

## 設施 Amenities

### 訓練場地

截至二零一五年三月下旬，體院於其火炭總部為13個「A級」支援精英體育項目提供訓練場地，包括田徑、羽毛球、桌球、劍擊、空手道、賽艇、七人欖球、壁球、游泳、乒乓球、保齡球、三項鐵人及武術。此外，亦按照其他項目的特定訓練需要，在總部以外提供訓練場地，包括單車、體操及滑浪風帆。

### 宿舍及膳食服務

位於體院大樓的運動員宿舍可供多達370名運動員入住，為精英運動員提供一個舒適的居住環境，讓他們專心受訓，爭取佳績。宿舍內的房間設施完善，設有獨立洗手間和浴室，並配備小型雪櫃和無線上網服務。此外，宿舍內還設有配備影音器材的活動室、供授課用的房間，以及「運動員學習室」，為運動員提供配置資訊科技設備的學習空間。運動員宿舍不僅是運動員的住所，更為他們提供與不同體育項目的運動員互相學習和交流的環境及高水平訓練的文化，全面照顧運動員的個人發展需要，促進他們建立高訓練水平的生活方式。

截至二零一五年三月三十一日，宿舍共有200名運動員入住。

體院亦照顧到運動員的膳食需要，由專業膳食團隊與運動營養師專責為運動員餐廳構思新菜式，並會詳列各種食品的營養，讓運動員掌握相關資訊，以選擇最切合他們日常訓練需要的食物。年度內，體院為運動員提供了超過14萬7,300頓膳食，較上一年度增加22%。



運動員的餐單均附有營養分析，讓他們選擇切合訓練需要的食物。

Menus with nutrient analysis are devised for athletes to choose the most appropriate food for their training needs.

### Training Facilities

As at the end of March 2015, elite training facilities were provided at the HKSI headquarters in Fo Tan for 13 Tier A sports: athletics, badminton, billiard sports, fencing, karatedo, rowing, rugby sevens, squash, swimming, table tennis, tenpin bowling, triathlon and wushu. Off-site training facilities were provided for cycling, gymnastics and windsurfing to cater for the specific training needs of each sport.

### Accommodation and Catering

With accommodation for up to 370 athletes, the Athlete Hostel, located in the HKSI Main Building, provides a comfortable home for elite athletes to help them focus on training to achieve their best in every competition. The athletes' rooms are provided with enhanced facilities, such as separate toilet and bathroom, mini refrigerator and wifi connection. There is also an activity room with audio-visual facilities, as well as rooms for conducting tutorials. An Athlete Learning Space is available to provide an enhanced IT-supported learning area for the athletes. The Athlete Hostel is not merely a place to live; it also provides an environment for athletes to learn from, and interact with, athletes in different sports. The Hostel environment caters for their social and developmental needs by providing a high performance culture that facilitates a high performance lifestyle.

As at 31 March 2015, the Athlete Hostel accommodated a total of 200 athletes.

Through the joint efforts of the HKSI's professional catering team and sport nutritionists, new dishes were introduced and the nutrition cards were updated in the Elite Corner allowing the athletes to make educated choices about the most appropriate food to support the demands of their daily training. In 2014/15, over 147,300 meals, 22% more than in the previous year, were served to the athletes.



運動員活動室  
Activity room for athletes



宿舍為運動員提供互相交流的環境，從而建立高訓練水平的生活方式。  
The Hostel provides a good environment for athletes to interact with one another and pursue a high performance lifestyle.