



中國香港龍舟總會

HONG KONG CHINA DRAGON BOAT ASSOCIATION

更新日期：2020年7月2日

游泳測試考生須知

- 服飾： 輕便衣服及清潔白底 T 恤（內穿合適游泳服裝）
地點： 沙田賽馬會游泳池

時間表

時間(時)	項目	備註
1950	游泳池入閘處報到	考官身穿總會制服等候及 1. 核對考生身分 2. 派發游泳測試卡 3. 收取考生紀錄冊（如有） 4. 支付入場費，考生無需自行支付。 遲到考生需自行繳付入場費，有關費用總會將不會退回，及自行攜帶上述有關文件到池面向考官報到
2000	進入泳池及更衣	帶同清潔白底 T 恤
2015	到指定地點集合及熱身	建議考生自行熱身。
2025	進行測試 1. 穿著輕便衣服： 1.1 輕鬆完成一百米，沿途不得借助任何浮物幫助。 1.2 到達五十米轉彎後，不得停留於池邊多於兩秒。 1.3 必須使用向前游泳的泳式(不得使用泳式如背泳、背蛙等...) 2. 穿著輕便衣服踩水 2 分鐘 2.1 手可以輔助 2.2 頭顱及下顎需離開水面上 2.3 踩水時需在原定位置，不可以游走。 3. 深水處自行上水，不可借助「口水渠」上水。	考生必須穿著清潔白底 T 恤進行各項測試。 考生依次序安排測試 1. 每次進行測試，將收取該游泳測試卡。 2. 每次最多五名考生同時進行測試。
2100	測試完成	1. 交回所有游泳測試卡。 2. 考官在合格考生的紀錄冊上簽署。 3. 合格考生獲派發游泳測試證明書及已簽好的紀錄冊（如有）。



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Updated on 2nd July 2020

Candidate Instructions for Swimming Test

Dress Code : Light Cloth and White T-Shirt with swimming suite
Venue : Shatin Jockey Club Swimming Pool

Schedule

Time (hours)	Particulars	Remarks
1950	Report to Assessor at the entrance of the Swimming Pool	Assessor with HKCDBA Coach Uniform will <ol style="list-style-type: none">1. Verify the candidates' identity2. Distribute the Water Test Card3. Collect the log book (if have)4. Pay the admission fee Late commers should pay the admission fee at their own cost and HKCDBA will not refund this fee. They should report to the Assessor in the pool side with the request document.
2000	Change Clothes	Bring with a White T-Shirt
2015	Assembly at the Pool Side and warm-up exercise	
2025	Test begins <ol style="list-style-type: none">1. Wearing light-clothing to <ol style="list-style-type: none">1.1 Swim 100m without any buoyance-aid.1.2 Do not stay more than 2 seconds in 50m turning1.3 Forward swimming style must be used. (No backstroke or back breaststroke)2. Treading water in 2 minutes. <ol style="list-style-type: none">2.1 You can use hands during the treading.2.2 Keep the head and the chin out of the water.3. Stay in place during the treading. Landing in the deep water without stepping on the ditch at the pool side.	Candidates should wear White T-Shirt during the test. Candidates are arranged to proceed the water test by the assessors: <ol style="list-style-type: none">1. Assessors collect the water test cards when the candidates proceed any test.2. Maximum 5 candidates in each session.
2100	Test Complete	<ol style="list-style-type: none">1. Return the Water Test Card to Candidates2. Assessors sign on the logbooks of candidates who passed the test.3. The swimming test certificate and the logbook (if have) will be given to the candidates



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康樂及文化事務署 - 指引

一般安全指引

1. 飽餐後切勿立即游泳。
2. 游泳時，切勿依賴浮泡或其他輔助物。
3. 游泳前，先做熱身運動。
4. 切勿在游泳池跳水或在池邊奔跑。
5. 要跟合資格教練學游泳，切勿高估自己的泳術。
6. 遇險時，高呼求救。
7. 小心照顧兒童。

衛生指引

為了讓大家有一個清潔的游泳環境，請同心合力保持公眾游泳池清潔衛生。請留意下列事項：

1. 在泳池場館內，請保持更衣室及廁所清潔及整齊。
2. 請勿吐痰、亂拋垃圾、飲食或吸煙。
3. 在進入泳池池面前，穿上適當及清潔的泳裝。
如認為有需要在游泳時穿著 T 恤，
請攜帶清潔及白底的 T 恤，在更衣室穿上才出池面。
4. 應在更衣室淋浴，徹底清潔全身。
5. 必須經過水簾和洗腳池，讓已加氯的清水沖洗身體上的塵埃。
6. 只可攜帶清潔乾淨的衣物進入泳池池面範圍。
7. 請勿在泳池池面範圍穿著曾在泳池場館以外穿著的鞋或拖鞋。如認為有需要，請攜帶另一對清潔的拖鞋，在更衣室換上，在該處提供的地蓆上擦淨拖鞋的底部，及以清水沖去拖鞋的污垢後，才可穿著拖鞋行經洗腳池進入池面範圍。

健康指引

1. 前往公眾游泳池前，如感到不適，有痾嘔、發燒、感冒、紅眼症或皮膚感染的徵狀，請勿游泳，並應盡早求醫。
2. 高齡游泳人士應定期檢查身體。
3. 如在游泳後皮膚痕癢、雙眼不適、咳嗽、呼吸困難或其他身體不適，應立即去看醫生。



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Updated on JULY 1, 2020

Leisure and Cultural Services Department - Advice

General Safety Advice

1. Do not swim immediately after a meal.
2. Do not rely on swimming aids.
3. Warm up before you swim.
4. Do not dive into the swimming pool or run on the pool deck.
5. Learn to swim with a qualified instructor, and be honest about your swimming ability.
6. Cry for help when in difficulties.
7. Take good care of your children.

Hygiene Advice

To ensure a desirable swimming environment, your cooperation is needed to help keep public swimming pools clean and hygienic. Please observe the following when visiting public swimming pools:

1. When you are inside the pool area, please keep the changing room and toilet clean and tidy.
2. DO NOT spit, litter, eat, drink or smoke.
3. Before you enter the pool deck area, make sure you put on a proper and clean swimming suit.
If you prefer to wear a T-shirt while swimming, bring along a clean white T-shirt to put on in the changing room.
4. Please wash your body thoroughly in the changing room.
5. Please walk through the shower bath and footbath containing chlorinated water and rinse your body to remove dirt.
6. Please only bring in clean clothing and personal belongings to the pool deck area.
7. On the pool deck area, do not wear shoes/slippers that are worn outside the pool complex. If necessary, please bring along another pair of clean slippers, scrub the bases against a mat provided inside the changing room and spray thoroughly with water to remove any dirt. Wear your slippers to walk through the footbath and enter the pool deck.

Health Advice

1. Before you go swimming, if you feel unwell, vomit or have symptoms of fever, diarrhoea, flu, red-eye disease or skin infection, it is advisable to refrain from swimming and consult your doctor promptly.
2. Elderly swimmer should have a periodic body check.
3. Medical advice should be sought in case of itchy skin, eye irritation, cough, breathing difficulties or other discomfort after swimming.