



室內賽艇比賽 Indoor Rowing Competition

主辦:  康樂及文化事務署
Organiser: Leisure and Cultural Services Department

1. 比賽日期、時間及地點 :
Date, Time and Venue of Competition :

日期 Date	星期 Day	時間 Time	地點 Venue
2010 年 11 月 14 日 14 November 2010	星期日 Sunday	下午 1 時至下午 6 時 1:00 pm - 6:00 pm	荔枝角公園體育館 Lai Chi Kok Park Sports Centre

2. 參賽資格 : (1) 歡迎有興趣的工商機構 (如有需要, 大會有權要求報名機構提供有關證明, 如有效的香港商業登記證) 和政府部門以總公司/政府部門的名義參加。
Eligibility : Interested organisations (may be required to produce relevant supporting documents such as Business Registration Certificate) in the name of head office and the government departments are welcome to take part in the competition.
- (2) 參賽者必須任職於該機構, 年滿 15 歲並已為同一僱主連續工作 4 星期或以上, 而每星期最少工作 18 小時, 並在比賽進行期間, 仍然受僱於該機構。
A participant should be an employee aged 15 or above who has been working continuously for an organisation for 4 weeks or more for at least 18 hours each week and is still being employed by the same organisation during the competition period.
- (3) 參賽者只能代表一間機構, 如轉換代表機構, 參賽者必須已離開前任職機構, 並已在新代表的機構工作 4 星期或以上, 而每星期最少工作 18 小時, 並在該項比賽首場賽事進行時, 仍然受僱於該機構。
Each participant can only represent one organisation. A participant may represent another organisation provided that he or she has resigned from the previous organisation and has been working continuously for the current organisation for 4 weeks or more, for at least 18 hours each week and is still being employed by the organisation when the first match of the competition takes place.
3. 組別 : 甲組 - 在香港僱用 300 名或以上員工的機構
Grouping : Group A - Organisations with 300 or more employees in Hong Kong
乙組 - 在香港僱用 300 名以下員工的機構
Group B - Organisations with less than 300 employees in Hong Kong
丙組 - 政府部門 (僱員人數不限)
Group C - Government Departments (no restriction on the number of employees)

4. 項目及名額 :
Event & Quota :

項目 Event	名額 Quota	備註 Remarks
個人 Individual	男子 1000 米 Men 1000m	每間機構最多可填報 5 名參賽者 A maximum of 5 participants from each organisation
	女子 1000 米 Women 1000m	
	男子 2000 米 Men 2000m	每間機構最多可填報 5 名參賽者 A maximum of 5 participants from each organisation
	女子 2000 米 Women 2000m	
隊際 Team Event	男子雙人賽 1000 米(滑軌模式) Men's Pair Events 1000m (Slide Mode)	每間機構最多可填報 2 隊 A maximum of 2 teams from each organisation
	女子雙人賽 1000 米(滑軌模式) Women's Pair Events 1000m (Slide Mode)	
	男子 4 x 500 米接力 Men 4 x 500m Relay	每間機構最多可填報 2 隊 A maximum of 2 teams from each organisation
	女子 4 x 500 米接力 Women 4 x 500m Relay	
	男女混合 30 分鐘長途接力 Mixed 30-minute Long Distance Relay	

5. 費用 : 300 元正
Fees : \$ 300

6. 賽制 : (1) 個人 1000 米/ 2000 米
Format : Individual 1000m/2000m:
每位參賽者必須划畢全程 1000 米/ 2000 米距離，以最短時間完成賽事者為勝。
Each competitor has to row 1000m/2000m with time taken as his/her record.
- (2) 雙人賽 1000 米(滑軌模式):
Pair Events 1000m (Slide Mode):
隊中每位運動員均須同時使用在滑軌上的獨立划艇機各自完成 1000 米距離，各隊成績以每隊划手所做出的總時間的平均值計算，並以此作為該隊的比賽成績。
Each of the rowers in a crew will row on different machine at the same time on a slide and each rower will row for 1000m. The time taken by all the rowers in the crew will be averaged to give the crew result.
- (3) 隊際 4x500 米接力賽事：
Team 4x500M Relay:
(i) 每隊必須由 4 名隊員組成。
Each team will include 4 rowers.
(ii) 隊員划至 1500 米、1000 米和 500 米的標記處，必須在兩槳內替換給下一位隊員。每名隊員只可作賽一次。
Each team should change rowers at the 1500M, 1000M and 500M marks. The change of rowers MUST take place within 2 strokes after reaching the required meter marks. Each team member may only row once in this race.
(iii) 每隊必須划 2000 米，所得成績將用以決定名次。
Each team has to row 2000M and the time taken for the whole team will determine the final result.

(4) 隊際 30 分鐘長途接力賽事：

Team 30-minute Long Distance Relay:

- (i) 參加接力賽事的隊伍必須由 4 名男隊員和 2 名女隊員組成。
Each team will include 4 men and 2 women.
- (ii) 每名隊員作賽 3 分鐘後，必須在兩槳內換人，並須將把手直接交予接力的隊員。每名隊員在賽事中最少須連續划 3 分鐘，其中 4 名隊員可重複接力。
Each team should change rowers at every 3-minute mark. The change of rowers MUST take place within 2 strokes after reaching the required time marks. The outgoing contestant should pass the handle directly to the incoming contestant. Each contestant has to row for at least 3 consecutive minutes while 4 team members can row more than once in each race.
- (iii) 30 分鐘內划程最長的隊伍為勝。
The team completing the longest distance within 30 minutes will be the winner.

7. 賽則 : 除本章程明文規定外，其餘均依照中國香港賽艇協會現行比賽規則辦理。
- Rules : Unless explicitly stated in this prospectus, all rules and regulations will follow those presently adopted by the Hong Kong, China Rowing Association.
8. 免費賽前練習 : 賽前練習於 2010 年 9 至 10 月舉行，大會將邀請「中國香港賽艇協會」派員為參賽者講解室內賽艇的基本知識(詳情容後公佈)。
- Practical Sessions : Practical Session will be held on September and October 2010. Staff from the Hong Kong, China Rowing Association will be invited to brief the players on basic knowledge on Indoor Rowing (Details will be informed later).
9. 職員／參賽者須知 : (1) 成功報名的參賽機構須於 2010 年 9 月 1 日或以前於辦公時間內將抬頭為「香港特別行政區政府」的支票寄回或交回康樂及文化事務署大型活動組(地址：沙田排頭街 1 至 3 號康樂及文化事務署總部 2 樓)，以辦理報名手續，並請於 2010 年 9 月 1 日或以前將「參賽者資料」、「參賽者聲明」及「體能活動適應能力問卷與你」寄回、交回或傳真(傳真號碼：2634 0786)至該組。
- Notes to Staff /Players : The successfully enrolled organisations should make crossed cheque payable to “The Government of the Hong Kong Special Administrative Region” and submit the cheques in person or by mail to the Major Events Section of Leisure and Cultural Services Department (Address: 2/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin, New Territories) on or before 1 September 2010. They should also return the Particulars of Participants, Declaration by Participants and PAR-Q & YOU by mail, in person or by fax (Fax: 2634 0786) on or before 1 September 2010 to the section.
- (2) 每隊可填報領隊／教練一名。
Each team can have 1 team leader/coach.
- (3) 參賽者必須在開賽前最少 15 分鐘於報到處登記。
All participants should register at the Registration Desk at least 15 minutes before their race time.
- (4) 隊員須依照大會要求，出示身份證明文件以供核對。
All participants are required to produce their identity documents for verification at the request of the Organiser.

(5) 比賽途中若遇機器故障:

If damage to equipment occurs during the race:

- (i) 除非該場賽事為決賽，否則在初賽或其他賽次中受影響的運動員可以在下一輪的比賽中重賽。如無下一輪比賽，有關運動員可獲准單獨作賽，並以所錄得時間或距離為比賽成績。

In a preliminary heat or other round except a final, the rowers shall be permitted to compete again in a later heat, or, if there are no further heats, shall be permitted to row alone and the result shall be the time or distance so recorded.

- (ii) 如在決賽的首 30 秒內出現機件故障或失靈的情況，賽事會立刻中止，然後重新作賽；否則賽事會繼續進行，而受影響的運動員將視作停止比賽論。除非出現故障的器材屬中央電腦及計時系統的一部分，否則將由總裁判決定會否重賽；在此情況下，全體運動員在重賽前的時間及距離均不予記錄。

In a Final, where the damage or failure occurs within 30 seconds of the Start, the race will be stopped and restarted. In other cases, the race will continue and the rower shall be deemed to have stopped rowing. Except that where such damage or failure is part of the central computer and timing system, the Chief Umpire shall decide whether a re-row of the whole Race is required in the case that times or distances of all rowers cannot be recorded.

- (iii) 如機器或裝備的任何損毀是由運動員所引致，並且令有關運動員未能完成賽事或令其時間或距離不能獲得記錄，該運動員將被視為未能完成賽事，不能繼續參與該項目。

In the event of any damage caused by the rower to a machine or to the installations which prevents the rower from completing a Race or which causes their time or distance not to be recorded the rower shall be deemed not to have finished the Race and shall not take any further part in that Event.

- (6) 參賽者如在比賽途中跌離座位或鬆掉把手，須返回原位繼續比賽。

If the rower drops the handle or falls from the seat during the competition, he/she should continue the competition and will not be entitled to any re-row.

10. 棄權 : 各參賽者／參賽隊伍必須依照大會編定的時間出場比賽；開賽後 5 分鐘仍未能出場作賽或隊際比賽的球員仍未全部到場者，作自動棄權論。

Waiving of Rights : Each participant/team shall turn up at the scheduled time for the match. Any participant/team that fails to turn up 5 minutes after the official commencement time or dispatches not enough players in a team event will be regarded as having withdrawn from the match.

11. 罰則 : (1) 如參賽者被發現於參賽期間並非該機構的*僱員，該機構所參與的是項比賽的資格及所獲的成績將被取消。如被發現觸犯此規則超過一次，該機構所參與工商機構運動會全部比賽項目的成績及其參賽資格將被取消。所繳交的費用亦不會獲得發還。

*「僱員」的定義請參閱附則(1)

Penalty : If any participant is discovered that he/she is not the *employee of the organisation during the competition, the results achieved by the organisation in that particular competition will be cancelled. If the organisation breaches this regulation more than once, the organisation will be disqualified from taking part in this year's Corporate Games and all the entry fee will not be refunded.

*The definition of "Employee" is stated at Remarks (1)

- (2) 如有參賽者／參賽隊伍違反規則或有不良行為而影響賽事，大會
有權取消其個人／有關隊伍的比賽資格，所得成績亦作廢。
Any participant/team who violates the regulations or has any
misconduct which might affect the competition, the Organiser has the
right to disqualify him/her/the team from the competition and the
results he/she/the team has achieved will be cancelled.
12. 獎勵
- : 各組別的每個項目均設冠、亞、季及殿軍獎。(各得獎者／得獎隊伍必
須參與最少一場賽事方可獲得獎項。)
- * 為提高比賽的趣味性，大會特設工商機構運動會 2010 團體總冠軍
獎盃，頒予每組在各項比賽中累積得分最高的機構，有關計分方法和
詳情，請瀏覽以下網頁：
<http://www.lcsd.gov.hk/me/cgame/b5/score.php>
- Awards
- : Prizes will be awarded to the Champion, 1st runner-up, 2nd runner-up and
3rd runner-up for each event in the respective group. (The winner/winning
team must have played in at least one match in order to be awarded any
prize.)
- * To make the competition more interesting, an overall championship
trophy will be awarded to the organisation accumulating the highest points
from all events of the Corporate Games 2010 for each group. For the
scoring methods and details, please browse the following webpage:
<http://www.lcsd.gov.hk/me/cgame/en/score.php>
14. 裁判
- Referee
- : 大會將邀請中國香港賽艇協會提供裁判服務。
: The Hong Kong, China Rowing Association will be invited to render
referee services.
15. 改期
- Changing the Date
of Competition
- : (1) 如比賽當日上午 7 時香港天文台發出 8 號或以上熱帶氣旋警告信
號或發出黑色暴雨警告信號，則當日賽事取消，賽事順延至2010
年 11 月 21 日(星期日)同時同地舉行。
: If Tropical Cyclone Warning Signal No. 8 or above or a Rainstorm
Black Warning Signal is issued by the Hong Kong Observatory at
7:00am on the event day, the competition will be cancelled and
postponed to 21 November 2010 (Sunday) at the same time and same
venue.
- (2) 若因特殊情形，大會有權通知各參賽者改期作賽或另作編排。如
在比賽中發生特殊情況，繼續舉行比賽與否得由當場裁判或大會
全權決定，參賽者不得異議。
The Organiser reserves the right to postpone any match or make any
alternative arrangements under special circumstances. Should
anything unforeseeable happen during a match, the referee on the spot
or the Organiser will decide whether the match should continue or not
and the players shall not raise objection.
- (3) 大會不接受參賽者／參賽隊伍提議的改期申請。
No application for changing the date of any match from a
participant/participating team is accepted.
16. 上訴
- Appeal
- : 大會不設上訴，一切賽果以當場裁判的判決為準。
: No appeal will be accepted. The decisions of the referee on the spot will
be final.

17. 裝備
Equipment
- : (1) 參賽者必須穿著合適的運動服裝。
Participants should wear proper sportswear.
: (2) 參賽者必須穿著不脫色膠底運動鞋。
Participants must put on non-marking sneakers.
(3) 所有賽事均採用大會提供的 Concept II Model D 陸上划艇機進行。
All races will be performed on standard Concept II Model D rowing machines provided by the Organiser.
18. 附則
Remarks
- : (1) 「僱員」的定義為該僱員已經在香港為同一僱主連續工作 4 星期或以上，而每星期最少工作 18 小時，並在比賽進行期間，仍然受僱於該機構。
The definition of “Employee” – An employee who has been working in Hong Kong for the same employer continuously for 4 weeks or more, for at least 18 hours each week and who is still being employed by the same organisation during the competition period.
: (2) 參賽者必須年滿 15 歲並只能代表一間機構，如轉換代表機構，參賽者必須已離開前任職機構，並在該項比賽首場賽事進行時已在新代表的機構連續工作 4 星期或以上，而每星期最少工作 18 小時，並在比賽進行期間，仍然受僱於該機構。
Each participant shall be aged 15 or above and can only represent one organisation. A participant may represent another organisation provided that he/she has resigned from the previous organisation and has been working continuously for the current organisation for not less than 4 weeks when the first match of the competition takes place, for at least 18 hours each week and is still being employed by the organisation during the competition period.
(3) 大會可要求參賽機構提交證明文件，證明代表其參賽者均屬其僱員。
A participating organisation may be required to produce relevant documents to prove that all the participants representing it in the competition are its employees.
(4) 本章程如有未盡善處，大會保留修改權利。
If there is any inadequacy in this prospectus, the Organiser reserves the right for appropriate amendments.
19. 查詢電話
Enquiries
- :
: **2601 7673**



室內賽艇比賽 – 參賽者資料

Indoor Rowing Competition – Particulars of Participants

機構名稱(中文) _____ (大會編號 Official No. _____)

Name of Organisation (English) _____

機構地址(中文) _____

Address of Organisation (English) _____

參賽組別: # 甲/乙/丙 組

Group to be entered: # Group A / B / C # 請將不適用者刪去 # Please delete as appropriate

參賽領隊/教練姓名(中文) _____

Team Leader / Coach (English) _____

電話 (日) _____ (夜) _____ (傳真號碼) _____

Telephone No. (Day) _____ (Night) _____ (Fax No.) _____

*電郵地址 _____ 傳呼機/手提電話號碼 _____

*E-mail Address _____ Pager / Mobile Phone No. _____

*本署日後將透過電子郵件傳送有關活動的資料給貴機構/團體。

*Information concerning the competition will be sent to you by e-mail.

編號 No.	運動員姓名 Name of Athlete (須與身份證明文件相同) (Should be the same as the one shown on the identity document)		性別 Sex	年齡組別 Age Group 請用英文字母表示 Please indicate with a letter code		☆ 身份證明 文件號碼 Identity Certificate No.	個人項目 Individual Events (請用✓號表示 擬參加的項目) (Please ✓ the events to be participated)				隊際項目 Team Events (請填寫 1 及 2 號以代表 第一隊及第二隊) (Please fill in 1 and 2 to represent Team 1 and Team 2)				
	中文 Chinese	英文 English		A=15-19 B=20-24 C=25-29 D=30-34 E=35-39	F=40-44 G=45-49 H=50-54 I=55-59 J=60 或以上 or above		1000 米 (m)		2000 米 (m)		雙人賽 Pair Events 1000 米 (m)		4x500 米 (m) 接力 Relay		男女混合 30 分鐘 長途接力 Mixed 30 Min. Long Distance Relay
							男 M	女 F	男 M	女 F	男 M	女 F	男 M	女 F	
1.															
2.															
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☆ 請填寫香港身份證號碼的英文字首及首 4 個數字(例如: A1234 / XD1234) 或護照號碼的首 6 個數字(例如: 123456).

Please indicate the beginning letter(s) and the first 4 digits of the Hong Kong Identity Card Numbers (e.g. A1234 / XD1234) or the first 6 digits of the passport numbers (e.g. 123456).

備註 Remarks :

- (1) 每間機構每項個人項目最多可填報 5 人，每間機構每項接力項目最多可填報 2 隊。
Each organisation may nominate a maximum of 5 participants in each individual event and 2 teams in each relay event.
- (2) 4x500 米接力賽的隊伍可報 4 名正選及 2 名後備隊員參賽；長途接力賽的隊伍可報 6 名正選(4 男 2 女)及 3 名後備隊員參賽。
4x500m relay teams will be made up of a maximum of 4 regulars and 2 reserves, while long distance relay teams will be made up of a maximum of 6 regulars (4 male and 2 female) and 3 reserves.
- (3) 所有參賽者或其家長／監護人必須在2010 年 9 月 1 日或以前填妥「年滿十八歲的參賽者聲明」或「未滿十八歲的參賽者聲明」和「體能活動適應能力問卷與你」或「年滿七十歲或以上的參加者聲明」，並寄回、交回或傳真（傳真號碼：2634 0786）至新界沙田排頭街 1 至 3 號康樂及文化事務署總部 2 樓康樂及文化事務署大型活動組。如任何參賽者未能於賽事開始前簽署及遞交有關聲明/問卷，大會有權取消其參賽資格。
All participants or their parents/guardians must sign the “Declaration by Participants aged 18 or above” or “Declaration by Participants aged below 18” and “Physical Activity Readiness Questionnaire (PAR-Q) & You” or “Declaration by Participants aged 70 or above” and return them by mail, in person or by fax (Fax: 2634 0786) to Major Events Section, 2/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin, New Territories on or before 1 September 2010. If any participant fails to submit these forms before the commencement of the competition, the Organiser reserves the right to disqualify him/her from participating in the competition.
- (4) 你所提供的個人資料只作報名、統計、日後聯絡及宣傳本活動之用。除獲大會授權職員外，其他人士不得查閱你所提供的個人資料。你所提供的個人資料會在「工商機構運動會 2010」結束後 4 個月內銷毀。
The personal data provided by you will only be used for the purposes of enrolment, compilation of statistics, future contact and promotion relating to this activity. Except for the staff authorised by the Organiser, no one will be given access to your personal data. The personal data provided by you will be destroyed within 4 months after the Corporate Games 2010.
- (5) 如欲更正或查閱你在本表格上填寫的個人資料，請致電 2601 7673 與康樂及文化事務署大型活動組職員聯絡。
Please contact the staff of the Major Events Section of the Leisure and Cultural Services Department at 2601 7673 if you want to correct or access your personal data collected by means of this form.
- (6) 你必須在本表格內提供所需的個人資料並填寫有關的聲明。如提供的資料不足，大會有權取消你的參賽資格。
The provision of your personal data and submission of the respective Declaration in this form is obligatory. If the submitted information is insufficient, the Organiser reserves the right to disqualify you from the competition.
- (7) 有關本賽事的章程、賽程、比賽成績和其他賽事資料等，均會透過大會網頁公布。
The prospectus, schedules, results of the competitions and other relevant information will be announced through the Organiser’s website.

聲 明 Declaration :

領隊/教練聲明：

Declaration of Team Leader/ Coach:

上述參賽者為本機構僱員，以及所報資料全部屬實。

The above participant(s) is/are an employee/employees of our organisation and all the particulars provided are true and correct.

領隊/教練簽署 _____
Signature of Team Leader / Coach

日期 Date: _____



請於 2010 年 9 月 1 日（星期三）或以前將此表格寄回、交回或傳真（傳真號碼：2634 0786）至新界沙田排頭街 1 至 3 號康樂及文化事務署總部 2 樓康樂及文化事務署大型活動組。

Please return this form by mail, in person or by fax (Fax: 2634 0786) to: Major Events Section, 2/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin, New Territories on or before 1 September 2010 (Wednesday).



室內賽艇比賽 – 年滿十八歲的參賽者聲明
Indoor Rowing Competition – Declaration by Participants aged 18 or above

比賽項目： 工商機構運動會 2010 – 室內賽艇比賽
 Competition Event : Corporate Games 2010 – Indoor Rowing Competition
 機構名稱： _____ 大會編號： _____
 Organisation Name : _____ Official No. : _____
 參賽組別： # 甲／乙／丙組
 Group to be entered : # Group A / B / C # 請將不適用者刪去 # Please delete as appropriate

所有年滿十八歲的參賽者必須在 2010年9月1日或之前 簽署本聲明，並寄回、交回或傳真（傳真號碼：2634 0786）至新界沙田排頭街 1 至 3 號康樂及文化事務署總部 2 樓康樂及文化事務署大型活動組。如任何參賽者未能於賽事開始前簽署及遞交本聲明，大會有權取消其參賽資格。

All participants aged 18 or above must sign this form and return it by mail, in person or by fax to the Major Events Section of the Leisure and Cultural Services Department (Address: 2/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin, New Territories; Fax no.: 2634 0786) on or before 1 September 2010. If any participant fails to submit this form before the commencement of the competition, the Organiser reserves the right to disqualify him/her from participating in the competition.

年滿十八歲的參賽者聲明：

Declaration by Participants aged 18 or above :

本人聲明：本人的健康和體能良好，適宜參加上述比賽。如因本人的疏忽或健康或體能欠佳而引致本人於參加這項比賽時傷亡，康樂及文化事務署無須負責。

I declare that: I am healthy, physically fit and suitable to participate in the above competition. The Leisure and Cultural Services Department shall not be liable for any injury or death which I may suffer in this competition if the cause of injury or death is due to my own negligence or inadequacy in health and fitness.

本人已細閱和明白以上聲明，並在下方簽署作實：

I have read through and understood the above declaration and I sign below for confirmation:

編號 No.	參賽者姓名 Name of Participant	參賽者簽署 Signature of Participant	日期 Date	編號 No.	參賽者姓名 Name of Participant	參賽者簽署 Signature of Participant	日期 Date
1.				16.			
2.				17.			
3.				18.			
4.				19.			
5.				20.			
6.				21.			
7.				22.			
8.				23.			
9.				24.			
10.				25.			
11.				26.			
12.				27.			
13.				28.			
14.				29.			
15.				30.			

(如有需要可自行影印本表格 Photocopy of this form is allowed if required)



室內賽艇比賽 – 未滿十八歲的參賽者聲明
Indoor Rowing Competition – Declaration by Participants aged below 18

(必須由家長或年滿十八歲的監護人簽署)
(must be signed by parents or guardians aged 18 or above)

比賽項目： 工商機構運動會 2010 – 室內賽艇比賽
Competition Event : Corporate Games 2010 – Indoor Rowing Competition
機構名稱： _____ 大會編號： _____
Organisation Name : _____ Official No. : _____
參賽組別： # 甲/乙/丙組
Group to be entered : # Group A / B / C # 請將不適用者刪去 # Please delete as appropriate

所有未滿十八歲的參賽者必須在 2010年9月1日或之前 由家長或監護人簽署本聲明，並寄回、交回或傳真（傳真號碼：2634 0786）至新界沙田排頭街 1 至 3 號康樂及文化事務署總部 2 樓康樂及文化事務署大型活動組。如任何參賽者未能於賽事開始前簽署及遞交本聲明，大會有權取消其參賽資格。

The parents / guardians of participants aged below 18 must sign this form and return it by mail, in person or by fax to the Major Events Section of the Leisure and Cultural Services Department (Address: 2/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin, New Territories; Fax no.: 2634 0786) on or before 1 September 2010. If any participant fails to submit this form before the commencement of the competition, the Organiser reserves the right to disqualify him/her from participating in the competition.

未滿十八歲的參賽者聲明：

Declaration by Participants aged below 18 :

<p>本人聲明： _____ (參賽者姓名) 的健康和體能良好，適宜參加上述比賽。如因參賽者的疏忽或健康或體能欠佳而引致他／她於參加這項比賽時傷亡，康樂及文化事務署無須負責。</p> <p>I declare that: _____ (participant's name) is healthy, physically fit and suitable to participate in the above competition. The Leisure and Cultural Services Department shall not be liable for any injury or death which the participant may suffer in this competition if the cause of injury or death is due to his / her negligence or inadequacy in health and fitness.</p> <p>家長或監護人姓名 _____ 簽署 _____ 日期 _____ Parent / Guardian's Name : _____ Signature : _____ Date : _____</p>
<p>本人聲明： _____ (參賽者姓名) 的健康和體能良好，適宜參加上述比賽。如因參賽者的疏忽或健康或體能欠佳而引致他／她於參加這項比賽時傷亡，康樂及文化事務署無須負責。</p> <p>I declare that: _____ (participant's name) is healthy, physically fit and suitable to participate in the above competition. The Leisure and Cultural Services Department shall not be liable for any injury or death which the participant may suffer in this competition if the cause of injury or death is due to his / her negligence or inadequacy in health and fitness.</p> <p>家長或監護人姓名 _____ 簽署 _____ 日期 _____ Parent / Guardian's Name : _____ Signature : _____ Date : _____</p>
<p>本人聲明： _____ (參賽者姓名) 的健康和體能良好，適宜參加上述比賽。如因參賽者的疏忽或健康或體能欠佳而引致他／她於參加這項比賽時傷亡，康樂及文化事務署無須負責。</p> <p>I declare that: _____ (participant's name) is healthy, physically fit and suitable to participate in the above competition. The Leisure and Cultural Services Department shall not be liable for any injury or death which the participant may suffer in this competition if the cause of injury or death is due to his / her negligence or inadequacy in health and fitness.</p> <p>家長或監護人姓名 _____ 簽署 _____ 日期 _____ Parent / Guardian's Name : _____ Signature : _____ Date : _____</p>

(如有需要可自行影印本表格 Photocopy of this form is allowed if required)

體能活動適應能力問卷與你 (一份適用於 15 至 69 歲人士的問卷)

經常進行體能活動不但有益身心，而且樂趣無窮，因此，愈來愈多人開始每天多做運動。對大部分人來說，多做運動是很安全的。不過，有些人則應在增加運動量前，先行徵詢醫生的意見。

如果你計劃增加運動量，請先回答下列 7 條問題。如果你介乎 15 至 69 歲之間，這份體能活動適應能力問卷會告訴你應否在開始前諮詢醫生。如果你超過 69 歲及沒有經常運動，請徵詢醫生的意見。

普通常識是回答這些問題的最佳指引。請仔細閱讀下列問題，然後誠實回答：
請答「是」或「否」

是	否	
<input type="checkbox"/>	<input type="checkbox"/>	1. 醫生曾否說過你的心臟有問題， <u>以及</u> 只可進行醫生建議的體能活動？
<input type="checkbox"/>	<input type="checkbox"/>	2. 你進行體能活動時會否感到胸口痛？
<input type="checkbox"/>	<input type="checkbox"/>	3. 過去一個月內，你會否在沒有進行體能活動時也感到胸口痛？
<input type="checkbox"/>	<input type="checkbox"/>	4. 你會否因感到暈眩而失去平衡，或會否失去知覺？
<input type="checkbox"/>	<input type="checkbox"/>	5. 你的骨骼或關節(例如脊骨、膝蓋或髖關節)是否有毛病，且會因改變體能活動而惡化？
<input type="checkbox"/>	<input type="checkbox"/>	6. 醫生現時是否有開血壓或心臟藥物（例如 water pills）給你服用？
<input type="checkbox"/>	<input type="checkbox"/>	7. 是否有其他理由令你不應進行體能活動？

如果	一條或以上答「是」
你的	在開始增加運動量或進行體能評估前，請先致電或親身與醫生商談，告知醫生這份問卷，以及你回答「是」的問題。
答案	● 你可以進行任何活動，但須在開始時慢慢進行，然後逐漸增加活動量；又或你只可進行一些安全的活動。告訴醫生你希望參加的活動及聽從他的意見。
是：	● 找出一些安全及有益健康的社區活動。

<p>全部答「否」</p> <p>如果你對這份問卷的<u>全部</u>問題誠實地答「否」，你有理由確信你可以：</p> <ul style="list-style-type: none">● 開始增加運動量——開始時慢慢進行，然後逐漸增加，這是最安全和最容易的方法。● 參加體能評估——這是一種確定你基本體能的好方法，以便你擬定最佳的運動計劃。此外，亦主張你量度血壓；如果讀數超過 144/94，請先徵詢醫生的意見，然後才逐漸增加運動量。	→	<p>延遲增加運動量：</p> <ul style="list-style-type: none">● 如果你因傷風或發燒等暫時性疾病而感到不適——請在康復後才增加運動量；或● 如果你懷孕或可能懷孕——請先徵詢醫生的意見，然後才決定是否增加運動量。
<p>請注意：如因健康狀況轉變，致使你隨後須回答「是」的話，便應告知醫生或健身教練，看看應否更改你的體能活動計劃。</p>		

適當使用體能活動適應能力問卷：

The Canadian Society for Exercise Physiology、Health Canada 及其代理人毋須為進行體能活動的人承擔責任。如填妥問卷後有疑問，請先徵詢醫生的意見，然後才進行體能活動。

不得更改問卷內容。歡迎複印整份問卷(必須整份填寫)

註：如一名人士在參加體能活動或進行體能評估前已獲得這份問卷，本部分可作法律或行政用途。

本人已閱悉、明白並填妥本問卷。本人的問題亦已得到圓滿解答。

姓名: _____ 身份證明文件號碼: _____

簽署: _____ 日期: _____

家長或監護人簽署: _____ 見證人: _____

(適用於 18 歲以下的參加者)

備註：1. 你提供的資料，只作處理租訂康樂及文化事務署健身室設施或康體活動報名事宜之用。遞交問卷後，如欲更正或查詢個人資料，請與接受報名的分區櫃檯職員聯絡。

2. 如果在上述問卷中有一個或以上「是」的答案，即表示你的身體狀況可能不適合參與有關活動。故為安全起見，請你先行諮詢醫生的意見；並須在報名或租訂健身室設施時出示醫生紙，證明你的身體狀況適宜參與有關活動。如未能出示醫生紙，則須填妥「申請人聲明」，並於報名或租訂健身室設施時連同報名表一併遞交。

此問卷由填寫當天起計 12 個月內有效。如因健康狀況轉變，致使你隨後對上述的任何問題答「是」的話，則本問卷即告無效。

PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly : Check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	Do you know of <u>any other reason</u> why you should not do physical activity?

If
you
answered

YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want - as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can :

- ♦ start becoming much more physically active - begin slowly and build up gradually. This is the safest and easiest way to go.
- ♦ take part in a fitness appraisal - this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.



DELAY BECOMING MUCH MORE ACTIVE:

- ♦ if you are not feeling well because of a temporary illness such as a cold or a fever - wait until you feel better; or
- ♦ if you are or may be pregnant - talk to your doctor before you start becoming more active.

Please note: If your health changes so that you then answer "YES" to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q:

The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

Signature: _____

Identity Document No.: _____

Name: _____

Date: _____

Signature of Parent or Guardian: _____

Witness: _____

(for participants under the age of majority)

Note: 1. The information provided on this form will only be used for the application for use of Leisure and Cultural Services Department's Fitness Rooms and enrolment of recreation and sports activities. For correction of or access to personal data collected by means of this form, please contact staff of the enrollment counter/district.

2. If you answer "yes" to one or more questions in the "PAR-Q & YOU", your physical condition may not be suitable for taking part in the activity concerned. For safety's sake, you should consult a doctor in advance and produce a medical certificate upon enrolment or hire of fitness equipment to prove that you are physically fit for taking part in the activity. If you fail to produce a medical certificate, you must submit the completed Declaration upon enrolment or hire of fitness equipment.

This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.



室內賽艇比賽 – 年滿七十歲的參賽者聲明

Indoor Rowing Competition – Declaration by Participants aged 70 or above

比賽項目： 工商機構運動會 2010 – 室內賽艇比賽
Competition Event : Corporate Games 2010 – Indoor Rowing Competition
機構名稱： _____ 大會編號： _____
Organisation Name : _____ Official No. : _____
參賽組別： # 甲/乙/丙組 # 請將不適用者刪去
Group to be entered : # Group A / B / C # Please delete as appropriate

聲明（請在下列其中一個方格內加上「✓」號）

Declaration (Please mark a “✓” in one of the following boxes)

本人謹此聲明：

I hereby declare that :

1. 本人經常參加健體活動，並且有能力參加上述比賽，因此無須出示醫生證明書證明本人有能力參加上述比賽。本人如在上述比賽中受傷或死亡，康樂及文化事務署無須負責。本人明白如對本身能力有任何懷疑，應在參加比賽前，徵詢醫生的意見。
I am a frequent participant in fitness activities and am capable of participating in the above competition. Therefore, I do not need to produce any medical certificate to prove that I am able to participate in this competition. The Leisure and Cultural Services Department shall not be liable for any injury or death I may suffer in this competition. I understand that if I have any doubts about my ability, I should consult a doctor before taking part in the competition.
2. 本人並非經常參加健體活動，但經醫生檢查後，證明健康良好，適宜參加上述比賽。現附上醫生證明書，以供參考。
I am not a frequent participant in fitness activities. However, I have been examined by a doctor and certified as physically fit for participating in the above competition. A copy of the medical certificate is attached for reference.

參賽者簽署

Participant's signature : _____

參賽者姓名(正楷)

Participant's name (Block Letters) : _____

日期

Date : _____