Categories			
			A	B	C	D
男子單人雙槳艇	Men's Single Sculls	M1x	√	√	√	√
女子單人雙槳艇	Women's Single Sculls	W1x	√	√	√	√
男子雙人雙槳艇	Men's Double Sculls	M2x	√	√	√	√
女子雙人雙槳艇	Women's Double Sculls	W2x	√	√	√	√
男子四人雙槳艇	Men's Quadruple Sculls	M4x	√	√		
女子四人雙槳艇	Women's Quadruple Sculls	W4x	√	√		
男子八人艇	Men's Eight	M8+	√	√		
女子八人艇	Women's Eight	W8+	√	√		

*備註：每名參加者只可於同一個項目中參與不多於一個組別的賽事。

* Remarks: Each participant can only enter a maximum of one category in the same event.

- 4.1 屬會代表或參加者報名時需留意暫擬比賽時間表 (附件 1)，特別是同時參與兩個公開項目或一項以上大師組項目的參加者。比賽賽程的編排會按每項項目的最後報名人數而定，籌委會不會因為隊伍所報項目重複而調整賽程。

Club representatives and participants are advised to make their entries with reference to the **"Preliminary Race Schedule" (Annex 1)**, especially for participants intending to enter two open events or more than one masters events. Race Schedule may be changed subject to the total number of entries received in each event but the Organizing Committee (OC) will not adjust the race schedule due to the double entry of the team.

- 4.2 若該項目/ 組別只有一個報名，籌委會須取消有關項目/ 組別並將報名費用退還有關艇隊。
If only one crew is entered for an Event/ Category, the Organising Committee shall cancel the Event/ Category and refund the entry fee for that crew.

- 4.3 大師組項目將根據國際賽艇聯合會的大師組別而釐定：-

The Masters events are held according to the FISA Masters Categories as follows:-

組別 Category A - 最細年齡 Minimum age : 27 歲 years old

組別 Category B - 平均年齡 Average age : 36 歲或以上 years old or above

組別 Category C - 平均年齡 Average age : 43 歲或以上 years old or above

組別 Category D - 平均年齡 Average age : 50 歲或以上 years old or above

*年齡組別並不適用於舵手。 Age categories do not apply to coxswains.

*賽艇手必須年滿 27 歲或以上 (於 2021 年 12 月 31 日前)。 Masters events are restricted to the rower who must reach the age of 27 or above (at 31 December 2021).

- 4.4 每名參賽者必須對自己的健康狀況負責，並能在穿著輕便服裝下游泳至少 50 米；而每名大師組的參賽者必須在遞交報名表格時同時提交有效的身份證明文件作核對 (如：護照或身份證)。
Each competitor shall be responsible for his/her own health and fitness and able to swim at least 50 meters in light clothing. Every Masters rower must be in a position to prove his/her age by presenting valid identification document (e.g. passport or identity card).

第 43 屆香港賽艇錦標賽

43rd Hong Kong Rowing Championships

4.5 舵手須穿著制服，在每天其參賽項目第一場比賽前 1-2 小時內秤量體重。舵手可由男子或女子擔任。

Coxswains must be weighed with racing uniform on tested scales not less than one hour and not more than two hours before their first race in each event on each day of racing. The coxswain may be of either sex.

4.6 如艇隻、配件和艇槳於借用期間遭受損壞，參賽隊伍須按照物件損毀情況作出賠償。

Teams shall be responsible for paying the replacement or repairing charges incurred from any broken boats, parts and oars during the borrowing period.

4.7 於任何混合賽事中，參賽隊伍成員需一半為男子一半為女子。

In Mixed events half of the rowers in a crew shall be men and half shall be women.

5. 比賽規則 Rules of Racing

所有賽事將按照中國香港賽艇協會的賽例進行。

(請參考 http://www.rowing.org.hk/wp-content/uploads/2020/06/中國香港賽艇協會_比賽規例及相關附例-2020_年版.pdf)

The races shall be rowed in accordance with the Rules of Racing of the HKCRA.

(Please refer to http://www.rowing.org.hk/wp-content/uploads/2020/06/HKCRA_Rules-of-Racing-and-related-By-Laws-Version-2020.pdf)

6. 獎項 Prizes

公開組項目 Open Events

獎牌將頒發予每場項目中獲得冠軍、亞軍及季軍的參賽者。

Medals will be presented for the Champion, 1st and 2nd runner-up of crew(s) in each event.

大學組項目 University Events

獎牌將頒發予每場項目中獲得冠軍、亞軍及季軍的參賽者。

Medals will be presented for the Champion, 1st and 2nd runner-up of crew(s) in each event.

青少年組項目 Junior Events

獎牌只會頒發予決賽中獲得冠軍的參賽者。若參賽隊伍數目超過賽道所限，籌委會將安排賽事分為兩場或以上的決賽，獎牌亦會頒發予每場決賽中獲得冠軍的參賽者。

Medals will be presented only to the champion(s) of the final race. If the number of entries exceeds the number of racing lanes, the entry will be divided into two or more finals. Medals will be presented to the Champion of each final.

展能組項目 Para-Rowing Events

獎牌將頒發予每場項目中獲得冠軍、亞軍及季軍的參賽者。

Medals will be presented for the Champion, 1st and 2nd runner-up of crew(s) in each event.

第 43 屆香港賽艇錦標賽 43rd Hong Kong Rowing Championships

工商機構盃及紀律部隊盃 Corporations Cup and Disciplinary Forces Cup

若參賽隊伍數目超過賽道所限，籌委會將安排賽事分為兩場或以上的決賽，獎盃及獎牌亦會頒發予每場決賽中獲得冠軍、亞軍及季軍的隊伍。另外，其他參賽隊伍亦會獲發參與紀念盃一座。

If the number of entries exceeds the number of racing lanes, the entry will be divided into two or more finals. Trophies and medals will be presented to the Champion, 1st – 2nd runner-up of crews in each final. Meanwhile, a participation trophy will also be presented to other teams.

大師組項目 Masters Events

獎牌只會頒發予決賽中獲得冠軍的參賽者。若參賽隊伍數目超過賽道所限，籌委會將安排賽事分為兩場或以上的決賽，獎牌亦會頒發予每場決賽中獲得冠軍的參賽者。若參賽隊伍數目不足，籌委會亦有權將不同的年齡組別的參加者安排於同一場賽事進行比賽，而獎牌亦會按照每個年齡組別再作頒發。此安排同時適用於男子及女子組項目中。

Medals will be presented only to the champion(s) of the final race. If the number of entries exceeds the number of racing lanes, the entry will be divided into two or more finals. Medals will be presented to the Champion of each final. **Races of different age categories may combine and medals will be awarded for each age category in the combined categories race.** This applies to both men's and women's events.

中國香港賽艇協會第 40 屆周年紀念盃

Hong Kong, China Rowing Association 40th Anniversary Memorial Cup

於是屆錦標賽的公開組項目中，奪得金牌最多的本地屬會名稱將會被刻上紀念盃上。

The name of the local club with the most gold medals in Open Event in this Championships will be engraved on the Memorial Cup.

永久獎盃 Perpetual Trophies

獎盃將頒發予以下項目中獲得冠軍的參賽者或隊伍，並會放置於賽馬會石門賽艇中心內作紀念。

Trophies will be presented for the Champion crews or teams in the following events and trophies will be retained at the Jockey Club Shek Mun Rowing Centre.

<u>公開組項目 Open Events</u>	<u>獎盃 Trophies</u>
男子八人艇 Men's Eight	The President's Challenge Cup
女子八人艇 Women's Eight	The HKARA Founders' Trophy
男子單人雙槳艇 Men's Single Sculls	The Directors' Challenge Cup
女子單人雙槳艇 Women's Single Sculls	The Directors' Challenge Bowl

為配合防疫措施，是年度的頒獎典禮將會取消。

In order to comply with the social distancing measures announced by the Government under the Prevention and Control of Disease Ordinance (Cap 599), there will be no Medal Presentation Ceremony.

第 43 屆香港賽艇錦標賽 43rd Hong Kong Rowing Championships

7. 報名費用及報名方法 Entry Fee and Enrollment

報名費用 Entry Fee:

艇隻種類 Boat Types	費用 Charge
八人艇 Eight (8+)	HK\$ 1,140.00/項目 event
四人雙槳艇/ 四人單槳無舵艇/ 四人單槳有舵手艇/ 四人雙槳有舵艇 Quadruple Sculls/ Coxless Four/ Coxed Four/ Coxed Quadruple Sculls (4x/4-/4+/4x+)	HK\$ 580.00/項目 event
雙人雙槳艇 Double Sculls (2x)	HK\$ 280.00/項目 event
單人雙槳艇 Single Sculls (1x)	HK\$ 140.00/項目 event
康樂四人雙槳有舵艇 Recreational Coxed Quadruple Sculls (R4x+)	HK\$ 1,200.00/項目 event

報名費用須於 **2021 年 11 月 8 日 (星期一)** 或之前直接存入香港上海匯豐銀行賬戶「002-6-187443」。(請將入數收據或轉賬編號電郵至 hkrc@rowing.org.hk)

The fee must be made in direct transfer the payment to the (HSBC) bank account "002-6-187443" **on or before 8 November 2021 (Mon)**. (Please send the transfer receipt or reference number to hkrc@rowing.org.hk)

報名方法 Enrollment:

有意參加是屆錦標賽的屬會或組織須於 **2021 年 11 月 8 日 (星期一) 中午 12 時前或之前**，以電子郵件遞交報名至 hkrc@rowing.org.hk。

Clubs or Organization wishing to take part in the Championships should complete the registry by submit entries to hkrc@rowing.org.hk on or before 12:00 noon, 8 November 2021 (Mon).

7.1 籌委會只接受以電子郵件報名。Only email application **will be accepted**.

7.2 籌委會只接受持有有效中心使用者的申請者報名。所有參加者**必須**於報名截止日期或之前更新其會籍。此日期以後，將不會為參加者安排更新其會籍。

Entries will only be accepted for rowers who are current HKCRA Centre Users. All rowers **MUST** renew their status before the entry deadline. No renewal of Centre User status' service will be arranged after that date.

7.3 參加是次比賽之隊員必須以已註冊為賽協轄下的屬會或組織身份作賽，亦不能以多於一個屬會或組織身份比賽。

Every crew must enter and compete under the name of a Club or Organization which registered with the HKCRA. No rower is allowed to compete for more than one Club at the Championships.

8. 逾期報名 Late Enrollment

逾期之報名將會被收取**雙倍報名費**，籌委會有權不接受任何逾期申請。

Double Entry Fee will be charged after the deadline of the final entry. The OC reserves the right to reject any entry.

第 43 屆香港賽艇錦標賽 43rd Hong Kong Rowing Championships

9. 賽事排位抽籤 The Draw

賽事排位抽籤將於香港時間 **2021 年 11 月 12 日 (星期五)** 下午 3 時，假 賽馬會石門賽艇中心內舉行。

The draw will be conducted on **12 November 2021 (Fri)** at HK Time 3:00 pm at the Jockey Club Shek Mun Rowing Centre.

10. 當賽事宣佈取消時的報名費安排 Arrangement for Entry Fee in case of Event Cancelled

10.1 鑑於籌委會需要承擔場地設置費用，假如因天氣關係而被迫取消賽事，主辦單位只會退還 50% 已繳付之報名費。In view of the need of the OC to bear the logistics and set-up costs in the event that the Championships have to be cancelled owing to inclement weather, only 50% of the paid entry fee will be refunded.

10.2 因疫情影響而被迫取消賽事，主辦單位將會退還 100% 已繳付之報名費。In view of the development of the COVID-19 epidemic, 100% of the paid entry fee will be refunded.

11. 借用艇隻及艇槳 Boats & Oars Borrowing

(艇隻只適合輕量級運動員使用) (All rental boats are designed for lightweight crews only)

參賽隊伍應自備艇隻和艇槳。籌委會只會分配艇隻和艇槳予沒有足夠設備的本地屬會以進行比賽，隊伍或屬會亦需要繳付相對的租艇費用。另外，如需向籌委會借用艇隻或艇槳，請務必於截止報名日期或之前以電郵通知籌委會。

All competitors should use their own equipment for Championships. OC will only allocate equipment to the Clubs which do not have sufficient equipment to compete in the Championships and teams or clubs should pay the relative boat rental fee for this. Also, please kindly inform OC via email on or before the entry deadline for any boats or oars borrowing request for competition.

租用艇隻費用 Boat Rental Fee:

*艇隻種類 Boat Types	艇隻費用 Boats Charge
八人艇 Eight (8+)	HK\$770/每節兩小時 HK\$770/2-hrs session
四人雙槳艇/ 四人單槳無舵艇/ 四人單槳有舵手艇/ 四人雙槳有舵艇 Quadruple Sculls/ Coxless Four/Coxed Four/ Coxed Quadruple Sculls (4x4-/4+/4x+)	HK\$385/每節兩小時 HK\$385/2-hrs session
康樂四人雙槳有舵艇 Recreational Coxed Quadruple Sculls (R4x+)	HK\$480/每節兩小時 HK\$480/2-hrs session
雙人雙槳艇 Double Sculls (2x)	HK\$195/每節兩小時 HK\$195/2-hrs session
單人雙槳艇 Single Sculls (1x)	HK\$100/每節兩小時 HK\$100/2-hrs session

第 43 屆香港賽艇錦標賽 43rd Hong Kong Rowing Championships

費用可於 **2021 年 11 月 8 日 (星期一) 或之前** 以劃線支票繳付，支票抬頭寫「中國香港賽艇協會」、現金或直接存入香港上海匯豐銀行賬戶「002-6-187443」。(請將入數收據或轉賬編號電郵至 hkrc@rowing.org.hk)

The fee can be made in crossed cheque and made payable to "HONG KONG, CHINA ROWING ASSOCIATION", cash or direct transfer the payment to the (HSBC) bank account "002-6-187443" **on or before 8 November 2021 (Mon)**. (Please send the transfer receipt or reference number to hkrc@rowing.org.hk)

12. 比賽制服 Race Uniform

比賽制服必須以統一及相同作準則。本地屬會及大學屬會的制服顏色及設計必須符合《2021 屬會登記之制服》。

Race uniform should be identical. Uniform colour and design for Local Club & Universities must comply with the HKCRA registered club colours.

13. 天氣 Weather

香港屬亞熱帶氣候，比賽期間氣候較乾燥，溫度介乎攝氏 24 度至 28 度之間。

Hong Kong's climate is sub-tropical. During the time of the Regatta, the weather is expected to be dry and temperature is generally in the range of 24°C to 28°C.

14. 防疫措施 Special Arrangement during Novel Coronavirus (COVID-19)

14.1 所有參賽者均應遵守《預防及控制疾病(禁止羣組聚集)規例》(第 599G 章)及一切相關法例措施，包括禁止羣組聚集人數超過法律規定的人數；

All participants should comply with the Prevention and Control of Disease (Prohibition on Group Gathering) Regulation (Cap 599G) on the prohibition of group gatherings of more than the number of people as stipulated by the law;

14.2 所有註冊賽艇手都必須完成接種 COVID-19 疫苗 (即在比賽日前 14 天完成兩劑疫苗，亦即是 2021 年 11 月 27 或 28 日前，將取決於賽艇手於第 1 或第 2 天比賽)。對於 18 歲以下的賽艇手，他們只需要已接種一劑 COVID-19 疫苗超過 14 天 (即在比賽日前 14 天完成一劑疫苗，即 2021 年 11 月 27 或 28 日，將取決於賽艇手在第 1 或第 2 天比賽)。只有持有疫苗接種紀錄證明的賽艇手才能於比賽日進入比賽場地。疫苗接種記錄亦必須於 2021 年 12 月 3 日前以電郵發送至 hkrc@rowing.org.hk，並在比賽當天於登記處向工作人員出示；

All registered rowers must be fully vaccinated for COVID-19 (i.e. finished two doses 14 days prior to the event, that is, 27/28 Nov 2021 depending rower's race on Day 1/2). For the rowers below the age of 18, they have received one dose of COVID-19 vaccine for more than 14 days (i.e. finished one doses 14 days prior to the event, that is, 27/28 Nov 2021 depending rower's race on Day 1/2). Only rowers with proof of vaccination records will be allowed to enter the race zone on the event days. The vaccination records must be sent to hkrc@rowing.org.hk on or before **3 Dec 2021** and showed the vaccination records to officials at registration counter on race day;

第 43 屆香港賽艇錦標賽

43rd Hong Kong Rowing Championships

- 14.3 所有賽艇手都必須於錦標賽第一日 (即 2021 年 12 月 11 日) 前 48 小時內接受任何一項 COVID-19 PCR 測試 (即深喉唾液、鼻腔和咽喉合併拭子樣本和鼻咽樣本等呼吸道樣本較適合用作檢測 2019 冠狀病毒病)。只有持有 COVID-19 測試陰性結果證明的參賽者才能參加比賽。測試結果須於錦標賽前 48 小時內 (即 2021 年 12 月 11 日上午 9 時前) 發送至 hkrc@rowing.org.hk，並於比賽當日向登記處出示測試結果；
All rowers are required to take COVID-19 PCR test, either one COVID-19 testing (i.e. respiratory specimens such as deep throat saliva, combined throat and nasal swab and nasopharyngeal specimens are the specimen types of choice for diagnosing COVID-19 infection) must be taken within 48 hours prior to the first day of championships (11 Dec 2021). Only those who possesses negative result proof of COVID-19 test is allowed to take part in the race. The results must be sent to hkrc@rowing.org.hk within 48 hours (i.e. before 11 Dec 2021 9 am) before the championships and showed the test results on the event day for checking at registration counter;
- 14.4 所有進入賽艇中心的參賽者在比賽或活動前後均應使用酒精搓手液清潔雙手並配戴口罩；
All participants entering the Rowing Centres should use hand sanitizer and wear a mask before and after rowing;
- 14.5 於賽艇中心內，任何時間進行比賽或訓練時的參賽者及官方人員人數上限，應遵照香港賽艇錦標賽的比賽規則；
The maximum number of players and officials to be allowed in both Rowing Centres at any time during competition or a training match should follow the rules and regulations of Hong Kong Rowing Championships;
- 14.6 所有參賽者必須於進入賽艇中心前量度體溫，任何人士有發燒或呼吸系統疾病等症狀的人士將被禁止進入賽艇中心範圍；
All participants should have body temperature screening before entering rowing centres. Those with symptoms such as fever or respiratory illness will not be allowed to enter the Rowing centres;
- 14.7 所有參賽者須細閱預防嚴重新型傳染性病原體呼吸系統病的健康指引及須填寫出入記錄或使用「安心出行」流動應用程式；
All participants are required to read the Health Advice for the Prevention of Severe Respiratory Disease associated with a Novel Infectious Agent and fill in the In and Out Record or scan the "LeaveHomeSafe" QR code at Rowing Centres on the race day;
- 14.8 參賽者須避免在艇倉內逗留，在搬出艇隻及所需器材後盡快出艇；
Please avoid staying in the boathouse and go for boat outing as soon as you can;
- 14.9 參賽者須避免在更衣室及洗手間內逗留；以及
Please avoid staying in the changing rooms or toilet; and

第 43 屆香港賽艇錦標賽 43rd Hong Kong Rowing Championships

14.10 參賽者於洗手時以梘液和清水清潔雙手，搓手最少 20 秒，用水過清並用抹手紙弄乾。如沒有洗手設施，或雙手沒有明顯污垢時，請使用含 70%至 80%的酒精搓手液潔淨雙手亦為有效方法。

All participants should wash hands with liquid soap and water, and rub for at least 20 seconds. Then rinse with water and dry with a disposable paper towel. If hand washing facilities are not available, or when hands are not visibly soiled, performing hand hygiene with 70 to 80 per cent alcohol-based hand Rub is an effective alternative.

15. 第 43 屆香港賽艇錦標賽賽事籌備委員會

Organizing Committee of 43rd Hong Kong Rowing Championships

主席 Chairman	梁英傑先生 Mr. LEUNG Ying Kit		
委員 Members	張偉倫先生 Mr. CHEUNG Wai Lun	安宜小姐 Ms. Anna Lee FISHER	
	伍永寧先生 Mr. NG Wing Ning	邵皓欣小姐 Ms. SHIU Ho Yan	

16. 查詢地址及通訊 Enquiries and Correspondence

郵寄地址 All correspondence to	劉雅婷小姐/ 蘇正發先生 Ms. Ang LAU/ Mr. Kelvin SO 賽馬會石門賽艇中心 Jockey Club Shek Mun Rowing Centre 沙田安景街 27 號 No. 27 On King Street, Sha Tin. N.T, Hong Kong
電話 Telephone	(852) 2699 7271/ 2699-7229
電郵 Email	hkrc@rowing.org.hk

籌委會歡迎任何人仕參加是次錦標賽，如閣下得知任何有興趣參賽的人仕未獲通知，請代傳達有關資料或通知其直接與籌委會聯絡。

All the visitors and supporters are very welcome to take part in the Championships. If you notice that any crews interested in competing but do not receive this Bulletin, please furnish them with this or ask them to contact the OC directly.

第 43 屆香港賽艇錦標賽籌備委員會
Organizing Committee of 43rd Hong Kong Rowing Championships
20.10.2021