

設施 Amenities

訓練場地

體院於其火炭總部為八個精英體育項目提供訓練場地，包括田徑、羽毛球、劍擊、空手道、壁球、游泳、乒乓球及武術，當中全新空手道館的裝修工程於二零一一年五月完成。

體院亦按照其他精英體育項目的特定需要，在總部以外的多個地點提供訓練場地，包括桌球、單車、體操、賽艇、保齡球、三項鐵人及滑浪風帆。

重新發展計劃工程完成後，火炭總部將配備更多世界級的訓練設施，為運動員打造最佳的精英訓練環境。

Training Facilities

Elite training facilities are provided at the Fo Tan Sports Complex for eight Elite Sports: athletics, badminton, fencing, karatedo, squash, swimming, table tennis and wushu. The fitting out of the new training venue for karatedo was completed in May 2011.

Training facilities for the other Elite Sports — billiard sports, cycling, gymnastics, rowing, tenpin bowling, triathlon and windsurfing — are provided at various off-site venues, according to the specific training needs in each sport.

Upon the completion of the HKSI Redevelopment Project, more world-class training facilities will be available at the Fo Tan headquarters to provide athletes with the optimum elite training environment.



空手道館
Karatedo Hall



田徑場
Athletic Field



羽毛球館
Badminton Hall



劍擊館
Fencing Hall

宿舍及膳食服務

截至二零一二年三月三十一日，運動員宿舍共有115名運動員入住，年度內亦為60名運動員提供日宿服務。

宿舍內每個房間均提供電腦上網服務，方便運動員於網上研習進修，並設有配備影音器材的休息室，以及多個課室。此外，宿舍內還設有「運動員學習閣」，以提供一個配備先進資訊科技設備的學習環境，為運動員進行教學活動。運動員宿舍不僅是運動員的住所，更為他們提供學習和與不同體育項目的運動員交往的機會，全面照顧專業運動員的個人發展需要，讓他們建立適合高訓練水平的生活方式。

體院的專業膳食團隊與運動營養師合作無間，為運動員餐廳構思新菜式和更新餐廳內展示的營養卡，讓運動員選擇最合適的食物，以應付每日訓練的需要。年度內，體院為運動員提供了超過10萬8,600頓膳食，較上一年度增加15%。



Accommodation and Catering

The Athlete Hostel accommodated a total of 115 athletes as at 31 March 2012 and provided 60 athletes with day-rest support during the year.

Internet service is provided in each room to facilitate the athletes' online studies. There is a common room with audio-visual facilities, as well as rooms for conducting tutorials. An Athlete Learning Space is also available to provide an enhanced IT-supported learning environment that can support teaching and learning activities for athletes. The Athlete Hostel is not merely a place to live; it also provides an opportunity for athletes to learn from, and interact with, athletes in different sports, in order to fulfil the developmental needs of professional athletes and facilitate a high-performance lifestyle.

Through the joint efforts of the HKSI's professional catering team and sport nutritionists, new dishes were introduced and the nutrition cards were updated at the Elite Corner for athletes to choose the most appropriate food to cope with the demands of their daily training. Over 108,600 meals, 15% more than last year, were served to athletes during the year.

運動員宿舍讓運動員互相交流，有助他們建立適合高訓練水平的生活方式。
The Athlete Hostel allows athletes to interact with one another and facilitates a high-performance lifestyle.



運動員餐廳的菜式配備營養資料，讓運動員按訓練需要選擇合適的食物。
All dishes at the Elite Corner are supplemented with nutritional information to help the athletes choose the most appropriate food for their training needs.