



明愛營地服務 - 水中自救技能班 參加者須知

參加者資格要求

- 健康狀況：無心臟病、癲癇或其他不適合水上活動的疾病。
- 基本能力：能在水中獨立站立或短時間漂浮。
- 心理準備：能接受模擬情境演練，不恐懼水環境。
- 服裝裝備：穿著合適的泳衣，配帶泳鏡、泳帽、長袖衫、長褲、拖鞋和毛巾。

課前準備與服裝

1. 準時到達：學員須於課前最少 15分鐘到達泳池，於 泳池接待處 向營地職員報到點名，以便進場。
2. 必備用品：沐浴用品。
3. 學員可按需要準備足夠的食水。
4. 學員可於上課前塗抹適量防曬油，以預防紫外線傷害。

安全及財物管理

1. 嚴禁奔跑：泳池地面濕滑，學員在池邊及更衣室內切勿奔跑，以免滑倒受傷。
2. 服從指令：課堂期間必須聽從教練指示，未經教練許可，不得擅自跳水或離開指定教學水域。
3. 財物管理：請勿攜帶昂貴物品或過量現金。中心及泳池場地對學員之財物損失概不負責。

電子設備與私隱

1. 更衣室禁令：為保障他人私隱，嚴禁在更衣室內使用任何具拍攝功能之電子產品（包括手機、平板電腦或相機）。
2. 課堂拍攝：課堂進行期間，家長及學員未經許可請勿擅自拍照或錄影，以免影響教學及侵犯他人肖像權。

營地設施

1. 營地泳池僅設有沖身設備及更衣室。
2. 本營免費提供儲物櫃予學員，惟學員須妥善保管鑰匙；若不慎遺失，須照價賠償。
3. 同行之家長及監護人請於指定區域等候，請勿擅自進入營地其他範圍。



個人衛生

1. 患有傳染性疾病者請勿下水，以免造成交叉感染。
2. 學員請時刻注意個人身體狀況。如感到不適或出現傳染病徵狀（如發燒、咳嗽、流鼻水、喉嚨痛、紅眼症、紅疹或皮膚破損等），應留在家中休息，切勿勉強上課。如有疑問，請先行諮詢醫生意見。
3. 上課前應注意飲食，切勿過飢或過飽。
4. 進入泳池前必須徹底清潔全身（淋浴），保持個人及環境衛生。
5. 課堂期間如感身體不適，必須立即向教練報告，以確保安全。

天氣安排（開始上課時間前兩小時，天文台發出以下之惡劣天氣警告時）

天氣警告訊號	訓練班安排
雷暴警告	如屬局部地區性，訓練班會如常進行； 教練並有權因應情況而決定是否繼續或終止。
黃色暴雨警告	訓練班會如常進行； 教練並有權因應情況而決定是否繼續或終止。
紅色暴雨	訓練班取消； 如泳班進行中，教練會即時停止授課； 全體學員返回室內安全地方暫避。
黑色暴雨警告	訓練班取消； 如泳班進行中，教練會即時停止授課； 全體學員返回室內安全地方暫避。
一號戒備信號	訓練班如常進行；
三號戒備信號	訓練班會如常進行； 教練並有權因應情況而決定是否繼續或終止。
八號烈風或暴風信號或以上	訓練取消。

備註：

如受上述天氣影響導致訓練班取消，營地會安排29/8/2026 作補堂，上課時間不變；於此情況下，本營地亦恕不設任何退款安排。

其他天氣如：酷熱天氣、陰天、雨天等，訓練班將會如常舉行。

*參加者必須遵守香港明愛營地服務及明愛賽馬會愛暉營泳池之一切守則。

*如因個人或家庭原因未能出席，本營地恕未能安排退款。

*明愛營地服務保留修改活動安排及上述條款之最終解釋及決定權。



Caritas Camp Services – Summer Water Survival Skills Course

Participant Guidelines

Eligibility Requirements

- **Health Condition:** No heart disease, epilepsy, or other medical conditions unsuitable for water activities.
- **Basic Abilities:** Able to stand independently in water or float for a short period.
- **Mental Readiness:** Able to accept simulated scenario drills without fear of the water environment.
- **Attire & Equipment:** Wear suitable swimwear and bring swimming goggles, a swim cap, a long-sleeved shirt, long pants, slippers, and a towel.

Pre-Class Preparation & Attire

1. **Punctual Arrival:** Participants must arrive at the swimming pool at least 15 minutes before class starts and report to camp staff at the pool reception for attendance to facilitate entry.
2. **Essential Items:** Shower toiletries.
3. **Drinking Water:** Participants may bring sufficient drinking water according to their needs.
4. **Sun Protection:** Participants may apply an appropriate amount of sunscreen before class to protect against UV damage.

Safety & Property Management

1. **Strictly No Running:** Pool decks are slippery. Participants must not run around the pool area or inside the changing rooms to prevent slipping and injury.
2. **Follow Instructions:** Participants must follow the coach's instructions during class. No unauthorized diving or leaving the designated teaching zone is allowed without the coach's permission.
3. **Property Management:** Please do not bring expensive items or excessive cash. The center and pool venue accept no responsibility for any loss of personal property.

Electronic Devices & Privacy

1. **Changing Room Prohibition:** To protect the privacy of others, the use of any electronic products with photo/video capabilities (including mobile phones, tablets, or cameras) is strictly prohibited inside the changing rooms.
2. **In-Class Photography:** Parents and participants must not take photos or videos without permission during class to avoid disrupting teaching and infringing on the image rights of others.

Camp Facilities

1. The camp pool is equipped with shower facilities and changing rooms only.
2. The camp provides free lockers for participants. However, participants must keep the keys safe; lost keys must be compensated according to their replacement cost.
3. Accompanying parents and guardians must wait in designated areas and must not enter other areas of the camp without permission.



Personal Hygiene

1. Persons suffering from infectious diseases must not enter the water to prevent cross-infection.
2. Participants should pay attention to their health status at all times. If feeling unwell or displaying symptoms of infectious diseases (such as fever, cough, runny nose, sore throat, conjunctivitis, rashes, or broken skin), stay home and rest. Do not force yourself to attend class. Consult a doctor if in doubt.
3. Pay attention to diet before class; do not attend on an empty or overly full stomach.
4. Thoroughly shower and clean your body before entering the pool to maintain personal and environmental hygiene.
5. If feeling unwell during class, report to the coach immediately to ensure safety.

Weather Arrangements (Applicable when the Observatory issues the following adverse weather warnings 2 hours prior to class start time)

Weather Warning Signal	Class Arrangement
Thunderstorm Warning	If localised, class will proceed as usual. The coach reserves the right to decide whether to continue or terminate based on conditions.
Yellow Rainstorm Warning	Class will proceed as usual. The coach reserves the right to decide whether to continue or terminate based on conditions.
Red Rainstorm Warning	Class cancelled. If class is in progress, the coach will stop teaching immediately, and all participants must return to a safe indoor area to take shelter.
Black Rainstorm Warning	Class cancelled. If class is in progress, the coach will stop teaching immediately, and all participants must return to a safe indoor area to take shelter.
Standby Signal No. 1	Class will proceed as usual.
Strong Wind Signal No. 3	Class will proceed as usual. The coach reserves the right to decide whether to continue or terminate based on conditions.
Gale or Storm Signal No. 8 or above	Class cancelled.

Remarks:

If classes are cancelled due to the above adverse weather conditions, the camp will arrange a makeup class on 29 August, 2026 (class time remains unchanged). Please note that no refunds will be provided under such circumstances.

For other weather conditions (such as Very Hot Weather, cloudy, or light rain), classes will proceed as usual.

*Participants must abide by all rules and regulations of Caritas Camp Services and the Caritas Jockey Club Oi Fai Camp Swimming Pool.

*No refunds will be provided for non-attendance due to personal or family reasons.

*Caritas Camp Services reserves the right to amend activity arrangements and holds the final right of interpretation and decision for the above terms.