

COVID 19 Precaution

活動防疫指引

Participants 參加者:

Only registered athletes, parents and coaches, staff and appointed official are taken as participants, i.e. no walk-in spectators.

只限已報名運動員、家長、教練、職員和指派的工作人員參與活動，沒有登記的觀眾不能進場。

Note to participants 參加者須知:

- i. According to the age group, different time zones are arranged. Participants need to leave as fast as possible after finishing the competition.
比賽方式以分流分時段進場比賽，每個組別只有一個比賽時段，完成賽事後請盡快離開運動場。
- ii. Each time zone only allow 100 participants to enroll.
每個比賽時段只限 100 人報名。
- iii. One spectator is allowed for one athlete (need to entry at same time). All spectators must stay in the arranged grandstand.
每位運動員只準帶一位觀眾(同時)入場。觀眾進場後只能到安排的看台觀賽。
- iv. All events less than or equal to 100m distance (same start line) will not use line 1,3,5&7.
所有 100 米或以下的比賽(同一起跑線項目)，將不會使用 1, 3, 5 及 7 線作賽。

Preparation before arrival 到比賽場地前的預備

- v. No one should attend if they have any symptoms of COVID 19 on the competition day.
若參加者在比賽當日有任何 COVID19 徵狀，不應出席。
- vi. No one should attend if they have been in the past 14 days before the competition day in contact with someone who has been infected by COVID 19.
若參加者在比賽日前的 14 日內曾接觸 COVID 19 病患者，不應出席。
- vii. No one should attend if they have been in a designated COVID 19 hot spot in the past 14 days before the competition day.
若參加者在比賽日前 14 日內曾到訪 COVID 19 流行地區，不應出席。
- viii. No one should attend if they have been in the past 14 days before the competition day in contact with someone who has been in a designated COVID 19 hot spot.

若參加者在比賽日前 14 日內曾接觸到訪過 COVID 19 流行地區的人士，不應出席。

- ix. All participants must complete the Health Record Declaration Form provided by Pacers Athletics Club and submit the Form to the officials when entering the competition venue.

參加者須填寫由飛達田徑會提供的健康申報表，並於比賽當日進入比賽場地時將該申報表呈交予大會工作人員。

(<https://forms.gle/qRcWkaxZZiJN2AUZ6>)

- x. All participants must prepare their own spare face masks, hand sanitizing liquid/ paper; paper envelopes/ paper bags for used masks disposal, drinking water and all disease prevention or personal hygiene materials.

參加者須自備後備口罩、搓手酒精消毒液/酒精消毒紙巾、紙信封 / 紙袋 (作棄置已使用的口罩之用)、飲用水及一切與個人防疫衛生相關的用品。

- xi. All participants are travelling to and from the competition venue on their own risks.

參加者須自行承擔往返比賽場地之風險。

Note to participants 參加者須知：

General venue rules 田徑場地比賽，到達比賽場地的一般守則

- i. All participants' body temperatures should be taken and only those with temperature lower than 37°C are allowed to enter the competition venue.
參加者須在進入比賽場地前量度體溫，體溫低於 37°C 才可進入比賽場地。
- ii. All participants must complete and submit a Health Record Declaration Form provided by Pacers Athletics Club and show their spare face masks and personal sanitizing materials before entering the competition venue.
參加者須在進入比賽場地前填寫及遞交由飛達田徑會提供的健康申報表和出示後備口罩及個人防疫衛生相關的用品。
- iii. All Athletes must keep social distancing of not less than 1m in the competition venue.
運動員須在比賽場地保持不少於 1 米的社交距離。
- iv. All Athletes must wear face masks in the competition venue at all times. Athletes are temporarily exempted when performing warm up jogging and competing in their events.
運動員身處比賽場地的任何時間都必須配戴口罩。運動員在進行熱身跑步和比賽過程中，可獲暫時豁免配戴口罩的要求。
- v. Athletes must wear face masks when carrying out stretching exercises and/or waiting for their trials in field events.
運動員在進行伸展活動及等待輪候試跳 / 擲期間，必須配戴口罩。
- vi. Athletes of field events should only stay in the designated competition zone.
參賽運動員 (田項) 只能在該項比賽區域範圍內等候比賽。
- vii. All participants should take note and follow the instructions posted in the sports ground.

- 參加者應留意和遵從比賽場地的告示。
- viii. Athletes need to warm up (suggest to use the warm up area located outside the sport ground) before enter the competition venue. are not advised to arrive the competition venue too early but to spare sufficient time for warm up and should leave as soon as the competition finishes.
運動員需於進場前於運動場外的熱身區 / 自行進行熱身。運動員需預留足夠的熱身時間，但不需過早到達比賽場地，完成比賽後盡快離去。
- ix. No eating is allowed in the sport ground area (not including staff and appointed official).
除職員和指派的工作人員外，場內不得進食。
- x. For more information, please visit the following website:
<https://www.coronavirus.gov.hk/eng/health-advice.html>
應根據政府專題網站內的健康指引建議，保持良好的個人衛生及經常保持雙手清潔。如欲瞭解指引的詳情，請瀏覽以下網頁：
<https://www.coronavirus.gov.hk/chi/health-advice.html>

田賽比賽一些特別安排措施：

- i. Stand and corridors will be marked for sitting and standing location (to keep social distance).
看台和可站立通道會標示出可供坐和站立的位置 (保持社交距離)。
- ii. If it looks like rain or start to rain, event(s) will be postponed or cancelled.
若看似會下雨或開始下雨，活動將會 / 隨時延後或取消。
- iii. All equipment, including starting blocks, hurdles, throwing implements, tables, chairs, etc., will be cleaned/ sanitized before the competition and on regular basis.
所有用品和器材在比賽前及在比賽中將會消毒。
- iv. All throwing implements and starting blocks will be wiped with disinfectant before use and after each time used by athletes. Officials who retrieve the implements should wear gloves and will be sanitized after each time picking up / deriving the implement.
所有擲項器材和起跑器在比賽前將會消毒。回收擲項和起跑器的工作人員 / 裁判員必須戴手套，在每次回收 / 傳遞完器材後須消毒。(在擲項區，包括落點區和投擲區，起跑區放置 1:49/1:99 漂白水桶和毛巾，供有關工作人員使用。標槍用酒精噴霧劑將把手消毒。提供膠手套給相關人員。)
- v. Hand sanitizing stations will be provided at, entry, exit, start line, results and official's area, toilet facilities.
將會在比賽場地不同地點提供搽手消毒酒精檯。
- vi. No tent or shelters for athletes, tents / shelters are only officials, i.e timing or recording tables.
比賽場地的帳篷只供給裁判員使用。
- vii. The seating distance be Athletes of field events should be kept at least 1 meter apart.
田項比賽運動員坐椅須相隔 1 米。