

SPORT FOR ALL DAY

目的

康樂及文化事務署(康文署)將於2018年8月5日舉行「全民運動日2018」,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。為使「全民運動日」更深入民心,並加強市民勤做運動的意識,今年將配以清晰易記的口號「日日運動半個鐘 健康快樂人輕鬆」,提醒大家每天運動能夠強身健體,也可保持心情愉快,從而鼓勵大眾多做運動。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,並開放大部分康樂設施,供市民免費使用。

Objective

The Leisure and Cultural Services Department (LCSD) will hold the "Sport For All Day 2018" on 5 August 2018 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. To make "Sport For All Day" a household name and drive home the importance of regular exercise, the event will adopt "Stay Active, Healthy and Happy!" as the slogan. Clear and catchy, the slogan is tailored to remind everybody of the benefits of daily exercise on both the body and the mind, and encourage members of the public to include exercise in their everyday routine. On the day of the event, various recreation and sports programmes will be offered at designated venues in the 18 districts, and most of the leisure facilities of the LCSD will be open for public use, all free of charge.



費用全免
Free of charge

日期
DATE
2018年8月5日
5 AUGUST 2018

主辦機構 Organiser



協辦機構 Co-organisers
(排名不分先後) (in no particular order)



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



健體閣
Fitness Corners



親子體育活動
Sports Activities for Parents and Children



體育同樂活動
Sports Play-in Sessions



殘疾人士活動
Activities for Persons with Disabilities



足毬示範及同樂活動
Shuttlecock Demonstrations and Play-ins

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

報名

由2018年7月16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 16 July 2018 (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.

活動地點 Programme Venues

分區 District	活動地點 Venue	分區辦事處電話 Telephone No. of District Office	體育館電話 Telephone No. of Sports Centre
南區 Southern	鴨脷洲體育館 Ap Lei Chau Sports Centre	2555 1268	2554 0832
中西區 Central & Western	香港公園體育館 Hong Kong Park Sports Centre	2853 2566	2521 5072
灣仔區 Wan Chai	港灣道體育館 Harbour Road Sports Centre	2879 5622	2827 9684
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	石硤尾公園體育館 Shek Kip Mei Park Sports Centre	2386 0945	2784 7694 2784 7424
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 2350 0019
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	友愛體育館 Yau Oi Sports Centre	2451 0304	2450 8850
元朗區 Yuen Long	天瑞體育館 Tin Shui Sports Centre	2478 4342	2446 6609
荃灣區 Tsuen Wan	荃灣西約體育館 Tsuen Wan West Sports Centre	2212 9702	2412 0904
葵青區 Kwai Tsing	青衣西南體育館 Tsing Yi Southwest Sports Centre	2424 7201	2341 0102
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
沙田區 Sha Tin	馬鞍山體育館 Ma On Shan Sports Centre	2634 0111	2631 1597
西貢區 Sai Kung	調景嶺體育館 Tiu Keng Leng Sports Centre	2791 3100	2481 5033

備註: 上述場地的康樂設施於8月5日(星期日)大部份時段已預留舉辦多項免費康體活動,當日其餘未被預留的設施則由7月29日(星期日)上午9時起供市民免費預訂使用。
Remark: Most sessions of the leisure facilities at the above venues on 5 August (Sunday) are reserved for free recreation and sports programmes. Other sessions that remain unreserved for that day will be available for booking for free use starting from 9 am on 29 July (Sunday).

免費使用康樂設施

由7月29日(星期日)上午9時起,市民可在康文署各區場地的「康體通」訂場櫃檯(不包括自助服務站),預訂全民運動日當日(即8月5日(星期日))供免費使用的康樂設施註一。

預訂方法

市民可以個人身份預訂設施,每人只限預訂一節註二(不論類別),先到先得。

預訂時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,則須出示租用人上述文件副本。如櫃檯有人輪候,每人每次只可辦理一項預訂申請。



註一
公眾游泳池無須預約,在泳池各開放段節開始前於入口處排隊便可。名額先到先得,額滿即止。

註二
康樂設施大多每節一小時,下述設施除外:壁球場每節半小時;射箭場、屯門康樂體育中心運動攀登牆及繩網陣每節一小時三十分鐘;香港單車館的單車賽道(共用時段)每節兩小時;水上活動中心的艇隻每節三小時。

Free Use of Leisure Facilities

Starting from 9 am on 29 July (Sunday), bookings can be made at Leisure Link booking counters at all LCSD venues (excluding Self-service Kiosks) for leisure facilities^{Note 1} that are available for free use on "Sport For All Day" (5 August, Sunday).

Booking Method

Members of the public may book the facilities as individual users on a first-come-first-served basis. Each person may book only one session^{Note 2} for any one type of facility.

To make a booking, the hirer should produce his / her identity document (e.g. identity card) and proof of recognised qualification (if necessary). If the booking is made by a representative, a copy of the above documents of the hirer should be produced. When there are other people waiting for service at the counter, each person may only make one booking each time.

Note 1
Prior booking is not required for use of public swimming pools. Members of the public may line up at the entrance to swimming pools before a session starts. Free admission is offered on a first-come-first-served basis.

Note 2
Leisure facilities are generally available for use in one-hour sessions, except for: squash courts (in half-hour sessions); archery ranges, the sport climbing wall and rope course at Tuen Mun Recreation and Sports Centre (in 1.5-hour sessions); the cycling track (shared use sessions) at the Hong Kong Velodrome (in 2-hour sessions); and craft at water sports centres (in 3-hour sessions).

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、乒乓球檯、美式桌球檯、英式桌球檯、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 courses and golf facilities
(excluding camp facilities, sports grounds, artificial and natural turf pitches)

Public Swimming Pools

(excluding Wan Chai Swimming Pool)

Craft of Water Sports Centres



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。使用設施前，租用人必須出示身份證明文件、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。所有空置設施會於每節開始後接受輪候使用。
4. 如租用人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天內有兩次不取場記錄，會失去預訂收費康樂設施的資格，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. Before using the facility, the hirer is required to produce his / her identity document, a valid user permit and proof of recognised qualifications (if necessary) for checking.
2. All leisure facilities shall be used for their designated purposes only.
3. If a 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 booking was made by the original hirer. The user shall surrender the facility back to the original hirer immediately upon the latter's arrival. Queuing for use of vacant facilities will commence after the start of each session.
4. If a hirer fails to take up a booked session without cancelling 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。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」表格連同用場許可證和租用人的身份證明文件（正本或副本），親身或由代表送交康樂場地的訂場櫃檯（如預訂段節於晚上9時或以後開始，則須最遲於同日晚上8時30分前辦理取消預訂手續）。康文署收到書面通知後，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」表格可在康文署轄下各康樂場地訂場櫃檯索取，或於康文署網頁下載。
6. 為善用資源和保障使用者安全，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。候補人士只限將場地用作與原租用人相同的用途。
 - i. 面積100平方米以下的活動室/舞蹈室/遊戲室
租用人必須與最少1人同時使用設施。
 - ii. 面積100平方米或以上的活動室/舞蹈室/遊戲室
租用人必須與最少3人同時使用設施。
 - 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 cancel the booking at any Leisure Link Self-service Kiosk before the start of the session, or submit a completed "Application for Cancellation of Booking", together with the user permit and the original or a photocopy of the hirer's identity document, 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 before 8:30 pm for booked sessions starting at 9 pm or later). 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 form of "Application for Cancellation of Booking" 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 ensure the safety of users, a hirer must make sure the requirements regarding the number of users and / or users' qualifications are fully met. Failure to do so will entitle the LCSD to reallocate the booked leisure facility to other users on the spot. Walk-in applicants shall only use the facility for the same purpose as that for which booking was made by the original hirer.
 - i. Activity Room / Dance Room / Games Room with an area of less than 100m²
The hirer is required to use the facility with at least 1 person.
 - ii. Activity Room / Dance Room / Games Room with an area of 100m² 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
租用人必須持有並出示由相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，並須由最少1名具同等或以上資格的人士陪同使用設施。
- vi. 高爾夫球練習草坪
租用人必須持有並出示：
 - (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
租用人訂艇及取艇時，均須出示所持有的相關活動資格證明（劃興水上活動中心的水上單車、舢舨和彩艇除外）。未滿14歲的使用者必須在家長/監護人或獲家長/監護人授權者陪同下使用艇隻進行水上活動，而該等陪同人士亦須持有相關活動資格。
- iv. Fitness Equipment
The hirer is required to be a registered "User of LCSD Fitness Rooms".
- v. Sport Climbing Wall
The hirer is required to hold and produce a valid and recognised Sport Climbing Training Certificate at Level 2 or above issued by the relevant national sports association, and must 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 hold and produce :
 - (a) a Practice Green User Card issued by the LCSD; or
 - (b) a membership card of the Hong Kong Professional Golfers' Association or proof of equivalent qualifications; or
 - (c) a valid handicap card issued by the Hong Kong Golf Association or proof of equivalent qualifications.
- vii. Craft provided by Water Sports Centres
The hirer is required to produce proof of his / her qualifications for undertaking relevant activities when booking and collecting the craft (except for pedal-driven boat, sampan and colour boat provided by Chong Hing Water Sports Centre). A user aged under 14 must be accompanied by his / her parent / guardian or a person authorised by his / her parent / guardian, who shall also hold qualifications for undertaking relevant activities.



- viii. 繩網陣/射箭場
租用人必須結伴使用設施，同行者不得少於9人，亦不得多於19人，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。租用人取場時，同行教練必須出示所持有的相關教練資格證明文件。所有使用者均須自備器材及安全裝備。
- ix. 香港單車館單車賽道
使用者須持有「香港單車館單車賽道使用證」。預訂專用時段的租用人必須結伴使用設施（同行者不得少於2人，亦不得多於19人），並須自行安排中國香港單車總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，程序維持不變，並須如常繳付場租。
- viii. Rope Course / Archery Range
The hirer must be accompanied by a minimum of 9 persons and a maximum of 19 persons when using the facility, including at least 1 instructor with recognised qualifications (plus an assistant instructor for the rope course) to give guidance on the spot. The archery instructor must be a holder of a valid and recognised archery coach certificate at Level I or above issued by the relevant national sports association. The instructor(s) accompanying the hirer is / are required to produce proof of qualification as coach when the hirer takes up the booked session. All users shall bring their own equipment and protective gear.
- ix. Cycling Track at the Hong Kong Velodrome
Users must be holders of the Track Pass for the Hong Kong Velodrome. If a hirer books the track for "exclusive use", he / she must be accompanied by a minimum of 2 persons and a maximum of 19 persons. The hirer must arrange for a track supervisor or a Level II Coach (Track Cycling) recognised by the Cycling Association of Hong Kong, China Ltd at the venue to supervise use of the track at the venue.
7. Unless otherwise stated, all users of leisure facilities shall comply with the LCSD's existing Conditions of Use of Recreation and Sports Facilities.
8. There will be no reallocation of the leisure facilities if such are not available for use due to inclement weather or operational reasons.
9. The procedure for block booking of leisure facilities by organisations remains unchanged and the usual hire charges apply.



查詢 Enquiries
2414 5555

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



SPORT FOR ALL
全民運動 DAY
8月5日
AUG 5 SUN
2018