

致各屬會及中心使用者：

因應新型冠狀病毒疫情的賽艇中心開放安排

因應政府最新於 2022 年 4 月 7 日（星期四）公布，《預防及控制疾病（規定及指示）（業務及處所）規例》（第 599F 章）規管的處所可以有條件開放。賽協現於沙田賽艇中心 及 賽馬會石門賽艇中心 有關中心開放安排更新如下：

開放時間（必需預約）	水上訓練		室內賽艇機	
	沙田賽艇中心	賽馬會石門賽艇中心	沙田賽艇中心	賽馬會石門賽艇中心
0600 – 0800				
0800 – 0930				
0930 – 1100				
1100 – 1230				
1430 – 1600				
1600 – 1730	暫停開放	所有艇種都可進行水上訓練 （除進行隊際賽艇運動外，每個小組不得超過 <u>4</u> 人）	暫停開放	露台： <u>2</u> 部 拉機房： <u>2</u> 部 天台： <u>2</u> 部
1730 – 1900				
1900 – 2030				
（每時段內預約人數上限： <u>40</u> 人）				

備註：

1. Early Morning Training (只限 Key Holder) 及賽馬會石門賽艇中心健身室將於 4 月 23 日重新開放，健身器材將以「隔一個，開一個」方式開放；
2. 12:30 – 14:30 中心將會暫時關閉以進行清潔；
3. 所有屬會必需預先申請方可使用中心設施；
4. 中心備有消毒清潔液，使用健身器材及室內賽艇機前後請務必消毒；
5. 每部室內賽艇機之間必須相隔 1.5 米距離；
6. 在中心範圍及任何時間都必須時刻配戴口罩；
7. 所有中心使用者在室外或室內位置進行運動時必須佩戴口罩；
8. 在天雨情況下室內賽艇機不能在天台上使用；
9. 淋浴設施將暫停開放。

預約方法

1. 任何水上及室內賽艇機預約訓練將透過 Google 表格進行預約；
2. 賽協將發出電郵通知開放預約時間，截止預約時間：訓練前三日下午 3 時 (適用於星期一至星期日)；
3. 如某時段訓練人數超過上限，將會以先到先得形式作出決定；
4. 每屬會/會員每次最多只可以預約 2 個時段，如成功預約，賽協將會發出確認電郵通知屬會，進入中心時亦需出示確認電郵；
5. 屬會如臨時需要減少訓練人數，則必須於以電郵通知賽協職員，並以回覆作實方可生效；
6. 為更有效運用訓練名額，如屬會於預約時段內缺席人數達到所預約的總人數 20%，賽協將考慮暫停有關屬會的訓練申請一星期；
7. 中心使用者必需遵守「疫苗通行證」及政府相應 (《預防及控制疾病 (規定及指示) (業務及處所) 規例》 (第 599F 章)) 的措施；
8. 任何進入中心人士必需為有效會員或中心使用者；
9. 賽協保留最終安排使用賽艇中心的權利。

賽協將繼續密切留意有關政府部門對疫情最新發展情況，從而作出相應的措施。在此困難時刻，希望各位能體諒及遵守上述指引，並通知你相識的中心使用者，共同保持警惕，攜手對抗疫情。

如對上述安排有任何問題，請致電 2699-7271 與職員聯絡。

感謝您的關注及合作。



中國香港賽艇協會
2022 年 4 月 20 日

20 April 2022

Dear All affiliated Clubs and Centre Users,

Opening Arrangements of Rowing Centres under the COVID-19 Pandemic

In view of the Government's recent announcement on 7 April 2022 (Thursday), some premises regulated under the Prevention and Control of Disease (Requirements and Directions) (Business and Premises) Regulation (Cap. 599F) can be re-open. Hence, the Association will update the measures for accessing the rowing centres at Sha Tin Rowing Centre (STRC) and Jockey Club Shek Mun Rowing Centre (JCSMRC) as follows: -

Opening Hour (Advance Booking is required)	Water Training		Indoor Rowing Machine	
	<u>STRC</u>	<u>JCSMRC</u>	<u>STRC</u>	<u>JCSMRC</u>
0600 – 0800	Closed	All type of rowing boats is permitted (except conducting team water rowing, there should not be more than <u>4</u> persons per group)	Closed	Balcony : <u>2</u> Machines Ergo Room : <u>2</u> Machines Roof : <u>2</u> Machines
0800 – 0930				
0930 – 1100				
1100 – 1230				
1430 – 1600				
1600 – 1730				
1730 – 1900				
1900 – 2030				
(Maximum Capacity of the advance booking session : <u>40</u> Persons)				

Remarks :

1. Early Morning Training (Key Holder ONLY) and Gym room will be re-opened on 23rd April, only alternate gym facilities will be re-opened
2. 12:30 – 14:30 will be closed for cleaning
3. Advance Booking is required for using any Centres facilities
4. Disinfection liquid is provided and please clean the gym and Ergos before and after use
5. There must be a distance of 1.5 meters or more between Ergos
6. Centre Users must wear masks surgical at all time
7. All centre users must wear masks when doing exercise, no matter at indoor / outdoor
8. Indoor Rowing Machines cannot be used at roof top in case of raining
9. No shower will be allowed

Advance Booking Reservation

1. Every reservation shall be made via google form LINK. In case of any dispute, the decision of HKCRA shall be final.
2. Deadline of reservation shall be at 1500hours of each day, no later than 3 days before training reservations. (Applicable to Monday - Sunday).
3. Reservation is on a first-come-first-served basis, it is strongly encouraged that clubs work with each other in scheduling a favourable outcome for all users.
4. Each Clubs/ member shall only apply a maximum of 2 time slots, once enrolment is successful, an official email will be issued, please present confirmation email when entering centres.
5. To better manage resources, club representatives shall notify HKCRA on any changes in the number of rowers/per session via email. HKCRA will confirm via email on those changes.
6. In order to FULLY UTILIZE the training quota, if the number of rowers absent per session reached 20% of the total number of reservations, the Association will consider to suspend relevant club training for a week
7. All visitors MUST follow "Vaccine Pass" or any other Government requirement ((Requirements and Directions) (Business and Premises) Regulation (Cap. 599F)), or else the Association will deny their entry to the specified premises
8. All visitors must be a valid Ordinary Member or Centre Users of HKCRA.
9. The HKCRA reserves the rights to make the final arrangements for using the Rowing Centres

The Association will continue to monitor on the latest news from Government departments to take appropriate actions and measures in both Rowing Centres. We wish everyone can follow and inform your rowing friends for the above arrangement. Please stay vigilant in fight against the outbreak.

Should you have any problem or suggestion, please do not hesitate to contact us at 2699-7271. Thank you for your kind attention.



Hong Kong, China Rowing Association