

Tso Kung Tam Outdoor Recreation Centre - Notes to Campers

(A) Introduction

Located at the foot of Tai Mo Shan, the 5.64-hectare Tso Kung Tam Outdoor Recreation Centre (the Centre) is within 10 minutes ride from the town centre of Tsuen Wan. Surrounded by beautiful scenery, it was opened for public use in 1991 and can accommodate a daily maximum of 240 residential campers, 200 day campers and 100 evening campers. Each of the 24 dormitory rooms, with full bedding, can accommodate 10 campers. Air-conditioning is provided during summer months (between May and October) from 4:00 pm to 8:00 am the next morning. Hot water is available round the clock in the common bathrooms (on Levels 1, 4 and 7). All residential campers need to bring for check-in are their personal clothing and sanitary items. In addition, the restaurant on Level 6 of the Main Building can serve 300 for meals, while the barbecue area with 12 barbecue pits can accommodate 120.

Indoor facilities: Games Hall (for badminton), Squash Court (also for table tennis), Billiard Room (for snooker and American pool), Karaoke Room, Arts and Crafts Room, Air Hockey Room, Children's Play Room, TV Room and Reading Room.

Outdoor facilities: Swimming Pool, Sport Climbing Wall, Archery Range, Roller Skating Rink, Rope Course, Basketball cum Volleyball Court, Tennis Court, Table Tennis for 4 (Round) Table, Children's Playground, Viewing Terrace, Fitness Corner, Play Zone, Pebble Walking Trail, Fitness Corner for Elderly and Eco Trail.

Activity rooms: Activity rooms of varying sizes are available for seminars, meetings, workshops, skill training and game activities, etc.

(Remarks: Most of the Centre's facilities (including dormitories) are accessible by wheelchair users.)

(B) Transportation (Please refer to the location map for details)

1. Public transport:
 - Campers may travel by green minibus route no. 80 (Chuen Lung bound) from the minibus terminus at the junction of Chuen Lung Street and Shiu Wo Street in Tsuen Wan; or
 - by bus route no. 51 (at Tai Ho Road North Flyover above the Tsuen Wan MTR Station).
2. Coaches:
 - Campers may arrange their own coaches. The coaches must leave the Centre as soon as all passengers alight from them and shall not park inside the Centre.
3. Private car parking spaces:
 - Campers should use public transport if possible, given the limited parking spaces in the Centre. A group of 20 or more campers is entitled to one private car parking space. Reservation of parking spaces can be made by calling the Centre upon paying the camp fees. Parking spaces will be allotted on a first-come-first-served basis. Unauthorised vehicles are not allowed to enter or park inside the Centre.
 - For campers in a group of less than 20, reservation of a parking space may be made by calling the Centre at 9:00 am the day before check-in. Parking spaces will be allotted on a first-come-first-served basis subject to availability.

(C) Check-in and Check-out Arrangements

	Check-in Time	Activity Time	Check-out Time	
Day Camp	9:30 am - 11:00 am	11:00 am - 12:45 pm 1:45 pm - 3:15 pm	3:15 pm - 4:30 pm	Campers or persons-in-charge are requested to check in/check out at the office on Level 5 of the Main Building.
Residential Camp	2:30 pm - 3:30 pm	3:30 pm - 5:30 pm 7:00 pm - 10:00 pm 9:00 am - 11:00 am	11:00 am - 1:00 pm	
Evening Camp	4:30 pm - 5:30 pm	5:30 pm - 7:00 pm 8:00 pm - 10:00 pm	10:00 pm - 10:30 pm	

1. Upon arrival, campers should gather at the restaurant on Level 6 for a briefing on the campsite by the Centre's staff.
2. In case individual campers are late for check-in or have to leave early, persons-in-charge should complete the check-in or check-out procedures at the office in advance. To minimise disturbance to others, campers are advised to enter or leave the Centre before 10:00 pm.
3. In case campers are unable to check in at the designated time, please inform the Centre early for necessary arrangements.
4. The facilities in the Centre are for use by paid campers only.

(D) Accommodation

1. The 24 dormitory rooms are located on Levels 6 and 7 of the Main Building. Each of the rooms can accommodate up to 10 campers. A small number of folding beds are also available to add extra beds to the rooms.
2. Rooms will be allocated according to the number of campers regardless of gender. Persons-in-charge shall arrange the distribution of rooms on their own.

(E) Catering Arrangements (please refer to the Notes on Catering Arrangements for details)

1. Camp fee does not include meal charges. The campsite restaurant (operated by YC18 of the Yan Chai Hospital) serves mainly Chinese set meals for 10 persons per table. To enjoy the catering services available at the campsite, campers are required to place orders in advance with the restaurant via email or fax at least one week prior to the check-in date, and contact the restaurant direct for order confirmation. If no reply is received within 5 days, please call the restaurant for enquiry and follow-up. The contact information of the restaurant is as follow:

Telephone no.: 2367 1113
Fax no.: 2367 1633
E-mail address: info.tkt@ychss.org.hk

2. Meal hours and charges are tabulated as follows (40 minutes each meal):

	Meal hour	Meal charge per person (\$)
Day Camp	1:00 pm - 1:40 pm (Lunch)	31
Evening Camp	7:00 pm - 7:40 pm (Dinner)	31
Residential Camp	8:00 am - 8:40 am (Breakfast)	79
	12:00 noon - 12:40 pm (Lunch)	
	6:00 pm - 6:40 pm (Dinner)	

3. Only campers who have ordered barbecue packs/food from the restaurant are allowed to use the barbecue pits (each for up to 10). The barbecue pits will be allocated by the restaurant on a first-order-first-served basis given their limited number.
4. Prices for set meals, barbecue packs or other food provided by the restaurant are subject to adjustment in line with movement in the Consumer Price Index (A). Campers may approach the office of the Centre or the restaurant staff for the most updated information.
5. Campers are required to settle the charges for ordered meals with the person-in-charge of the restaurant in cash, via ATM transfer or by crossed cheques (payable to “Yan Chai Hospital”) before check-in. Alternatively, meal charges may be settled in cash upon arrival, but at least 2.5 hours before the first meal. There will be no charge for children aged below 3.

(F) Inclement Weather Arrangements

1. Day Camp: If Tropical Cyclone Warning Signal No. 3 or above or the Black Rainstorm Warning Signal is issued by the Hong Kong Observatory (HKO) at 7:00 am or before the check-in time, all day camp bookings on that day will be cancelled.
2. Residential Camp and Evening Camp: If Tropical Cyclone Warning Signal No. 3 or above or the Black Rainstorm Warning Signal is issued by the HKO at 12:00 noon or before the check-in time, all residential and evening camp bookings on that day will be cancelled.
3. All checked-in campers are required to leave as early as possible once Tropical Cyclone Warning Signal No. 3 is issued. The campers should retain the receipts issued by the Department for refund.
4. If the Red Rainstorm Warning Signal is issued by the HKO on the check-in day, campers should call the Centre’s staff for enquiries about the check-in arrangements before leaving home for the Centre.

5. Air Quality Health Index

(i) **“High” health risk category (Air Quality Health Index (AQHI) of 7)**

The AQHI for health risk category has reached “High” in Hong Kong, i.e. AQHI of 7. 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.

(ii) **“Very High” health risk category (Air Quality Health Index (AQHI) of 8-10)**

The AQHI for health risk category has reached “Very High” in Hong Kong, i.e. AQHI of 8-10. 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.

(iii) **“Serious” health risk category (Air Quality Health Index (AQHI) Exceeding 10)**

The AQHI for health risk category has reached “Serious” in Hong Kong, i.e. AQHI of 10+. 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.

(G) Enquiries

1. Before check-in: Campers may contact our staff on 2417 1107 / 2415 6812 / 2417 5529, by fax on 2492 4436 or by email to ktorc@lcsd.gov.hk.
2. Upon check-in: Campers may contact our staff on duty at the Office on Level 5 of the Main Building in person.

Camp Activity Schedule

Residential Camp

Time	(A) Arrival Day	(B) 2nd to 4th Day	(C) Departure Day	
8:00 am to 8:40 am		Breakfast	Breakfast	
9:00 am to 11:00 am		Campsite Designated Activities	Campsite Designated Activities	
11:00 am to 12:00 nn		Free time (Free use of Leisure Facilities)	Packing (Return of dormitory keys before 12:00 nn)	
12:00 nn to 12:40 pm		Lunch	Lunch	
12:40 pm to 1:00 pm		Check-in / Briefing of Campsite / Free use of Leisure Facilities	Free time (Free use of Leisure Facilities)	Departure
1:00 pm to 2:30 pm				
2:30 pm to 3:30 pm	Campsite Designated Activities	Campsite Designated Activities		
3:30 pm to 5:30 pm	Dinner	Dinner		
6:00 pm to 6:40 pm	Campsite Designated Activities	Campsite Designated Activities		
7:00 pm to 10:00 pm	Bedtime	Bedtime		
11:00 pm				

- (1) Please refer to columns (A) and (C) above for a two days and one night camp trip. Please refer to columns (A), (B) and (C) above for a three days and two nights camp trip or a trip of longer duration.
- (2) Leisure facilities include Play Zone, Fitness Corner, Eco Trail, Children's Playground, Children's Play Room, Chess Games, Orienteering, Light Refreshment Restaurant, Fitness Corner for the Elderly, Pebble Walking Trail, Swimming Pool (only available from April to October each year), TV Room and Reading Room.
- (3) Campsite designated activities include Archery, Sport Climbing, Gateball, Rope Course, In-line Skating, Arts and Crafts, Indoor Lawn Bowl, Badminton, Table Tennis, Air Hockey, Squash, Snooker, Foosball, Chinese Billiards, Tennis, Basketball, Volleyball, Table Tennis for Four (Round Table) and Karaoke.

Day Camp

Evening Camp

Time	Details	Time	Details
9:30 am to 11:00 am	Check-in / Briefing of Campsite / Free use of Leisure Facilities	4:30 pm to 5:30 pm	Check-in / Briefing of Campsite / Free use of Leisure Facilities
11:00 am to 12:45 pm	Campsite Designated Activities	5:30pm to 7:00pm	Campsite Designated Activities
1:00 pm to 1:40 pm	Lunch	7:00 pm to 7:40 pm	Dinner
1:45 pm to 3:15 pm	Campsite Designated Activities	8:00 pm to 10:00 pm	Campsite Designated Activities
3:15 pm to 4:30 pm	Free use of Leisure Facilities / Return of borrowed items and Departure	10:00 pm to 10:30 pm	Return of borrowed items and Departure

Tso Kung Tam Outdoor Recreation Centre - Campsite Designated Activities

The availability of the following activities is subject to the number of participants, weather conditions and actual circumstances. Please pay attention to the on-site announcement and refer to the notices on the notice board in the Centre.

➤ Outdoor Activities

Activities	Venues	Enrolment Methods	Remarks
Archery	Archery Range	On-site enrolment with coaches / camp counsellors on a first-come-first-served basis	<ul style="list-style-type: none"> ● Archery is only available for campers aged 8 or above. ● In-line skating is only available for campers aged 6 or above. ● In-line skating, archery and rope course: about 1 hour per session for residential campers; about 45 minutes per session for day campers / evening campers. ● No admission is allowed once the session commences. ● Rope course is only available for campers of 1.2m tall or above. ● Sport climbing wall is only available for campers of 1.2m tall or above. Mini sport climbing wall is available for campers of all ages. ● Sports equipment and items for the activities will be provided by the Centre. ● Participants must wear sports shoes for the above coaching activities and ball games.
In-line Skating	Roller Skating Rink		
Rope Course	Rope Course		
Sport Climbing	Sport Climbing Wall / Mini Sport Climbing Wall		
Tennis	Tennis Court	Borrowing sports equipment from camp counsellors at the outdoor office on a first-come-first-served basis	
Basketball / Volleyball	Basketball / Volleyball Court		
Table Tennis for Four (Round Table)	Outdoor Area		
Orienteering	Main Building and Outdoor Area	Contacting the office on Level 5 for details	To ensure safety among campers, outdoor orienteering will only be conducted during daytime.
Fitness Corner	Outdoor Area	Free participation	Please refer to the general user guidelines/ safety guidelines/ instructions posted on site.
Fitness Corner for the Elderly			
Pebble Walking Trail			
Eco Trail			
Play Zone		Borrowing sports equipment from camp counsellors at the outdoor office on a first-come-first served basis	
Children's Playing Facilities	Children's Playground, Level 1 / Outdoor Area	Free participation	Mainly for children aged 5 to 12, who must be accompanied by parents or guardians.
Cycling for Children	Outdoor Area	Submitting the completed "Notice of Activity"	Only available for advance booking by the organisations with a relatively higher number of

Outdoor Activities

	Rainbow Parachute and Bubble Making	Outdoor / Indoor Area	Arrangements” to the Centre for enrolment	child participants
--	---	--------------------------	--	---------------------------

Tso Kung Tam Outdoor Recreation Centre - Campsite Designated Activities

The availability of the following activities is subject to the number of participants, weather conditions and actual circumstances. Please pay attention to the on-site announcement and refer to the notices on the notice board in the Centre.

➤ Outdoor Activities

Activities	Venues	Enrolment Methods	Remarks			
			Opening hours	Apr to May	Jun to Aug	Sep to Oct
Swimming (Available from April to October*)	Swimming Pool, Level 1	Free participation	9:00 am to 12:45 pm	✓	✓	✓
			1:45 pm to 5:45pm	✓	✓	✓
			6:30 pm to 10:00 pm	✗	✓	✗
			<ul style="list-style-type: none"> ● Children aged below 12 must be accompanied by adults. ● Lockers are available at the changing rooms on Level 1 upon request made to the office on Level 5. <p>*The swimming pool will be closed on weekly maintenance days (from 4:30 pm to 11:00 am the following day) for thorough cleansing.</p>			

➤ Indoor Activities

Indoor Activities	Activities	Venues	Enrolment Methods	Remarks
	Arts & Crafts	Arts & Crafts Room, Level 2	On-site enrolment with coaches / camp counsellors on a first-come-first-served basis	Participants are advised to attend the briefings and demonstrations to be conducted by coaches / camp counsellors.
	Indoor Lawn Bowl	Lobby, Level 2		
	Gateball	Dance Room, Terrace, Level 2		
	Karaoke	Karaoke Room, Level 2	On-site enrolment with camp counsellors	Please follow camp counsellors' arrangements.
	Children's Play Room	Mezzanine Floor	Free participation	<ul style="list-style-type: none"> ● Mainly for children aged 4 to 9 and of less than 1.42 m tall. ● Children below 3 must be accompanied by parents or guardians.

Remarks :

1. If individual groups wish to reserve venues/equipment, the use of such venues/equipment is only allowed **during the period of the Campsite Designated Activities** (see the Camp Activity Schedule for details). Should there be any advance or extended use of the venues/equipment, please contact the Centre's staff on 2415 6812 within one week before the check-in date. Applications made more than one week in advance will not be entertained.
2. Applicants may return the duly completed "Notice of Activity Arrangements" to the Centre by fax (Fax No.: 2492 4436) for better arrangements.

Tso Kung Tam Outdoor Recreation Centre - Introduction of Campsite Activities

The availability of the following activities is subject to the number of participants, weather conditions and actual circumstances. Please pay attention to the on-site announcement and refer to the notices on the notice board in the Centre.

	Activities	Venue	Enrolment Method	Remarks	
Indoor Activities	Various Board Games	Service Counter, Level 3	Borrowing equipment from camp counsellors at the Service Counter on Level 3 (first-come-first-served)	<ul style="list-style-type: none"> ● Campers may borrow various types of board games during their activity periods; ● Residential campers may borrow various board games with room keys from staff at the Service Counter on Level 3 between 7:00 pm and 10:00 pm. The board games should be returned between 9:00 am and 11:00 am the following day. 	
	American Pool & Snooker	Billiard Room, Terrace, Level 2 and Lobby, Level 1 (American Pool)		Free Participation	<ul style="list-style-type: none"> ● Please follow camp counsellors' instructions/arrangements; ● Participants are required to wear sports shoes with non-marking rubber outsole for badminton/table tennis/squash; ● Only campers <u>aged 16 or above</u> are allowed to play snooker.
	Air Hockey	Recreation Room, Level 2			
	Badminton	Games Hall, Level 3			
	Chinese Billiards & Foosball Game	Lobby, Level 3			
	Squash & Table Tennis	Squash Court, Level 3			
	Newspaper and Magazine Reading	Reading Room, Level 5	Close at 10:00 pm		
	TV Watching / 3D Photo-taking area	TV Room, Level 5	Close at 11:00 pm		
	Energy Bike	Lobby, Level 5	Free Participation	<ul style="list-style-type: none"> ● Please refer to the "Notes to Users" and "Steps to Ride the Energy Bike" posted on site. ● Please be considerate. Do not use for more than 20 minutes if others are queuing. 	

Remarks :

1. If individual groups wish to reserve venues/equipment, the use of such venues/equipment is only allowed **during the period of the Campsite Designated Activities** (see the Camp Activity Schedule for details). Should there be any advance or extended use of the venues/equipment, please contact the Centre's staff on 2415 6812 within one week before the check-in date. Applications made more than one week in advance will not be entertained.
2. Applicants may return the duly completed "Notice of Activity Arrangements" to the Centre by fax (Fax No.: 2492 4436) for better arrangements.

Tso Kung Tam Outdoor Recreation Centre - Notice of Activity Arrangements

1. To better cater for the needs of campers, please complete this notice to choose the activities you/your group wish to join and return it to us by mail or by fax (Fax No.: 2492 4436) **one month before the check-in date**. If this notice is not received by the deadline, the activities on the camping day(s) will be arranged by the Centre at discretion. There shall be no dispute as to the activities so arranged.
2. Activities will be arranged in the light of the number of campers of the day and actual participants of each session. Information provided is **for reference only**. The Centre may not be able to arrange all activities chosen by campers.

To: Tso Kung Tam Outdoor Recreation Centre (*Please delete as appropriate)

Camping Period: ____ / ____ /20 (_____) to ____ / ____ /20 (_____)

* Day / Residential / Evening Camp

Name of Individual/Group: _____

Total No. of Campers: _____

Name of Person-in-charge: _____

Contact Tel. No.: _____ / _____

(A) Free Time Activities:

1. **Play Zone, Fitness Corner, Children's Playground, Orienteering, Fitness Corner for Elderly, Pebble Walking Trail, Eco Trail, Children's Play Room, Board Games, TV Room, Reading Room and other leisure facilities:** All are welcome.
2. **Swimming Pool: Open from April to October every year** (The pool will be closed on weekly maintenance days (from 4:30 pm to 11:00 am next day) for thorough cleansing.)

Opening hours	Apr-May	Jun-Aug	Sep-Oct
9:00 am-12:45 pm	✓	✓	✓
1:45 pm-5:45 pm	✓	✓	✓
6:30 pm-10:00 pm	*	✓	*

(B) Designated Activities:

1. **Tennis, Basketball, Volleyball, Table Tennis for 4, Badminton, Table Tennis, Squash, American Pool and Snooker, Foosball Game, Chinese Billiards, Air Hockey and Karaoke:** All are welcome to join during designated activity periods on a first-come-first-served basis.
2. **Activities conducted by coaches/camp counsellors:** All are welcome to join on a first-come-first-served basis. **If the total number of campers taking part in the activities is below 30, the following activities conducted by coaches/camp counsellors will not be provided.**

Tso Kung Tam Outdoor Recreation Centre - Notice of Activity Arrangements

(C) In the case of other requests as to activity arrangements, applicants should contact Assistant Manager (Tso Kung Tam Outdoor Recreation Centre) on 2417 5517/2415 6812 **one month before the check-in date**. Campers who wish to borrow venues/equipment (only for use **during designated activity periods** on a first-come-first-served basis), or reschedule the use of venues/equipment to an earlier time or extend such use, should contact the Centre on 2415 6812 within one week before the check-in date for enquiries. Applications made more than one week in advance will not be entertained.

Please indicate the priorities of activities you/your group wish to participate (Please indicate with 1, 2, 3...):

Time		Day Camp		Evening Camp		Residential Camp		
		11:00 am - 12:45 pm	1:45 pm - 3:15 pm	5:30 pm - 7:00 pm	8:00 pm - 10:00 pm	3:30 pm - 5:30 pm	7:00 pm - 10:00 pm	9:00 am - 11:00 am (Next day)
conducted by coaches	Archery (only for persons aged 8 or above)							
	Sport Climbing (only for persons of 1.2m tall or above)							
	Gateball							
	Rope Course (only for persons of 1.2m tall or above)							
	In-line Skating (only for persons aged 6 or above)							
conducted by counsellors	Orienteering							
	Indoor Lawn Bowls							
	Mini-bicycle (for young children groups only)							
	Fun Parachute (for young children groups only)							
	Bubble Making (for young children groups only)							

Tso Kung Tam Outdoor Recreation Centre - General Rules

1. Users of the Centre shall comply with the General Rules or any other requirements made from time to time under the Pleasure Grounds Regulation, or the Centre shall have the right to ask for the camper(s) concerned to leave the campsite immediately. In such case, the fees paid will not be refunded.
2. Any misbehaviour in breach of the laws of Hong Kong or causing public disorder, such as getting drunk, gambling and illegal drug use, is strictly prohibited. Offenders will be reported to the police.
3. Unauthorised vehicles are not allowed to enter the Centre.
4. Smoking or flame cooking without permission is not allowed in the Centre. No eating or drinking is allowed in all venues.
5. The facilities of the Centre are for use by paid campers only.
6. Persons-in-charge have to be responsible for the behaviours of his/her group members during their stay at the Centre.
7. The Centre should be informed of any change of the persons-in-charge, who must be aged 18 or above with a valid identity document, as early as possible for necessary procedures.
8. Campers should take proper care of their personal belongings. The Centre shall accept no responsibility for any damage or loss of belongings.
9. To create a tranquil environment, radio and audio devices can only be used without prejudice to others.
10. Please keep the volume down after 11:00 pm. Campers shall not gather outside the dormitories and make excessive noise to avoid disturbance to others.
11. To minimise disturbance to others, residential campers are advised to enter or leave the Centre before 10:00 pm the latest.
12. Please take good care of public property and vegetation and keep the environment clean. Campers shall indemnify the Centre against any damage or loss of property caused by them.
13. No pets or other animals are allowed in the Centre.
14. No unauthorised entry to or use of any closed venues or facilities is allowed.
15. The Centre has the right to suspend or cancel any activities under special arrangements without a prior notice.

Tso Kung Tam Outdoor Recreation Centre - General Rules

- 16.** Campers should not expose their bodies in public places. Campers should wear swimming suits as appropriate when using the swimming pool.
- 17.** No public broadcasting of audio-visual programmes involving copyrights is allowed in the campsite, unless consent of the copyright owner or his/her authorised agent is obtained and valid documentary proof is produced upon arrival. Applicants/campers must indemnify the Centre against all claims arising from infringement of copyrights or any other intellectual property rights.
- 18.** Except with the written permission of the Centre, campers are not allowed to hang flags, display posters, or conduct commercial activities. Nor are they allowed to have video recordings or interviews.
- 19.** The Centre may, as and when required, make any addition or deletion to the General Rules without a prior notice.

Tso Kung Tam Outdoor Recreation Centre
Notes to Swimmers (Applicable from April to October)

1. Please keep the changing room and toilet clean and tidy.
2. Please do not spit, litter, eat, drink or smoke.
3. Please wear proper and clean swimming suits before entering the pool deck area.
4. If you prefer to wear a T-shirt while swimming, please bring along a clean white T-shirt to put on in the changing room before entering the pool deck area.
5. Please wash your body thoroughly in the changing room.
6. Please ensure to walk through the shower bath and footbath containing chlorinated water and rinse your body to remove dirt.
7. Please only bring in clean clothing and personal belongings to the pool deck area.
8. On the pool deck area, please do not wear shoes or slippers that are worn outside the pool complex. If necessary, please bring along another pair of clean slippers, scrub the bases against a mat provided inside the changing room and spray thoroughly with water to remove any dirt. Please wear your slippers to walk through the footbath before entering the pool deck area.
9. Please do not swim immediately after a meal.
10. Please do not rely on buoys or other swimming aids while swimming.
11. Please warm up before you swim.
12. Please learn swimming with qualified instructors, and avoid overestimating your swimming ability.
13. Cry for help when in difficulties.
14. Please take good care of your children.
15. Please do not dive into the swimming pool or run on the pool deck.
16. Children under the age of 12 are not allowed to enter or use the swimming pool unless accompanied by an adult.
17. Persons with fever, showing symptoms of Acute Infectious Conjunctivitis, gastroenteritis, or Hand, Foot and Mouth Disease, having an open cut or wound, and having contracted contagious skin diseases or other communicable diseases are not allowed to enter the precincts of the swimming pool.

**Let's abide by the Notes to
keep the swimming pool clean and hygienic**