

因應 2019 冠狀病毒病的最新情況
參加者參與復辦分齡體育比賽及其他地區比賽的注意事項

1. 只准必要人員進入比賽場區，包括參賽球員、臨場指導教練（最多一人）、裁判、救傷隊員、賽會工作人員和特許人員。
2. 為避免人群聚集，保持社交接觸及減少感染風險，參加者須根據賽程表所列明的報到時間前往報到處報到，並須遵守進入體育處所的規定，參加者如未能依時向賽會工作人員報到，或出現傳染病病徵，如發燒、乏力、乾咳、呼吸困難、鼻塞、頭痛、結膜炎、喉嚨痛、腹瀉、喪失味覺或嗅覺、皮疹或手指或腳趾變色，或正接受政府指定的強制檢疫，本署有權取消其參賽資格，所繳報名費用將不獲退還。
3. 非參賽球員不得在比賽場區範圍逗留。
4. 參加者在進入比賽場區前須在報到處登記，否則賽會工作人員有權拒絕其進場或請其離開比賽場地。
5. 臨場指導教練（例如羽毛球比賽、乒乓球比賽等）必須與比賽球員一同進入比賽場區，球賽完畢後一同離開比賽場區。
6. 參加者及臨場指導教練須根據本署場地設施的最新規例佩戴口罩、避免多於法定人數聚集，和保持適當社交距離。裁判及賽會工作人員有權拒絕違規者進場或請其離開比賽場地。
7. 為盡量避免球員間的身體接觸，比賽前後不設握手環節。
8. 參加者應自備飲用水和個人衛生用品。
9. 參加者須保持良好個人衛生，並留意自己身體狀況，如發覺有 2019 冠狀病毒病最常見的病徵，例如發燒、乏力、乾咳及呼吸困難，或其他病徵，包括鼻塞、頭痛、結膜炎、喉嚨痛、腹瀉、喪失味覺或嗅覺、皮疹或手指或腳趾變色，則不應勉強參賽。
10. 如賽會工作人員觀察到參加者的健康狀況不宜參賽，或參加者出現 2019 冠狀病毒病傳染病病徵，會立刻勸喻參加者停止參與活動。
11. 疫情期間，參加者佩戴口罩進行運動時，應時刻留意呼吸及心跳等生命體徵的變化，並應適時放緩或停下休息。此外，流汗和呼氣會弄濕口罩，參加者請適時更換自備的口罩，以策安全。

Notes to Participants on Resumption of District Age Group Competitions and Other District Competitions with regard to the Latest Situation of COVID-19

1. Only essential persons, including participants, bench coaches (one at most), referees, first-aiders, staff of the Organiser and authorised persons, are allowed to enter the competition field.
2. In order to avoid crowds, maintain social distancing and reduce the risk of infection, participants shall report to the registration counter according to the specified reporting time, comply with the latest Regulation of Sports premises. If participants fail to report to the Organiser on time, or have symptoms of communicable diseases such as fever, malaise, dry cough, shortness of breath, nasal congestion, headache, conjunctivitis, sore throat, diarrhoea, loss of taste or smell, skin rash or discolouration of fingers or toes, or are subject to compulsory quarantine required by the Government, the LCSD has the right to disqualify them and the enrolment fee will not be refunded.
3. Non-participants shall not stay in the competition field.
4. Participants shall register at the registration counter before entering the competition field, failing which the Organiser has the right to refuse their entry or ask them to leave the venue.
5. The bench coach (badminton competition, table-tennis competitions etc.) shall enter the competition venue with players participating in the competition and leave the competition field with them when the competition ends.
6. Participants and bench coaches should wear a mask in accordance with the latest regulations of our venues; avoid exceeding the legal limit on the maximum number of persons allowed in a group; and properly maintain social distancing. In case of non-compliance, referees and staff of the Organiser have the right to refuse the entry of participants and bench coaches or order them to leave the venue.
7. Physical contacts among players should be avoided as far as possible. There will be no handshaking before and after the competition.
8. Participants should bring their own drinking water and personal belongings.
9. Participants should maintain good personal hygiene and pay attention to their physical condition. They should not participate in the competition if they have the most common symptoms of COVID-19, such as fever, malaise, dry cough and shortness of breath. Other symptoms include nasal congestion, headache, conjunctivitis, sore throat, diarrhoea, loss of taste or smell, skin rash or discolouration of fingers or toes.
10. If a participant is found by the Organiser to be physically unfit for participating in the competition or has the most common symptoms of COVID-19, the participant concerned will be immediately advised to stop participating in the competition.
11. Participants should always pay attention to the changes of vital signs, such as breathing and heartbeat, when exercising with a mask on during the pandemic. Slow down or stop for a rest when necessary. As masks may be moistened by sweat and breath, participants should bring spare masks for replacement for safety's sake.