



### 免費康樂設施使用條件

1. 租用人必須是所預訂康樂設施的使用者之一。在使用設施前，租用人必須出示其身份證明文件、有效的用場許可證和認可資格證明(如有需要)，以供查核。
2. 所有康樂設施只可用作其指定用途。
3. 如租用人於預訂段節開始10分鐘後仍未取場，該設施會即場供其他人士以先到先得方式使用，但只限用作與原租用人相同的用途。如原租用人其後到場，使用者須即時交還設施。所有空置的設施會於每節開始後接受輪候使用。

4. 如租用人預訂設施後不取場而事前沒有取消預訂，會當作不取場一次，並按照現行有關個人違規不取場的罰則處理，即租用人可在30天內有兩次不取場的記錄，其預訂收費康樂設施的資格會暫停，為期90天。



### Conditions for Free Use of Leisure Facilities

1. The hirer must be one of the users of the leisure facility booked. The hirer is required to produce his/her identity document, a valid user permit and recognised proof of qualification (if necessary) for checking before using the facility.
2. All leisure facilities shall be used for their designated purposes only.
3. If the booked facility is not taken up by the hirer 10 minutes after the start of the booked session, it will be allocated to other users on a first-come-first-served basis on condition that it shall be used for the same purpose as that for which it has been booked by the original hirer. The user shall surrender the facility back to the original hirer immediately upon the latter's arrival. Registration for use of vacant facilities in a particular session will commence after the start of the session.
4. If a hirer has booked a facility but fails to take up the booked session and cancel the booking in advance, he/she shall be deemed to have failed to take up a booked session on one occasion and shall be subject to the existing "no-show" penalty on individual hirers. Under the existing arrangement, any hirer who fails to take up a booked session on two occasions without prior cancellation within 30 days will be suspended from booking fee-charging leisure facilities for 90 days.



5. 租用人如無法取場，應盡早取消預訂。已登記為「康體通」用戶的租用人，可於預訂段節開始前透過互聯網取消預訂。租用人如非「康體通」用戶可於預訂段節開始前經「康體通自助服務站」取消預訂，或於預訂段節最少半小時前，把填妥的「取消預訂設施申請表」連同用場許可證和租用人身份證明文件(正本或副本)親身或由代表交回「康體通」訂場櫃檯；至於晚上9時或以後的段節，則須最遲於當天晚上8時30分前辦理取消預訂手續。康文署在收到書面通知後，會刪除電腦系統內的預訂記錄，讓其他人士預訂/即場使用該設施。「取消預訂設施申請表」可在康文署轄下各康樂場地訂場櫃檯索取，或從康文署網頁下載。

6. 為了善用資源和保障使用者的安全，租用人必須確保用場人數及/或使用者的資格符合有關要求，否則康文署有權將已預訂的康樂設施即場分配給其他人士使用。而後補人士只限將場地用作與原租用人相同的用途。
  - i. 活動室/舞蹈室/遊戲室(面積100平方米以下)  
租用人必須與最少1人同時使用該設施。
  - ii. 活動室/舞蹈室/遊戲室(面積100平方米或以上)  
租用人必須與最少3人同時使用該設施。
  - iii. 室內籃球場/投球場/排球場  
租用人必須與最少7人同時使用該設施。



5. If a hirer is unable to take up a booked session, he/she should cancel the booking as early as possible. A hirer who has registered as a Leisure Link patron may cancel his/her booking via the Internet before the booked session starts. If the hirer is not a Leisure Link patron, he/she can do so at the Leisure Link Self-service Kiosks before the start of the session(s), or submit the cancellation request in person or by proxy at the booking counter of any LCSD leisure venue at least 30 minutes before the session starts (and at the latest 8:30 pm for booked sessions starting at 9 pm or later) by producing a completed booking cancellation form "Application for Cancellation of Booking" together with the user permit and the original or a photocopy of his/her identity document. Upon receipt of the written notification, the LCSD will cancel the booking record in the computer system and release the facility for booking or for use by others. The booking cancellation form can be obtained from the booking counters of LCSD leisure venues or downloaded from the LCSD website.

6. To maximise the use of resources and secure the safety of users, hirers must ensure that the requirements regarding the number of users and/or users' qualifications are fully met. Otherwise, the LCSD has the right to reallocate the booked leisure facilities to other users. The other users shall only use the facility for the same purpose as booked by the original hirers.

- i. Activity Room/Dance Room/Games Room (less than 100m<sup>2</sup>)  
The hirer is required to use the facility with at least 1 person.
- ii. Activity Room/Dance Room/Games Room (100m<sup>2</sup> or above)  
The hirer is required to use the facility with at least 3 persons.
- iii. Indoor Basketball/Netball/Volleyball Court  
The hirer is required to use the facility with at least 7 persons.

- iv. 健身室設施  
租用人必須已登記為康文署健身室使用者。
- v. 運動攀登牆  
租用人必須出示其持有並由有關體育總會簽發的有效認可二級或以上運動攀登訓練證書，同時須由最少1名具同等或以上資格的人士陪同使用該設施。

- vi. 高爾夫球練習草坪  
租用人必須出示：  
(a) 康文署發出的練習草坪使用證；或  
(b) 香港職業高爾夫球協會會員證或同等資格證明；或  
(c) 香港高爾夫球總會發出的有效差點證明或同等資格證明。

- vii. 水上活動中心艇隻  
租用人於預訂艇隻及取艇使用時，必須出示其持有的相關活動資格證明(創興水上活動中心的水上單車、舢舨和彩艇除外)。未滿14歲的使用者必須由具相關活動資格的家長/監護人或獲其家長/監護人授權者陪同使用艇隻進行水上活動。

- iv. Fitness Room  
The hirer is required to be a registered User of Fitness Rooms of the LCSD.

- v. Sport Climbing Wall  
The hirer is required to produce a recognised and valid sport climbing training level 2 or above certificate issued to him/her by the national sports association concerned. He/she is also required to be accompanied by at least 1 person with equivalent qualifications or above when using the facility.

- vi. Golf Practice Green  
The hirer is required to produce:  
(a) a Practice Green User Card issued by LCSD; or  
(b) a membership card of the Hong Kong Professional Golfers' Association or equivalent; or  
(c) an Official Handicap Card issued by the Hong Kong Golf Association or equivalent.

- vii. Crafts at Water Sports Centres  
The hirer is required to produce proof of his/her qualifications in the relevant activities when booking and using the crafts (except for peddle driven boat, sampan and colour boat at Chong Hing Water Sports Centre). User aged under 14 must be accompanied by his/her parent(s)/guardian(s) with relevant qualifications or a person authorised by his/her parent(s)/guardian(s) and with relevant qualifications.



- viii. 繩網陣/射箭場  
租用人必須最少與9人及最多19人同時使用該設施，其中須包括最少1名具備認可資格的教練(繩網陣另加1名助教)在場指導。射箭教練須持有相關體育總會簽發的有效認可一級或以上射箭教練證書，方可使用射箭場。租用人於取場使用時，同行的教練必須出示其持有的相關教練資格證明文件。所有使用人士必須自備器材及安全裝備。

- ix. 香港單車館單車賽道  
各使用人士須持有《香港單車館單車賽道使用證》。預訂專用時段的租用人必須與最少2人及最多19人同時使用該設施，並須自行安排中國香港單車聯會有限公司認可的賽道監督員或二級教練(場地單車)在場監督，方可使用賽道。

7. 除非另有聲明，否則所有康樂設施的使用者均須遵守康文署現行的《康樂及體育設施使用條件》。

8. 如康樂設施受到惡劣天氣或場地運作影響而未能供租用人使用，恕不安排補場。

9. 團體預訂康樂設施的程序維持不變，並須如常繳付場租。



- viii. Rope Course/Archery Range  
The hirer is required to use the facility with a minimum of 9 persons and a maximum of 19 persons, including at least 1 instructor with recognised qualification (an addition assistant instructor is required for the rope course) to give guidance on the spot. The archery instructor should be the holder of valid archery level I coach certificate or above issued by the relevant national sports association. The instructor(s) is/are required to produce proof of qualifications when the hirer takes up the facility. All users shall bring their own equipment and protective gear.

- ix. Cycling Track at Hong Kong Velodrome  
Users must be holders of the LCSD's Track Pass. If a hirer books the track for "exclusive use", he/she is required to use it with a minimum of 2 persons and a maximum of 19 persons under the supervision of a track supervisor or a Level II Instructor (Track Cycling) recognised by the The Cycling Association of Hong Kong, China Ltd.

7. Unless otherwise stated, all users of the leisure facilities shall observe the existing Conditions of Use of Recreation and Sports Facilities of the LCSD.

8. No reallocation will be arranged if the leisure facilities are not available for use due to inclement weather or operation reasons.

9. The procedure for block booking of leisure facilities by organisations remains unchanged and the hire charges have to be paid as usual.

# SPORT FOR ALL 全民運動 DAY

20<sup>th</sup> ANNIVERSARY  
周年紀念

日日運動半個鐘  
Stay Active 舞躍全城 樂在其中  
Let's Dance

6.8.2017



查詢 Enquiries  
2414 5555  
www.lcsd.gov.hk

各分區康樂事務辦事處  
District Leisure Services Offices



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

# S 全民運動 DAY

## SPORT FOR ALL DAY

### 目的

康樂及文化事務署(康文署)將於2017年8月6日舉行「全民運動日2017」,以鼓勵各年齡層的市民及殘疾人士多參與不同種類的體育活動,養成每日運動30分鐘的良好習慣,積極投入健康的生活模式。今年的全民運動日列為香港特別行政區成立二十周年的慶祝活動,以跳舞為主題,推動市民參與體育活動,一同分享回歸的喜悅。活動當日,康文署會在轄下十八區指定場地舉辦多項免費康體活動,並開放大部分康體設施供市民免費使用。

### Objective

The Leisure and Cultural Services Department (LCSD) will hold the "Sport For All Day 2017" on 6 August 2017 to encourage people of all ages and those with disabilities to maintain a healthy lifestyle by participating in various sports activities and forming the habit of exercising at least half an hour a day. A celebration event for the 20th anniversary of the establishment of the Hong Kong Special Administrative Region, this year's "Sport For All Day" has dance as its theme to invite the general public to participate in sports activities and share the joy of our return to the Motherland. On the day, a series of free recreation and sports programmes will be offered at designated LCSD venues across the 18 districts, while most of the LCSD's recreation and sports facilities will be open for free use by the public.

費用全免  
Free of charge

日期 Date  
2017年8月6日  
6 August 2017  
(星期日 Sunday)



## 免費康體活動 Free Recreation and Sports Programmes

### 活動種類 Types of Programmes

健康講座及運動示範  
Health Talks and Exercise Demonstrations

舞蹈示範及同樂活動  
Dance Demonstrations and Play-ins



親子體育活動  
Sports Activities for Parents and Children



健體閣  
Fitness Corners



體育同樂活動  
Sports Play-in Sessions

殘疾人士活動  
Activities for Persons with Disabilities

### 報名

由2017年7月17日(星期一)上午8時30分起,在主辦活動的康文署分區康樂事務辦事處/區內指定場地報名,先到先得。

### Enrolment

Enrolment can be made from 8:30 am on 17 July 2017 (Monday) at the District Leisure Services Offices of the LCSD organising the respective activities/ specified venues in the districts. Places will be allocated on a first-come-first-served basis.

時間 Time  
下午2時至6時  
2 - 6 pm

對象 Target Participants  
歡迎任何年齡人士參加  
Participants of all ages are welcome

### 活動地點 Programme Venues

分區 District	地點 Venue	電話 Telephone 分區辦事處 District Office	體育館 Sports Centre
南區 Southern	香港仔體育館 Aberdeen Sports Centre	2555 1268	2555 8909
中西區 Central & Western	士美非路體育館 Smithfield Sports Centre	2853 2566	2855 7321
灣仔區 Wanchai	駱克道體育館 Lockhart Road Sports Centre	2879 5622	2879 5521
東區 Eastern	西灣河體育館 Sai Wan Ho Sports Centre	2564 2264	2569 7330
深水埗區 Sham Shui Po	北河街體育館 Pei Ho Street Sports Centre	2386 0945	2729 1010
油尖旺區 Yau Tsim Mong	九龍公園體育館 Kowloon Park Sports Centre	2302 1762	2724 3120
九龍城區 Kowloon City	土瓜灣體育館 To Kwa Wan Sports Centre	2711 0541	2364 9285
黃大仙區 Wong Tai Sin	蒲崗村道體育館 Po Kong Village Road Sports Centre	2328 9262	2325 3585
觀塘區 Kwun Tong	藍田(南)體育館 Lam Tin South Sports Centre	2343 6123	2379 9254
離島區 Islands	東涌文東路體育館 Tung Chung Man Tung Road Sports Centre	2852 3220	2109 2421
屯門區 Tuen Mun	大興體育館 Tai Hing Sports Centre	2451 0304	2463 1260
元朗區 Yuen Long	天輝路體育館 Tin Fai Road Sports Centre	2478 4342	2473 0229
葵青區 Kwai Tsing	林士德體育館 Osman Ramju Sadick Memorial Sports Centre	2424 7201	2422 5610
北區 North	龍琛路體育館 Lung Sum Avenue Sports Centre	2679 2819	2673 4433
大埔區 Tai Po	大埔墟體育館 Tai Po Hui Sports Centre	3183 9020	3183 9011
荃灣區 Tsuen Wan	蕙荃體育館 Wai Tsuen Sports Centre	2212 9702	2415 2621
沙田區 Shatin	圓洲角體育館 Yuen Chau Kok Sports Centre	2634 0111	2509 9108
西貢區 Sai Kung	將軍澳體育館 Tseung Kwan O Sports Centre	2791 3100	2701 2317

## 免費使用康樂設施

由7月30日(星期日)上午9時起,市民可在康文署各區場地的「康體通」訂場櫃枱(不包括自助服務站),預訂8月6日(星期日)可供免費使用的康樂設施註一。

### 預訂方式

市民可以個人身份以先到先得的方式預訂,每人只限預訂設施一節註二(不論類別)。

預訂設施時,租用人必須出示身份證明文件(例如身份證)和認可資格證明(如有需要)。如代他人預訂設施,則須出示該人的上述文件副本。如需排隊輪候,每人每次只可辦理一項預訂申請。

註一  
公眾游泳池設施無須預約,市民只需於泳池開放時段前在泳池入口處排隊輪候,名額先到先得,額滿即止。

註二  
康樂設施以一小時為一節,下述設施除外:壁球場以半小時為一節;射箭場、屯門康樂體育中心運動攀登牆及繩網陣以一小時三十分鐘為一節;香港單車館的單車賽道(共用時段)以兩小時為一節;水上活動中心的艇隻以三小時為一節。

### Free Use of Leisure Facilities

Starting from 9:00 am on 30 July (Sunday), bookings for the free use of the available leisure facilities Note 1 on 6 August (Sunday) can be made at the Leisure Link booking counters at the venues of the LCSD in various districts (excluding Self-service Kiosks).

### Booking Method

Individual members of the public may book the available leisure facilities for use free of charge on a first-come-first-served basis. Only

one session Note 2 per person is allowed (irrespective of the type of facility).

When making a booking, a hirer is required to produce his/her identity document (e.g. identity card) and recognised proof of qualification (if necessary). A person who wishes to make a booking on behalf of another person is required to produce a copy/copies of the aforesaid document(s). If there are people waiting in line, only one booking per person is allowed each time.

#### Note 1

Prior booking is not required for public swimming pools. Members of the public may line up at the entrance of swimming pools before the start of a session. Free admission is offered on a first-come-first-served basis.

#### Note 2

Each session lasts one hour except for the following: half an hour per session for squash courts; one-and-a-half hour sessions for all archery ranges, sport climbing wall and the rope course at Tuen Mun Recreation and Sports Centre; two-hour sessions for the cycling track (shared use session) at the Hong Kong Velodrome; three-hour sessions for the crafts at the water sports centres.

## 免費使用的康樂設施

### 室內康樂設施

羽毛球場、網球場、籃球場、投球場、排球場、壁球場、乒乓球枱、美式桌球枱、英式桌球枱、運動攀登牆、草地滾球場、高爾夫球設施、健身室、活動室、舞蹈室和單車賽道

### 戶外康樂設施

網球場、網球練習場、草地滾球場、棒球練習場、運動攀登牆、射箭場、繩網陣和高爾夫球設施(不包括營地設施、運動場、人造草地球場和天然草地球場)

### 公眾游泳池

(不包括灣仔游泳池)

### 水上活動中心艇隻

## Leisure Facilities Available for Free Use

### Indoor Leisure Facilities

Badminton courts, tennis courts, basketball courts, netball courts, volleyball courts, squash courts, table tennis tables, American pool tables, billiard tables, sport climbing walls, bowling greens, golf facilities, fitness rooms, activity rooms, dance rooms and cycling track

### Outdoor Leisure Facilities

Tennis courts, tennis practice courts, bowling greens, batting cages, sport climbing walls, archery ranges, rope course and golf facilities (excluding camp facilities, sports grounds, artificial and natural turf pitches)

### Public Swimming Pools

(excluding Wan Chai Swimming Pool)

### Crafts at Water Sports Centres

### 主辦機構 Organiser

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



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

### 協辦機構 Co-organisers

(排名不分先後 In no particular order)



衛生署  
Department of Health



CUHK SPORTS MEDICINE  
中大運動醫學



香港中文大學運動醫學及健康科學系



香港智障人士體育協會  
HONG KONG SPORTS ASSOCIATION FOR PERSONS WITH INTELLECTUAL DISABILITY  
(formerly HKAS)



香港舞蹈總會  
Hong Kong Dance Federation



Since 1978  
香港舞蹈總會  
Hong Kong Dance Federation

