

Swimming Test for the 7th HKG Swimming Competition

Notes to Participants

- Date : 15 December 2018 (Saturday)
- Time : 1:00 p.m. to 5:00 p.m.
- Venue : Morrison Hill Swimming Pool (Address: 7 Oi Kwan Road, Wan Chai, Hong Kong)
- Format : All events are time trial to provide a certified time record.
- Swimming Test Rules : (1) The “One-Start-Rule” will apply in all events. Any participant who violates the rules or regulations will be disqualified after the event and shall raise no objection.
- (2) If only 1 participant turns up and reports to the Organiser on the event day, the event will still be held and the participant will still be given a certified time record.
- (3) Participants who withdraw or fail to complete the event will be disqualified from the event concerned. The result obtained by them will be cancelled.
- (4) A participant who has been found to ask any other person to play in the event for him/her, violated any rules/regulations or displayed any misbehaviour which may affect the event, will be disqualified from the event concerned with the particular time record cancelled.
- (5) The Organiser will set the schedules and assign competition lanes to participants in the events. Participants shall follow the schedules set and use the competition lanes assigned by the Organiser. No requests from the participating units concerning replacement of participants, or change of events, schedules or competition lanes assigned will be accepted.
- (6) Unless explicitly stated in the prospectus, all rules and regulations will follow those currently used by the Hong Kong Amateur Swimming Association (HKASA).
- Notes for Reporting : (1) Participants shall pay attention to the announcements of the Organiser and turn up on time according to the reporting and event schedules. Otherwise, they will be regarded as having withdrawn from the events.
- (2) Participants shall report to the Registration Counter at the scheduled time in person, bringing along with them the original copy of the identity document used for enrolment (Hong Kong Identity Card, Hong Kong Permanent Identity Card, student card or student handbook for Hong Kong residents; and valid travel document, such as the passport and the Exit-entry Permit for Travelling to and from Hong Kong and Macao (commonly known as Two-way Permit) for non-Hong Kong residents) for checking and verification of his/her identity.

The Organiser has the right to disqualify participants failing to produce a valid identity document from the event concerned.

- (3) Whenever summoned, participants should report to the marshal at once. The Organiser reserves the right to disqualify those who fail to turn up in response to the last summon.

Referee/Judge : The HKASA will be invited to provide referee/judge services.

Appeal : No appeal will be accepted. The referees/judges' decisions on the swimming test results shall be final.

Points to Note : (1) Participants shall observe all the regulations prescribed by the Organiser and the venue.

- (2) If a participant is suspected to have skin disease on the event day and he/she cannot produce a medical certificate to prove that the disease is not a contagious one, the Organiser reserves the right to disqualify the participant.

- (3) Participants must walk through the shower bath and the footbath before entering the pool to maintain the hygiene of the pool and themselves.

- (4) Participants must put on clean slippers or be bare-footed before entering the pool deck area.

- (5) All participants are required to take care of their own belongings.

No liability shall be borne by the Organiser for the loss of their belongings.

Inclement Weather Arrangement (1) If a Pre-No. 8 Special Announcement has been issued, or Tropical Cyclone Warning Signal No. 8 or above or Black Rainstorm Warning Signal is still in force at 11:00 a.m. on the event day, all events on that day will be cancelled. The Organiser will notify the participants of the corresponding arrangements separately in due course.

- (2) **“High” health risk category (Air Quality Health Index (AQHI) of 7)**

Activities will be held as scheduled. Environmental Protection Department advises those with existing heart or respiratory illnesses (such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and emphysema), children and the elderly to **reduce** outdoor physical exertion, and to **reduce** the time of their stay outdoors, especially in areas with heavy traffic. Participants with existing heart or respiratory illnesses should also seek advice from a medical doctor before participating in sports activities and take more breaks during physical activities. As the health effects on individuals may vary, participants should seek advice from a medical doctor if they are in doubt or feel uncomfortable.

- (3) **“Very High” health risk category (Air Quality Health Index (AQHI) of 8-10)**

Activities will be held as scheduled. Environmental Protection Department advises those with existing heart or respiratory illnesses (such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive

airways diseases including chronic bronchitis and emphysema), children and the elderly to **reduce to the minimum** outdoor physical exertion, and to **reduce to the minimum** the time of their stay outdoors, especially in areas with heavy traffic. The general public is advised to **reduce** outdoor physical exertion, and to **reduce** the time of stay outdoors, especially in areas with heavy traffic. As the health effects on individuals may vary, participants should seek advice from a medical doctor if they are in doubt or feel uncomfortable.

(4) **“Serious” health risk category (Air Quality Health Index (AQHI) Exceeding 10)**

Activities will be held as scheduled. Environmental Protection Department advises those with existing heart or respiratory illnesses (such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and emphysema), children and the elderly to **avoid** outdoor physical exertion, and to **avoid** staying outdoors, especially in areas with heavy traffic. The general public is advised to **reduce to the minimum** outdoor physical exertion, and to **reduce to the minimum** the time of stay outdoors, especially in areas with heavy traffic. As the health effects on individuals may vary, participants should seek advice from a medical doctor if they are in doubt or feel uncomfortable.

- Supplementary Regulations :
- (1) The schedule of events on the event day should follow the on-the-spot announcements.
 - (2) The results of swimming test will be announced through the Hong Kong Amateur Swimming Association website at www.hkasa.org.hk.
 - (3) The Organiser has the right to release the results of swimming test to the public.
- Enquiries :
- 2601 7671
- Office Hours: Monday to Friday: 8:45 a.m. to 6 p.m.
(Lunch Hour: 1:00 p.m. to 2:00 p.m.)
(Closed on Saturdays, Sundays and General Holidays)

**<<The Organiser reserves the right to amend this “Notes to Participants”
at any time without further notice>>**