



中國香港賽艇協會

HONG KONG, CHINA ROWING ASSOCIATION

To Affiliated Club(s), Coaches and Centre User(s),

Winter Training Reminders for Clubs, Coaches and Centre Users

As we are now in the winter training months, please take note of the following friendly reminders:-

SAFETY LIGHTS ON BOATS

For water safety reasons, and to comply with requirements issued by the Marine Department, all affiliated Clubs and Centre User(s) are required to attach one white all-round light at, or close to, the bow number clip of all rowing boats on the water **before sunrise and/or after sunset**.

Standard Specifications:

All-Round White Lights (for use by ALL ROWING & SCULLING BOATS)	
Display Times	Before Sunrise and After Sunset (Refer to the Website of the Hong Kong Observatory)
Type of Lights	All-Round White Light (continuous - <i>NOT flashing</i>)
Quantity	One light per boat
Distance of Lights Intensity	Visible to at least 1,000m in darkness
Color of the Lights	White
Installation Position & Height	Attached <u>at, or near, bow number clip</u> and mounted above the level of the bow-ball for clear visibility. Lights should NOT be placed on the body of the rower, the rigger or other location.

The staff of the HKCRA will refuse access to the water to any Clubs and/or crews failing to comply with this requirement and the HKCRA may take further enforcement actions as appropriate in the interests of safety. Squad coaches are empowered to warn crews who fail to comply with these requirements and to make reports to the Association where relevant.

EARLY MORNING TRAINING

Crews training in the early mornings (outside of normal opening hours) must comply with the provisions of the Key Holder Agreement. In particular:-

1. All rowers must be paid-up Centre Users (key holders are responsible to ensure all rowers are the valid member of HKCRA).
2. Novice or inexperienced crews are not allowed to train at these times.
3. Slower crews must give way promptly to faster crews, and care should be taken not to obstruct Hong Kong Squad crews doing timed pieces.

COACHING

1. Coaches using bicycles should ride only on the designated bike paths and **should not ride on the footpaths**. Care should be taken to avoid pedestrians.
2. Coaching bikes should be equipped with lights when used in the dark.
3. Coaches are strongly advised to wear cycle helmets for additional safety.
4. Noise levels should be kept to a minimum when coaching in the late evenings or early mornings to avoid disturbing residents living close to the river.

Should you have any questions on the above, please feel free to contact our staff.

Thank you for your kind co-operation.

Hong Kong, China Rowing Association

29.11.2017



致所有屬會、教練及中心使用者：

屬會、教練及中心使用者在冬季訓練時的注意事項

由於現時已進入冬季訓練的月份，請所有中心使用者在訓練時注意以下事項：

賽艇航行燈

為確保水上安全及符合海事處的指引，所有屬會及中心使用者在日出前或日落後出艇時都必需於艇頭號碼牌位置，或該最近位置裝上一盞白光長照環照燈

航行燈標準規格：

環照燈 (適用於單人、雙人、四人及八人艇)	
艇燈安裝時間	日出前或日落後 (可根據每日天文台網頁)
燈型	環照燈 (長照燈)
數量	一盞
光度	昏暗時或黑夜時在 1000 米範圍內
顏色	白光
安裝位置及高度	艇頭號碼牌位置及高於防撞球

賽協職員有權拒絕一切不遵守上述守則的屬會及中心使用者使用出艇，並在需要時採取進一步行動以加強執行航行燈的使用。同時香港隊的教練亦有權對不遵守上述守則的中心使用者發出警告並向賽協提供相關報告。

早上訓練時段

所有屬會會員在早上訓練時段 (非中心的開放時間) 必須遵守鎖匙負責人協議書內的條文，特別注意的有以下事項：

1. 所有賽艇手必須是賽協有效的會員。
(鎖匙負責人必須確保所有屬會會員為賽協有效的會員)。
2. 新晉或經驗不足的賽艇手不能於該段早上訓練時段進行練習。
3. 扒艇速度較慢的賽艇手必須讓路給較快的賽艇手及不會影響香港隊的訓練。

教練事項

1. 所有使用單車的教練必須使用單車徑，**在任何時間均嚴禁在行人路上使用單車**。在使用單車時亦需加倍小心，以避免造成意外或對公眾人士帶來不必要的影響。
2. 教練單車必須在黑夜的時候安裝符合香港法例的單車燈。
3. 教練在訓練的時候，請注意自身安全時刻佩戴單車頭盔。
4. 所有教練必須嚴格控制其音量，特別是面向及接近住宅範圍及在早上訓練的時段。

如有任何疑問，請隨時與我們聯絡。

中國香港賽艇協會
2017 年 11 月 29 日