

Leisure and Cultural Services Department

Chong Hing Water Sports Centre

Camper's Guide

1. Check-in and Check-out time for Day Camping and Tent Camping

Day Camp -----	Check-in	: 9:30 am
	Check-out	: 4:45 pm
Tent Camp -----	Check-in	: 2:30 pm
	Check-out	: 12:30 pm(of the following day)



2. Transportation

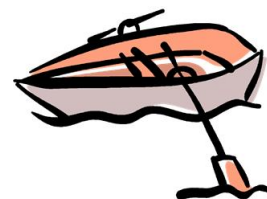
- Scheduled shuttle buses are provided to take campers to and from the Sai Kung Tang Shiu Kin Sports Ground and Chong Hing Water Sports Centre (the Centre).
- Campers may also take bus route no. 94 to Pak Tam Chung, Sai Kung (Bus route no. 96R is available at Diamond Hill MTR station or 289R at Shatin Central Bus Terminus on Sundays and Public Holidays) and walk along Man Yi Road (7km) for around 75 minutes to the Centre.
- The Centre is situated in the restricted area of Sai Kung Country Park. Private vehicles owners without an entry permit issued by the Agriculture, Fisheries and Conservation Department are not allowed to enter the Centre through Pak Tam Chung Gate (Except Taxi).

3. Meals

- Campers may order, through the Centre, lunch boxes from the canteen of Lady MacLehose Holiday Village. Please contact the Centre for the ordering procedures and meal charges.
- Campers can prepare their own food at the Centre's kitchen. The kitchen is furnished with a refrigerator, basic utensils, induction cookers and cutlery. Campers should not use any inflammable materials to make fire and must look after their young members when cooking.
- Center has enough barbecue grills for campers to use for free. Camper should bring their food and tool for barbecue at the barbecue area.
- Water dispenser and vending machines are available at the Centre. Please bring Octopus card.

4. Tent Camping Equipment

- The Centre provides tents (one tent for three to four persons) and mats, please bring your own sleeping bags or bedsheets.
- Besides, please bring your own lighting equipment if needed.



5. Recreation Activities

- Equipment for recreation activities such as basketball, football, badminton, volleyball, kite flying, shuttlecock kicking, disc flying, Hong Lok Kei (Chinese Billiard) and different kinds of board games are available at the Centre for campers to use for free.
- Campers who intend to take part in archery (the total number of applicants for archery must not less than 24) should make booking with center in advance by phone. Participants in archery activities must be aged 8 or above and wear suitable sports uniform. Slippers and vests are not allowed.
- Campers who intend to take part in orienteering activities should inform our camp counsellors to arrange .
- Camping groups can reserve the campfire site for campfire activities. They should prepare/collect their own firewood.

6. Water Sports Activities

- Participants will be notified by the SmartPLAY system before the activity to confirm the water sports activities declaration via the system. They must confirm such a declaration before being allowed for water sports activities. Failure to do so would render them disqualified from participating in such water sports.
- Campers who intend to take part in water sports activities during the camp period must be able to swim with clothes for at least 50 meters/proficient in swimming and do not suffer from any illness that renders the campers unfit for such activities. Any applicant who makes an application on behalf of a camping group can contact the Centre in advance to check the availability of craft and the feasibility of arranging an instructor for the group if its

members intend to take part in recreation kayaking during the camp period. The Centre will arrange an instructor for each camping group that hires at least 8 recreation kayaks for 3 consecutive hours for recreation kayaking, provided that all participants are aged 14 or above. For camping groups that hire a minimum of 6 recreation kayaks with participants aged between 8-13, the instructor-to-participant ratio will be 1:6. Whether or not recreation kayaking activities will be arranged rests with the Centre.

- Campers who intend to take part in water sports, they should pay the craft hire charges as required separately. And bring along their original copy of identity documents: Hong Kong residents should provide their Hong Kong Identity Cards (birth Certificates / Documents of Identity for Visa Purposes also acceptable for children aged below 11). Campers aged 14 or below may produce a copy of their identity documents. The original of a valid photograph-bearing student handbook / card should also be produced if their identity documents supplied do not bear a photograph. Campers without Hong Kong Identity Cards should produce their valid travel documents (such as Passports, Exit-Entry Permits for Travelling to and from Hong Kong and Macao) and *recognized qualification for verification and registration at the check-in counter before using the facilities. Campers aged between 8 to 13 can use the hired craft if they are accompanied by their parents/guardians or persons authorised by their parents/guardians on a one-to-one basis and the parents/guardians will get afloat for the same type of water sports activity with the youths and be the applicants for craft hiring.
 - (i) *kayaking – Kayak 3-Star Award or Elementary Kayak Certificate or equivalent (at least two hirers at a time)
 - (ii) *recreation kayaking - Kayak 3-Star Award or Elementary Kayak Certificate or equivalent
 - (iii) *sailing – Sailing Basic Skills Certificate or equivalent
 - (iv) *windsurfing – Basic Windsurfing Certificate or equivalent
 - (v) sampan and colour boat activities – Participants in sampan and colour boat activities must be aged 8 or above. Those aged below 14 must be accompanied by their parents/guardians or persons authorized by their parents/guardians when taking part in the activities.
 - (vi) pedal driven boat- Participants are requested to sit on the boat according to the no. of seat provided, kids who need to be held in arms are not allowed to use.
- Campers taking part in water sports activities must wear suitable clothing and gear (such as swimming suits, swimming trunks, spectacle bands, sun caps, light, fit, breathable long-sleeved clothes); and toe and heel-protected rubber shoes suitable for water sports (slippers or sandals are not allowed), and life jackets or buoyancy aids provided by the Centre. Swimming and playing at the waterfront of the artificial lake prohibited.
- The Centre reserves the right to cancel water sports activities in case of inclement weather such as thunderstorms. Make-up sessions or refunds will be arranged for the affected campers.
- Campers who fail to meet the above requirements will not be allowed to take part in water sports activities.

7. Arrangement under Inclement Weather

- **Day Camp:** If the tropical cyclone warning signal no.3 or above or the black rainstorm warning is in force at 7:00 am, all day camp activities of the day will be cancelled.
- **Tent Camp:** If the tropical cyclone warning signal no.1 or above or the red/black rainstorm warning is in force at 7:00 am, all tent camp activities of the day will be cancelled.
- In the event of cancellation of day/tent camp under above inclement weather, applicants will get the refund from [the center](#).
- If the weather becomes adverse during activity period, the Centre will have the sole discretion to decide whether the Centre will remain open to campers. The Centre will arrange campers to leave the Centre under safe conditions.
- If the Hong Kong Observatory announces that a thunderstorm warning is in force, campers should report to the Centre. Subject to local weather conditions, the Centre will decide whether the camp activities of the day should be suspended.
- **Cold Weather Warning:** Activities will be held as scheduled. Participants are advised to put on warm clothes in avoiding adverse health effects due to the cold weather. Avoid prolonged exposure to wintry winds.
- **Very Hot Weather Warning:** Activities will be held as scheduled. Participants are advised to drink plenty of water and avoid over exertion. If not feeling well, take a rest in the shade or a cooler place as soon as possible. Avoid prolonged exposure under sunlight. Loose clothing, suitable hats and UV-blocking sunglasses can reduce the chance of sunburn by solar ultraviolet radiation. Use a sunscreen lotion of SPF 15 or above, and re-apply it frequently.
- **“High” health risk category (Air Quality Health Index (AQHI) : 7) :** Camp activities will be held as scheduled. Environmental Protection Department advises those with existing heart or respiratory illnesses (such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and emphysema), children and the elderly to reduce outdoor physical exertion, and to reduce the time of their stay outdoors, especially in areas with heavy traffic. Participants with existing heart or respiratory illnesses should also seek advice from a medical doctor before participating in sports activities and take more breaks during physical activities. As the health effects on individuals may vary, participants should seek advice from a medical doctor if they are in doubt or feel uncomfortable.
- **“Very High” Health Risk Category (Air Quality Health Index (AQHI) : 8 - 10) :** Camp activities will be held as scheduled. Environmental Protection Department advises those with existing heart or respiratory illnesses

(such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and emphysema), children and the elderly to reduce to the minimum outdoor physical exertion, and to reduce to the minimum the time of their stay outdoors, especially in areas with heavy traffic. The general public is advised to reduce outdoor physical exertion, and to reduce the time of their stay outdoors, especially in areas with heavy traffic. As the health effects on individuals may vary, participants should seek advice from a medical doctor if they are in doubt or feel uncomfortable.

- **“Serious” Health Risk Category (Air Quality Health Index (AQHI) Exceeding 10)** : Camp activities will be held as scheduled. Environmental Protection Department advises those with existing heart or respiratory illnesses (such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and emphysema), children and the elderly to avoid outdoor physical exertion, and to avoid staying outdoors, especially in areas with heavy traffic. The general public is advised to reduce to the minimum outdoor physical exertion, and to reduce to the minimum the time of their stay outdoors, especially in areas with heavy traffic. As the health effects on individuals may vary, participants should seek advice from a medical doctor if they are in doubt or feel uncomfortable.

8. Others

- If campers do not feel well during the camp period, they should take rest and seek assistance from the camp counsellors, instructors or centre staff immediately.
- Applicants who make applications on behalf of camping groups should be aged 18 or above.
- No application for refunds or change of camp date(s) is allowed after a booking is confirmed.
- After 11:00 pm, no organized camp activity is allowed and campers should keep quiet.
- If any camper has to leave the Centre before the check-out time of his/her group, he/she should inform the Centre in advance.
- Campers must return all equipment borrowed from the Centre before departure. In case of damage/loss of equipment, they must report to the Centre staff as soon as possible. The Centre reserves the right to claim for the damage/loss from the campers.
- Campers should take care of their personal belongings during the camp period and should not bring valuables to the Centre.
- \$5 coin-operated lockers with padlock hasps are available at the Centre. Campers should bring a \$5 coin and a small-sized or medium-sized padlock to use the lockers. Any property stored in the lockers is at the users' own risk. The Centre is not responsible for any items stored in the lockers.
- Smoking is strictly prohibited in the Centre.
- Swimming, fishing, cycling, running, climbing, gambling, alcohol consuming, wax burning, coming along with pets and all animals are not allowed in the Centre.
- Payment is non-refundable in case of cancellation of booking by the applicant or absence of participants.



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