



香港體育學院有限公司運動課程
Hong Kong Sports Institute Limited
SPORTS COURSE

天氣惡劣時之場地/課程安排指引
GUIDELINES FOR INCLEMENT WEATHER

惡劣天氣

天氣惡劣、雷暴警告或雨勢嚴重時，室外課程將會取消，學員請於使用場地或上課前一小時，致電香港體育學院有限公司（簡稱“體院”）（電話：2681 6888）查詢。

一號或三號熱帶氣旋警告訊號

所有室內課程照常，室外課程則視乎場地狀況而定（請參考「惡劣天氣」）。

八號或更高熱帶氣旋警告訊號

所有課程將會全部取消，家長須即時前來香港體育學院接回上課之學員。若於上課前二小時已取消所有熱帶氣旋警告訊號，或發出較低之警告訊號，室內課程將照常進行。室外課程必須在場地狀況許可下才可使用，請於上課前一小時致電體院查詢。

黃色/紅色暴雨警告訊號

所有室內課程將如常進行，而室外課程則需視乎場地狀況而定（請參考「惡劣天氣」）。惟體院勸喻所有參加者應視乎個別安全情況而作出最後決定。

黑色暴雨警告訊號

課程安排 如天文台已經發出黑色暴雨警告訊號，所有課程將會取消。如室內課程正在進行中，將會如常進行，而室外課程則會即時停止。若於上課前二小時已經取消黑色暴雨警告訊號，室內課程將照常進行，室外課程必須在場地狀況許可下才會復課，請於上課前一小時致電體院查詢。

場地安排 室內場地將會如常開放，而室外場地將會暫時關閉。

INCLEMENT WEATHER

In case of inclement weather or thunderstorm warning, outdoor courses may be cancelled. Please check with Hong Kong Sports Institute Limited (hereinafter known as "HKSIL") (Tel:2681 6888) ONE hour before.

TROPICAL CYCLONE WARNING SIGNAL NO. 1 OR 3

All other courses will be run as scheduled. Outdoor courses will be cancelled if facilities are not suitable for training.

TROPICAL CYCLONE WARNING SIGNAL NO. 8 OR ABOVE

All courses will be cancelled and parents should come to pick up their children immediately when Tropical Cyclone Warning Signal No. 8 has been issued. All courses will be run as scheduled when the signal has been lowered 2 hours before the course starts. Outdoor courses will only be resumed if the facilities are suitable for training. For enquiries, please call 2681 6888 one hour before the course starts.

AMBER/RED RAINSTORM

All indoor courses will be run as scheduled with the exception of outdoor courses which will only be resumed if facilities are suitable for training. Participants are advised to leave home only under safe conditions.

BLACK RAINSTORM

Courses If the Black Rainstorm Signal is issued, all courses will be cancelled. If the indoor courses are being in progress, it will be run as scheduled, but the outdoor courses will be stopped immediately. If the signal is cleared 2 hours before the course starts, all indoor courses will be run as scheduled, and outdoor courses will be resumed if the condition is suitable for training.

Facilities All indoor facilities will be open as usual, but outdoor facilities will be closed.

游泳課程學員注意事項
NOTES FOR SWIMMING COURSES PARTICIPANTS

一. 活動須知

- ◆ 請於上課前十五分鐘到達游泳池更換好泳衣褲，準備上課。
- ◆ 必須戴上由體院提供的泳帽上課。
- ◆ 在未經教練批准的情況下，不得擅自下水。
- ◆ 使用習泳器材後，請放回原處，如有損壞及遺失任何體院物品，必須照價賠償。

二. 泳池安全守則須知

- ◆ 飽肚不適宜游泳。
- ◆ 各泳員下水前宜作適量沖身及熱身運動。
- ◆ 若感身體不適或受傷，必須立刻通知教練或體院職員。
- ◆ 嚴禁穿著戶外鞋子（如皮鞋及波鞋等）在游泳池面範圍內走動。
- ◆ 嚴禁在游泳池面範圍內奔跑及追逐。
- ◆ 保持地方清潔，不准吐痰或在水中便溺。

三. 報名須知

- ◆ 游泳課程升級準則將於每期課程的第一堂由教練派發給各學員。
- ◆ 游泳課程每期均以四個月為基本（請參閱課程小冊子），並於每期課程完結前舉行測試。學員考獲之距離章，可在香港體育學院接待處購買。
- ◆ 如欲更改下期課程上課時間，必須填寫有關申請表格，體院將會按名額情況而作出安排。
- ◆ 學員於報名時必須連同由教練簽發核實之申請表格【名稱：游泳課程申請表（舊生適用）】
- ◆ 各學員必須於指定報名日期內辦理有關報名手續，逾期恕不接受。
- ◆ 家庭更衣室是給予弱能人士或家長攜同異性子女優先使用，請不要預先佔用更衣室作其他用途，多謝合作。

註：香港體育學院有限公司保留修改上述資料之權利，而無須作另行通知。

1. NOTES FOR THE LESSON

- ◆ Please arrive 15 minutes before the course starts and get changed with appropriate swimming suits.
- ◆ Participants must wear swimming caps that provided by HKSIL.
- ◆ Participants must not enter into the pool water without permission of the coaches.
- ◆ The swimming apparatus must be placed properly after use. Replacement charge will be imposed if it is damaged or lost.

2. SAFETY GUIDELINES

- ◆ Don't swim when your stomach is full.
- ◆ Showering and warm up exercise is required before entering into the pool water.
- ◆ Please inform the coaches or HKSIL staff if you are hurt or feeling sick.
- ◆ Outdoor shoes (such as leather shoes or sports shoes) are not allowed in the pool area.
- ◆ Participants are not allowed to run or chase in the pool area.
- ◆ Keep the pool clean and tidy, no spitting or littering is allowed.

3. NOTES FOR THE SWIMMING COURSE ARRANGEMENT

- ◆ The criteria for the swimming test will be distributed to the participants by coaches in the first lesson.
- ◆ Each swimming course will be lasted for 4 months (for details, please refer to the course brochures) and a swimming exam will be held before the end of each course. The distance award badges can be purchased in HKSIL reception counter.
- ◆ The application for change of course's time in next term can only be accepted by filling the relevant form. The arrangement of change is subject to the number of places remained.
- ◆ Old student must present the "Enrolment Form (For current student only)" endorsed by the coaches for each enrolment.
- ◆ Participants must enroll before the deadline; late application will not be accepted.
- ◆ Family Changing Room are offered to disabled or parent with opposite sex child, please do not occupy the Room in advance for use other than the aforesaid purpose. Thank you for your cooperation.

REMARKS: Hong Kong Sports Institute Limited reserves the right to amend the above terms and conditions without prior notice.

查詢電話 ENQUIRIES 2681 6888 網址 WEB SITE <http://www.hksi.org.hk>

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