

**Participants 參加者：**

Only registered Skiers and coaches, staff and appointed official are taken as participants, i.e. no spectators.

只限已報名運動員、教練、職員和指派的工作人員參與活動，不設觀眾。

**Note to participants 參加者須知：**

**Preparation before arrival 到比賽場地前的預備**

- i. 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。
- ii. 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。
- iii. 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。
- iv. 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。
- v. All participants must complete the Health Record Declaration Form provided by Hong Kong Water Ski Association and submit the Form to the officials when entering the competition venue.  
參加者須填寫由香港滑水總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。
- vi. 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。
- vii. 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 到達比賽場地的一般守則

- i. All Skiers' body temperatures should be taken and only those with temperature lower than 37°C are allowed to enter the competition venue.  
運動員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 Skiers must complete and submit a Health Record Declaration Form provided by Hong Kong Water Ski Association and show their spare face masks and personal sanitizing materials before entering the competition venue.  
運動員須在進入比賽場地前填寫及遞交由香港滑水總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 Skiers 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 Skiers must wear face masks in the competition venue at all times. Skiers are temporarily exempted when 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。運動員在比賽過程中，可獲暫時豁免配戴口罩的要求。
- v. Skiers must wear face masks when carrying out stretching exercises and/or waiting for their events.  
運動員在進行伸展活動及等待輪候間，必須配戴口罩。
- vi. Skiers should only stay in the designated competition zone.  
參賽運動員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. Skiers 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. 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>