



中國香港龍舟總會  
HONG KONG CHINA DRAGON BOAT ASSOCIATION

24小時龍舟接力齊破健力士  
Guinness 24-Hours Dragon Boat Relay

**領隊會議**

**2016年12月12日**

**Team Manager Meeting  
12 December 2016**

# 會議內容

## Meeting Content

- **參賽隊數 Team List**
- **抽籤結果 Draw Result**
- **活動時間表 Event Programme**
- **活動報到時間 Event Report time**
- **活動路線圖 Event Route**
- **場地簡介 Event Venue**

# 會議內容

## Meeting Content

- **飲食安排 Meal Arrangement**
- **租帳篷租賃 Marquee Rental**
- **場地規則 Rules and Regulations for Venue**
- **惡劣天氣安排 Arrangement under inclement weather**
- **安全措施 Safety Measures**
- **活動條例 Event Regulations**

# 參加隊數 No. of Teams

總數28隊 Total 28  
Teams

## 24小時龍舟接力破健力士時段

日期	時段		組別	隊伍
31/12/2016	15:00:00	16:48:00	1	傷青活力龍
				浪客龍舟隊
31/12/2016	16:48:00	18:36:00	2	K 龍
				柴灣區街坊福利會萬匯尖峰龍
31/12/2016	18:36:00	20:24:00	3	友校校友龍舟隊
				老友龍
31/12/2016	20:24:00	22:12:00	4	新界東之友
				科德寶·寶翎有限公司
31/12/2016- 1/1/2017	22:12:00	0:00:00	5	柴灣基督龍
				南豐龍舟隊
1/1/2017	0:00:00	1:48:00	6	香港暴速龍龍舟會
				將軍龍龍舟隊
1/1/2017	1:48:00	3:36:00	7	香港友誼龍
				香港業餘龍舟總會
1/1/2017	3:36:00	5:24:00	8	健兒體育會
				民安隊龍舟隊
1/1/2017	5:24:00	7:00:00	9	海格體藝會
				香港理工大學 - 電子龍

1/1/2017	7:00:00	8:36:00	10	香港挑戰龍龍舟隊
				進步龍
1/1/2017	8:36:00	10:12:00	11	LSnP龍的傳人
				一班同學會2012
1/1/2017	10:12:00	11:48:00	12	翠湖飛青龍
				聯合軍
1/1/2017	11:48:00	13:24:00	13	大埔運頭塘龍舟會
				醫療輔助隊康樂及體育有限公司
1/1/2017	13:24:00	15:00:00	14	警察龍舟會
				粉紅戰士

# 活動時間表

## Event Programme

- **日期 Date:活動當日 Event Day 31.12.2016-1.1.2016**
- **時間 Time:**
  - 15:00 31.12.2016(第一隊參加隊伍適用) (Start time for the first team )**
  - 15:00 1.1.2017(最後一隊參加伍適用) (Finish time for the last team)**

# **活動報到時間**

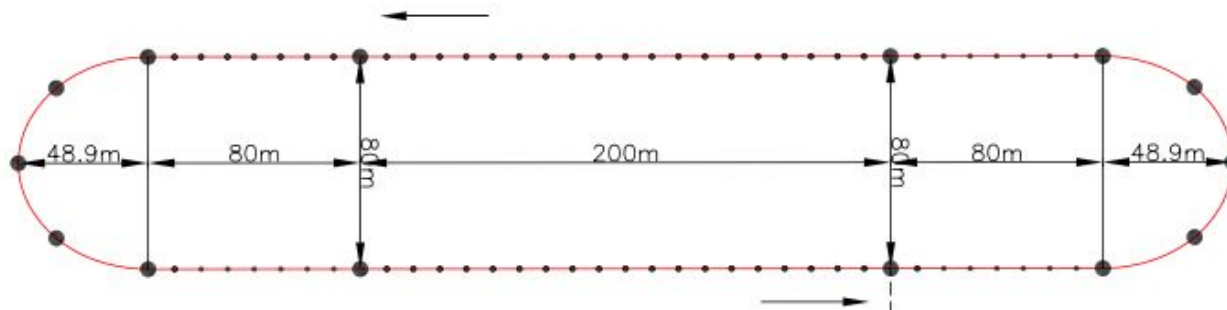
## **Event Report time**

- **參加隊伍需於活動前一小時到達報到處報到**
- **Teams are required to register in reporting area one hour before the Event start**



# 活動路線圖 Event Route

GREATEST DISTANCE BY DRAGON BOAT – IN 24 HOURS (RELAY)  
REFERENCE: 160818053831GDBD



START/RELAY/FINISH POINT

BOARDING  
PONTOON  
(NOT IN SCALE)

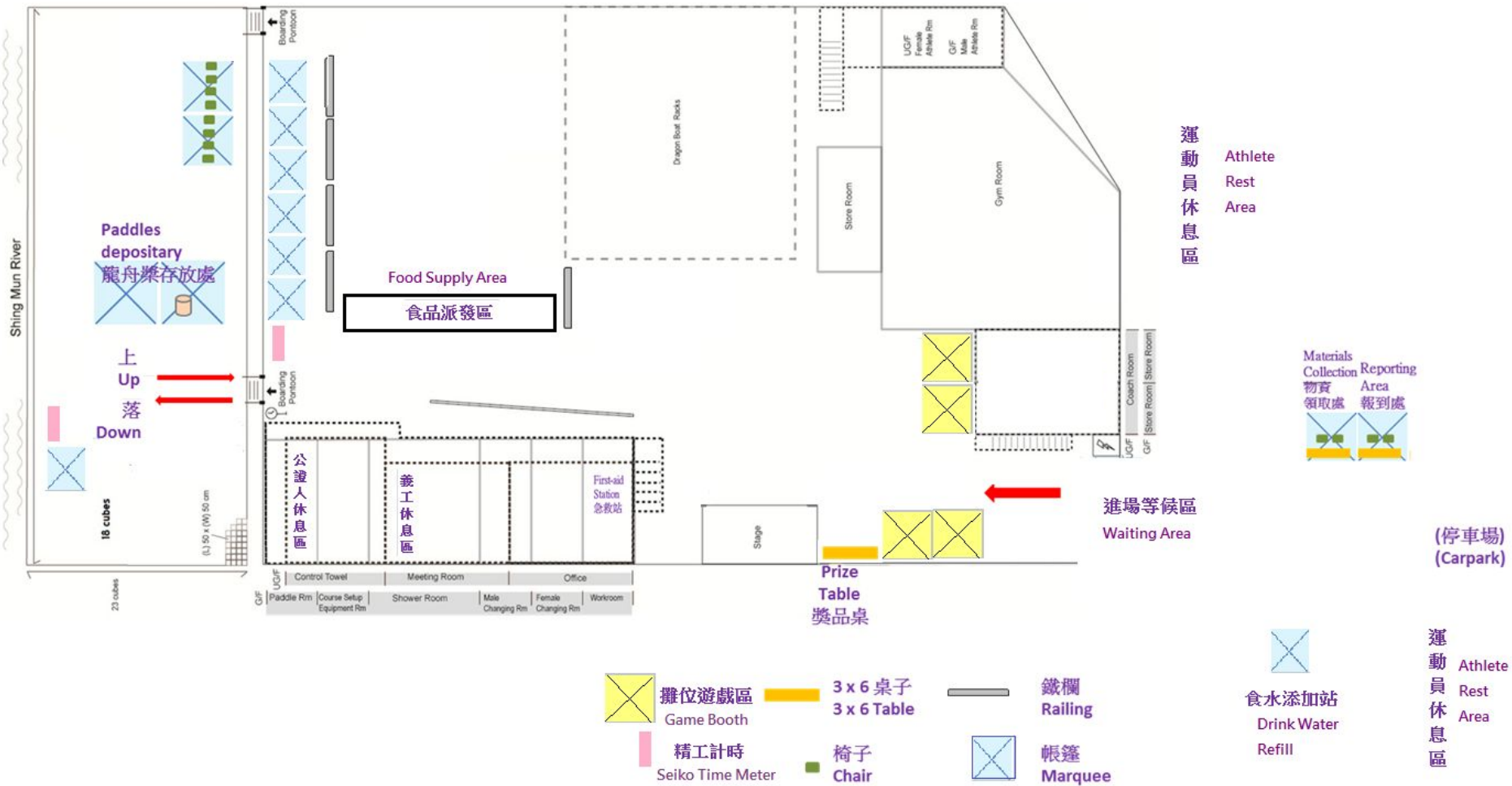
CONTROL CENTRE  
(NOT IN SCALE)

- LARGE BUOYS
- SMALL BUOYS

SMALL BUOYS LOCATED ALONG  
RED LINE AT 10m INTERVAL

HKCDBA  
SHEK MUN TRAINING CENTRE

# 場地簡介 Race Venue



# 場地簡介 Race Venue



# 飲食及禮品安排

## Meal Arrangement

- 每個隊伍將獲派28枝水 (可在會場無限添加)
- 每名參加者提供小食一份
- 每隊有1份禮品在當日報到時派發
- 每隊有1個記念盃在當日頒發
- Each team entitled 28 bottles of water (It can be refilled at the venue)
- One snack pack will be provided for each participant
- One gift will be distributed for each team upon registration
- One commemorative cup will be issued for each team during event

# 健力士證書安排

## Certificate Arrangement

- 隊伍登船前需提供參加者姓名(需要證書必需註明)
- 如活動最終能夠打破記錄, 所有參加者由總會統一申請證書(費用由參加者自費)
- Participants are required to provide the name of the team before boarding(A certificate is required)
- If this event finally break the current record of Guinness, the Dragon Boat Association will help application of the certification, but it will charge back for each team member any cost for application involved.

※證書上姓名由參加者提供, 請填寫清晰文字

※The full name provided by team member should be clearly stated in the related provided form by association.

# 活動安排

## Activity Arrangement

- 所有參加隊伍會有進場儀式(請各隊安排小朋友及橫額)
- 會場內設有攤位遊戲
- Approach ceremony will be launched for each team, Please arrange team banner and a children that during the moment
- Booth game is available for participants

# 帳篷租賃 Marquee Rental

- 各隊須帶備租用表格, 填妥並於報到時辦理手續
- 租借每個帳篷費用為 \$200(一日)
- 每個帳篷按金為 \$1000
- 自行裝拆
- 歸還帳篷(沒有損壞)可退回按金 \$1000
- 注意: 帳篷不可懸掛任何物品(特別是背包及手提袋)
  
- **Forms are required to submit** for renting marquee on day. **Rental fee is HK\$200 and deposit is HK\$1,000 for each marquee.**
- **Please aware that things are not allowed to hang over inside the marquee.**

# 場地規則

- **由於訓練中心外的停車場將於活動期間封閉，故建議參賽者使用公共交通工具到場；**
- **保持場地清潔；**
- **全場禁煙；**
- **不得攀爬石壘或在石壘上坐立；**
- **所有參加者沖身後必須關閉水掣；**
- **請小心保管財物。場地設有儲物櫃，使用者請自備掛鎖；**
- **禁止攜帶玻璃樽。**



# Rules and regulations for Venue

- **Car park outside HKCDBA will be closed on Event day, please use public transport to access the venue;**
- **Keep clean ;**
- **No smoking;**
- **No climbing next to the water front;**
- **Please be aware of your personal belongings;**
- **Glass bottles are prohibited.**

# 惡劣天氣安排

1. 若活動當日上午七時或以後，三號或以上熱帶氣旋警告信號、紅色或黑色暴雨警告信號生效，所有活動將會取消。所有報名費用將不獲退還。
2. 若活動當日雷暴警告、一號熱帶氣旋警告信號、黃色暴雨警告信號或強烈季候風信號生效，各隊伍仍請依時報到。活動舉行與否，均以活動籌委會作最終決定及安排。
3. 基於安全理由，在活動中途遇到任何情況或惡劣天氣，活動籌委會有權取消或延遲活動。

# Arrangement under inclement weather

1. If either Tropical Cyclone signal No. 3 or above, Red or black rainstorm warning signal is in force at 7am or after on the event day, all the event will be cancelled. Entry fee will NOT be refunded.
2. If either Thunderstorm warning, Tropical Cyclone signal No. 1, Amber rainstorm warning signal or the Strong Monsoon signal is in force on the event day, all teams shall report on time. Cancellation or delay of event is subject to the final decision of event Committee. All teams should obey the arrangement announced by event Committee.
3. If the weather is unstable on the event day, event Committee may decide to use reserve route. Details will be announced to team manager before the event.
4. In case weather condition is getting worse during the event, the organizer reserves the right to cancel or postpone the event. Entry fee would not be refunded.

# 安全措施 Safety measures

## 個人助浮設備 Personal Floatation Device(PFD)

- 所有參加運動員(包括鼓手及舵手)可以穿著個人助浮設備(PFD);
- 大會備有PFD供運動員使用;
- 運動員可自備PFD;
- 自備的「充氣式」PFD, 必須符合 **ISO 12402** 標準或等效PFD, (例如CE, EN, US Coast Guard及Transport Canada等。)並必須附有以上其中一個組織認可的標籤供賽事安全主任檢查, 若其「充氣式」PFD未能出示以上標籤, 必須使用由大會提供的PFD;
- 運動員有責任確保自備的「充氣式」PFD, 操作正常。

## Personal Floatation Device(PFD)

- All athletes including drummers and helms suggest wear a Personal Floatation Device (PFD) during the event;
- The event Organizer has PFD available for athletes to use;
- Athletes may use their own PFD;
- **“Inflatable” PFD** must comply with **ISO 12402** or the equivalent standard for PFD in other jurisdictions. For example: CE, EN, United States Coast Guard and Transport Canada / Canadian Coast Guard, etc. Such equipment must be accompanied by a label authorized by one of the above authorities for inspection by the Race Safety Officer. If no such label is present, athletes must wear the PFD provided by the event Organizer;
- It is the responsibility of the athlete to **ensure their PFD is in good working order.**

## 其他建議 Other Recommendations

- 穿著包趾包跟鞋參與活動；
  - 做足防曬措施；
  - 帶備足夠食水，補充水份，以防中暑。
- 
- To wear closed toe and heel footwear for the **Event**;
  - To take sunburn protection measures;
  - To carry sufficient water on board, to take plenty of water to avoid heat stroke.



# 活動規則

## Regulations and Rules

# 隊伍的組合 Crew and Team Composition

## 領隊 Team Manager

**每支參加隊伍須有一位領隊，於該隊正在參加並受活動職員監管期間，須留在運動員集合處，並負責與活動職員聯絡。**

**Each crew must have a Team Manager, who must be present in the Crew Assembly Area during the time that the crew is participating and is under the control of event Officials. The Team Manager will be responsible for liaising with event Officials.**



**鼓手 / 舵手之性別 / 年齡**

**Gender / Age of Steerer / Drummer**

**所有組別擔任鼓手或舵手之人士可不限性別及年齡。**

**船上所有運動員，必需年滿16歲，16-18歲人士須由家長簽署。**

**Age and gender of steerers or drummers of all classes and categories will not be restricted.**

**All members of the crew on a dragon boat must be 16 years old or over. A guardian signature is required for ages 16-18 people.**

# 每隊人數 Crew Numbers

- 每艘標準龍必需載划手 **20 名**划手。
  - 另每艘龍舟須有鼓手、舵手各一名。
  - 每隊後備人數最多5人。
- 
- A Standard Dragon Boat must to **20 paddlers** .
  - Each boat must carry 1 drummer and 1 steerer.
  - Each team may carry with maximum of 5 reserve athletes.

# 賽隊操守 Conduct of Crew

## 划手Paddler

**划手在比賽過程中必須坐於座位上划船，不得以站立式或半蹲式划船。**

**All paddlers shall perform the whole race in sitting position on the paddlers seat, neither stand-up nor squat down position is allowed.**

## 舵手Steerer

**舵手不能用尾舵或/及划槳幫助推進以增加龍舟速度。**

**The steerer is prohibited to assist paddling or use the rudder for sculling to accelerate the boat speed.**

# 隊伍操守 Conduct of Crew

## 鼓手 Drummer

鼓手應坐在座位上。並應全力有節奏地在鼓面或鼓邊敲擊，**晚間指定時間不可打鼓！**

The Drummer shall sit on the designated drummers seat throughout the activity. The drummer must actively beat the Drum with reasonable rhythm throughout the activity. **Drummer is not allowed to beat the drum with specified period of time at night.**

## 划槳 Paddle

- **參加隊伍可使用已得到國際龍舟聯會(IDBF)認證的202a規格標準槳**
- **Competitors shall be permitted to use their own paddles with IDBF Racing Paddle specification(202a) and bear the IDBF approval mark.**

## 鼓棍 Drum Stick

- 參加隊伍可使用自攜鼓棍
  - 長度: 400mm (40cm) 以下
  - 直徑: 40mm (4cm) 以下
  - 兩端: 必須為半圓球狀, 直徑不能大於棍身
- 
- The crew shall be permitted to use its own drum stick
  - Length : < 400mm
  - Diameter : < 40mm
  - Both ends : shall be in half sphere shape which diameter shall not exceed that of the drum stick itself.

## 隊伍制服 Crew Uniforms

參加隊伍船上所有成員**上身制服沒有限制**

There is **no request on standardizing uniform** during activity.

## 標語、物資設計及贊助商廣告

### Slogans, Team Material Design & Advertising

- 制服上之廣告尺寸不限；
  - 設計不能引起大眾不安或反感，或違反本地法律；
  - 自攜划槳上之隊伍/個人/商業性名稱、標誌、標語、及其他廣告內容，總面積不能超過20cm x 5cm 或 10cm x 10cm (即100平方厘米)。
- 
- The size of sponsors name, logos and advertising on a Racing Vest is unlimited;
  - The design should not cause obvious offence to the public;
  - All personal names, team names or commercial names, as well as logos, slogans, and other part of the design and advertisement, appearing on private racing paddles must be able to be contained in a box measuring 20cm x 5cm or 10cm x 10cm (i.e.100 cm<sup>2</sup> ).



## 集合時間

### Marshalling

參加隊伍必須按比賽時間 **1小時**前到隊伍集合處報到並準備登船。

A crew must report to the crew assembly area **60 minutes** before the time of its activity and be ready to embark the boat.

## 隊員變化

### Changes to Crew

**當龍舟離開登舟碼頭後，隊員可任意位置調動**

**Once a crew has loaded in a boat and left the boarding pontoon, crew members can change sit anytime.**

# 起步區及起步程序 Starts and Starting Procedures

## 起步區 Start Area

- 必須在活賽開始前 3分鐘在起步區。
- All crews shall assemble in start area, at least 3 minutes before their start.

## 遲到 Late Arrivals

- 遲到將會由其他隊伍協助扒該隊原有時間
- For late participate, other available team will occupy that assigned time block.

# 起步位置 Starting Position

## 起步

- 每隊在起步點等候,
  - 1.第一隊開始時, 留意計時員口令(ARE you ready, attention, go)
  - 2.然後當途中的**船頭衝過起步點後**, 見証人舉旗示意, 隊伍開始起步
  3. \* 晚間計時員會**使用燈號(訊號燈)**, 提示隊伍起步

## Staer

- Each Team wait at the starting point,
  - 1.The team which goes first listen the command of the starter (Are you ready? Attention, go)
  2. During the cycle, when head of the previous **boat cross thought the starting points** and the starter raise the flag, the next boat can run.
  3. The starter use **a light signal** to instruct the start at night.

## 司線 Aligning

- **當發令員發出「ARE YOU READY」警惕賽隊時，則全部划槳動作均預備；**
- **Once the Starter has alerted the crews by saying “ARE YOU READY”, then all movement of paddles in the water ready;**

# 起步／交接

## Starting／Changing Signals

- 每時段由兩位裁判做發令員及計時員。
- There are two race officials as the starter and the time keeper in each session.
- 1. 第一龍舟隊伍在起步點接力點/終點(0點)後等候
- Each team wait at the start point / .
- 2. 發令員發出口令「Are you ready, Attention, Go」及日間用氣笛及旗號，龍舟隊伍立即出發，計時員同時開始計時；
- The starter call "Are you ready, Attention , Go" with a horn and a flag. The team go immediately. The time keeping will be start.
- 3. 接力隊伍在接力點(0點)後等待接力；
- The next team wait at the start point.
- 4. 當途中隊伍接近接力點時，發令員對準備接力龍舟隊伍發出口令「Are you ready, Attention」後當途中龍舟隊伍龍頭衝過接力點(0點)時，發出口令「Go」及日間用氣笛及旗號，晚間(下午6時至早上10時用燈號及旗號，接力龍舟隊伍立即出發，計時員同時用秒錶的分段計時(Time lap)記錄圈數；
- During the cycle, the team is proceeding to the start point, the starter call " Are you ready, attention". While the boat head across the start point, the starter call "Go" with the horn and flag in the daytime and signal light at night (1800-1000), the next boat starts to go. The time keeper record the time by the stopwatch.

# 起步/ 交接

## Starting / Changing Signals

- 5. 當24小時接近時，發令員開始倒數(由剩餘10分鐘開始每分鐘倒數，剩餘1分鐘開始每秒鐘倒數)；
- The starter count down minute by minute before 10 minutes of 24 hours is almost finished.
- 6. 當到達24小時發令員發出口令「Stop」，計時員按停秒錶；
- While the 24 hours completed, the starter call “Stop”. The time keeper stop the stopwatch.

## 浮泡 Buoys

- **活動路線設有浮泡(Check Point), 各參加隊必須在每個浮泡的右方經過;**
- **There are buoys (check point) set in the event route, all teams must pass the buoys on the right-hand side.**



**多謝!**

**期待在2016年12月31日至  
2017年1月1日  
與各位見面！**