

(更新於 as at 07.2020)

賽艇訓練課程天氣指引 | Guideline for Rowing Courses on Different Weather Conditions

(此指引只適用於參與由康樂及文化事務署及本會合辦之星際賽艇課程、**海岸賽艇課程**、青少年賽艇推廣訓練課程及青少年賽艇發展計劃所有課程的學員。訓練是在本會指定教練的同意及監管下進行。These guidelines are applied to Galaxy Rowing Courses, **Coastal Rowing Courses**, Youth Rowing Courses, Youth Development Program and related training, which are organized by the HKCRA and subvented by the LCSD. All of these courses and trainings are operated under supervision and agreement by designated coaches.)

如因惡劣天氣而須取消活動，中心職員將通知受影響的參加者有關改期或補課安排，如未能安排改期或補課，參加者可申請退回全部/部分活動費用，並須於整項活動完結日期後起計 30 天 內提交退款申請。If a programme has to be cancelled due to inclement weather, our staff will notify the participants of the subsequent arrangement as soon as possible. If the programme cannot be re-scheduled or arranged any compensatory session(s), participants may apply for full / partial refund from the Association. Participants should make the application for refund within 30 days after the completion date of the programme.

在惡劣天氣下會有以下安排 The following arrangements will be made in case of inclement weather :

課程 Course	天氣情況 Weather Condition	天文台於開課前一小時前 (即上午八時或下午一時)宣佈 Based on Hong Kong Observatory's announcement within 1 hour before the course commences (8 a.m. or 1 p.m.)	
		雷暴警告、黃色暴雨警告信號、或一號颱風訊號 或強烈季候風訊號 Warning signals of thunderstorm, amber rainstorm, tropical cyclone warning signal No. 1, or strong monsoon	紅色及黑色暴雨警告或 三號或上颱風訊號 Warning signals of red and black rainstorm and tropical cyclone warning signal No. 3 or above.
初級、中級、延續、融合課程 及 海岸賽艇第一、二階段 Basic, Intermediate, Continuous, Cross Over & Coastal Stage 1, 2	仍需前往中心，水上活動取消，只進行陸上訓練。 All participants must report to the Centres. Water activities will be subject to the actual weather conditions.	是日活動取消，補堂將另行安排 All activities will be cancelled and make-up class will be arranged subject to the availability.	
海上旅程 及 海岸賽艇第三、四階段 Sea Trip & Coastal Stage 3, 4	課程將會取消 Course will be cancelled.		

課程 Course	天氣情況 Weather Condition	天文台於課堂進行時宣佈 Based on Hong Kong Observatory's announcement when the course already started		
		雷暴警告、黃色暴雨警告信號、或一號颱風訊號 或強烈季候風訊號 Warning signals of thunderstorm, amber rainstorm, tropical cyclone warning signal No. 1, or strong monsoon	紅色及黑色暴雨警告或 三號或上颱風訊號 Warning signals of red and black rainstorm and tropical cyclone warning signal No. 3 or above	
		黃旗	紅旗	紅旗
初級、中級、延續、融合課程 及 海岸賽艇第一、二階段 Basic, Intermediate, Continuous, Cross Over & Coastal Stage 1, 2	賽艇活動只限於離開 類近賽艇中心 500 米 範圍內 Restricted to 500m from the nearest Centre	水上活動取消，只進行陸上訓練。 Water activities will be subject to the actual weather conditions.	是日活動取消， 補堂將另行安排 All activities will be cancelled and make-up class will be arranged subject to the availability.	
中級、延續及融合課程 及 海岸賽艇第三、四階段 的 *考試時段 *Assessment session in Intermediate, Continuous, Cross Over & Coastal Stage 3, 4		由於未能作水上測試，此時段課堂將會取消，補堂將另行安排 As the water test cannot be conducted, this session will be cancelled and the assessment will be rescheduled.		
海上旅程 及 海岸賽艇第三、四階段 Sea Trip & Coastal Stage 3, 4	課程將會取消 Course will be cancelled.			

*考試時段一般為課程的最後 4 小時 *The assessment session is normally in the last 4 hours of the course.

1. 酷熱警告 Very Hot Weather Warning

- 酷熱警告下，所有課程活動仍會繼續進行，唯學員須特別注意補充水份，作出防曬及中暑的安全措施，教練會因應氣溫情況而作出適當調配，將課程活動改為陸上課程活動；學員須出席課程。All courses are to be held as usual. Participants are suggested to drink plenty of water and use sunscreen lotion frequently. Coaches will make proper arrangement according to the actual weather condition. Participants are still required to attend the courses.

2. 局部地區性的極惡劣天氣 Bad Weather Condition within the locality

- 極惡劣的天氣下，例如豪雨、濃霧或強風，水上課程活動會短暫停止，唯陸上課程活動仍會繼續進行，學員須出席課程。教練亦會因應情況而作出適當調配。Coaches will make a proper arrangement under bad weather condition within the locality (e.g. heavy rainfall, mist and strong monsoon warning). Water practice will be changed to land activities. Participants are still required to attend the courses.

3. 空氣質素健康指數 High Air Quality Health Index

健康風險級別 Health Risk Category	空氣質素健康指數 AQHI	^空氣質素健康指數忠告 ^Advice for the High Air Quality Health Index
低 Low	1-3	<p>當健康風險級別在低至中水平，市民可以如常活動；當健康風險級別達到高水平，兒童、長者和患有心肺疾病的人應減少戶外體力消耗；若健康風險級別達到甚高或嚴重時，一般市民亦應減少或避免戶外體力消耗。</p> <p>When the health risk category is at the Low and Moderate levels, you can continue to enjoy your usual activities. When the category reaches High, children, the elderly and people with heart or respiratory illnesses should reduce outdoor physical exertion. When the category reaches Very High or Serious, the general public should also reduce or avoid outdoor physical exertion. For more details, please refer to our health advice.</p>
中 Moderate	4-6	
高 High	7	
甚高 Very High	8-10	
嚴重 Serious	10+	

^ 忠告不適用於易受空氣污染影響的人士。^The advice does not apply to outdoor workers who are sensitive to air pollution.

^ 例如冠狀心臟病及其他心血管疾病、哮喘及慢性阻礙氣管疾病，包括慢性支氣管炎和肺氣腫。^ Such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and emphysema

除留意以上的一般健康忠告外，你亦可按本身健康狀況調整體力活動。由於空氣污染對不同人士的影響不一，如你有疑問或感到不適，應徵詢醫生的意見。In addition to following the general health advice above, you may also make adjustments to your physical activities according to your health conditions. As the health effects on individuals may vary, you should seek advice from a medical doctor if you are in doubt or feel uncomfortable

4. 家長安排 Parent/Guardian's Arrangement

- 在以上各項天氣情況下，未成年學員的家長或監護人，可就當時的實際情況，決定應否批准其子弟出席有關課程，而此將為家長或監護人的最終判斷及決定；唯賽協將不能在此情況下為缺席的學員補堂。Parents/guardians should at their discretion to decide whether or not to send their children to the rowing centers at time of inclement weather. However, the HKCRA will not provide any make-up lesson for the absentees.

注意 Remarks:

- 以上安排是根據星際賽艇課程、**海岸賽艇課程**、青少年賽艇推廣訓練課程及青少年賽艇發展計劃所有課程之指定教練的同意及監管下繼續進行，唯課程教練須根據實際情況隨時終止活動。The above arrangement is operated under supervision and agreement by the designated coaches of the activities. Coaches reserve the right to stop any activity at time of inclement weather.
- 如因上列所指定之天氣情況下而停課，本會會因應時間表及潮汐表之可行範圍內為學員安排補課；補課詳情將會儘快以電話通知。The HKCRA will re-arrange a lesson according to the tide condition and other activities' timetable for the suspended courses caused by the above inclement weather conditions. Participants will be notified for the rearrangement by telephone as soon as possible.

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