

陳樹渠紀念中學
2018 - 2019 年度運動會
學生須知

- (一) 校運會為本校盛大活動之一，同學應認真投入參與，保持良好之態度及禮貌，發揮團體合作及堅毅精神。
- (二) 全體學生必須準時在 8 時 10 分前到達深水埗運動場，並按班齊集運動場草地，進行點名。凡請病假者必須附上醫生證明。
- (三) 全體學生必須穿著整齊之冬季校服，儀表必須端莊整潔。運動員可穿著冬季體育服裝到場。中六學生可穿班衫及牛仔褲到場。
- (四) 午膳時間約為一小時。中一至中三級學生需要預先在校內訂購午膳或自備午餐，屆時不可離開運動場範圍。中四至中六級學生可外出用膳，並必須準時返回運動場。
- (五) 校運會進行期間，學生必須服從大會工作人員指導，並遵守下列規則：
1. 準時出席。
 2. 必須帶備學生證。
 3. 不可攜帶任何違禁品。
 4. 未得老師許可不得擅離所屬看台。
 5. 嚴禁堵塞或在各通道、入口、比賽場地遊蕩。
 6. 當主禮人或嘉賓進場及離場時，全體應起立及鼓掌。
 7. 在儀式進行時，必須保持肅靜及不可離座。
 8. 當奏校歌、升旗及降旗時須全體肅立。
 9. 必須保持場地清潔及愛護公物。
 10. 不可在觀眾座區內飲食。(飲水除外)
 11. 必須小心保管財物，勿攜帶貴重物品到場。
 12. 應給予運動員鼓勵和支持，使他們爭取更好成績。
 13. 不得在場區拋擲物件，亦不可在觀眾席上靠欄杆站立，以免發生意外。
 14. 未經校方批准，不可邀約非本校人士進場或在場外等候(父母除外)。
 15. 遇突發或特殊事情時，必須立刻通知老師或大會工作人員。
 16. 離場時，請留意司令台之廣播，依大會或老師指示離場，以免發生意外。凡不依指示擅自離開看台屬違規行為。
 17. 運動會結束後應從速回家，切勿在街上流連。

運動員須知

1. 緊記校運會貴乎各同學之參與，藉此增進友誼，爭取比賽成績名次只屬次要，同學盡力而為便可。
2. 必須做熱身運動及進食早餐。
3. 必須穿著整齊之運動服。
4. 比賽期間，運動員必須將號碼布以扣針牢固地顯示在胸前。
5. 不可穿著釘鞋在硬地上行走，亦嚴禁赤腳跑步。
6. 不可攜帶玻璃樽裝之飲品、香口膠等，以免發生意外及弄污場地。
7. 留心聆聽大會宣佈比賽項目之召集時間，當聽到第一次召集時便須立即前往起點區（徑賽）或比賽區（田徑）向負責點名之裁判老師報到。倘最後召集及比賽開始時間已過，則作棄權論，取消參賽資格。
8. 先徑後田，可要求田賽項目負責老師先作第一次（共有三次）之試賽紀錄。
9. 一定要待負責老師示意比賽開始後（例如：搖旗示意、鳴槍、吹哨子等）才可進行比賽之動作，田徑項目中更要提防誤入投擲區之工作人員，以免發生意外。
10. 徑賽項目要待有成績後才可離開（至少已知名次）。
11. 不可代其他運動員進行比賽。
12. 賽事進行時，不可橫過跑道，亦不可陪跑及大聲呼叫嬉戲。
13. 無賽事者須離開草場，返回看台本班所屬之座區。
14. 領獎時必須穿著整齊之運動服。



Chan Shu Kui Memorial School
Sports Day, 2018-2019

Notes to Students

1. Sports Days is a major school event. Therefore, students are strongly encouraged to participate in it and are expected to be well-behaved and cooperative while competing with other schoolmates.
2. All students should arrive in Sham Shui Po Sports Ground no later than 8:10 a.m., and line up on the field according to their classes. Those who take sick leave must provide a medical certificate afterwards.
3. Students must wear the winter school uniform. Contestants may wear the winter sports uniform. S.6 students can wear their class T-shirt or sweater and jeans.
4. The duration of lunchtime is around one hour. Students from S.1 to S.3 must pre-order lunchboxes at school before the sports day or prepare their own lunches. Please note that only students from S.4 to S.6 are allowed to leave the Sports Ground during lunchtime, and they must return to the Sports Ground on time.
5. During the event, students are required to follow teachers' instructions and the following rules:
 - (1) Arrive in the Sports Ground on time (at 8:10 a.m.).
 - (2) Bring along the student ID card.
 - (3) Do not bring in any prohibited items.
 - (4) Teacher's permission is needed to leave the spectator zone.
 - (5) Do not stand or wander in any passageway, entrance or competition area.
 - (6) When the host of ceremony or guests enter or leave the venue, students should stand up and give a round of applause.
 - (7) When the opening ceremony is taking place, students must stay in their seats and remain quiet.
 - (8) Students should stand up and remain quiet in the following two occasions:
 - (a) When the school song is being played.
 - (b) When the national flag or the school flag is being raised or lowered.
 - (9) Keep the venue clean and protect the public property inside the venue.
 - (10) Eating or drinking is not allowed in the spectator area, except for water.
 - (11) Take good care of your belongings and do not bring along valuable items.
 - (12) Students are advised to give support and encouragement to their fellow schoolmates for their pursuit of excellence.
 - (13) For your safety, do not throw any item into the competition area or lean against the rail in the spectator area.
 - (14) Do not invite any outsiders into the venue or wait outside the venue.
 - (15) If there is any emergency or accident, report to the teachers.
 - (16) Students should pay attention to the announcements before leaving the venue, and follow the instructions given by teachers when they are leaving. They are not allowed to leave the spectator area without permission.
 - (17) Students should go home as soon as possible once the event has ended.

Notes to Contestants

1. The event aims at promoting students' participation and strengthening their friendship with each other. Therefore, students should focus on the process of the game and not worry about the results.
2. Students must have breakfast and do warm-up exercise before competition events.
3. Students must wear the sports uniform in a neat and tidy manner.
4. During competitions, students must pin the number cloth onto the front of their sports shirt.
5. Do not wear spike shoes except on running tracks.
6. For the sake of hygiene and safety, no chewing gum or glass bottles are allowed.
7. Please pay attention to announcements about the assembly time for competition events. After hearing the announcement of assembly for the first time, contestants should go to the starting area (for track events) or the competition area (for field events), and report to the teacher on duty. If contestants do not arrive in the designated area after the last announcement of assembly is given, they will be disqualified.
8. If students have both track and field events in the same time slot, they may do the first trial (three in total) for the field event and then go for the track event.
9. Before the start of competition events, contestants must wait until the signal to start is given by teachers (such as waving a flag, firing a shot and blowing a whistle). For safety reasons, non-contestants are advised to stay away from the shot put area.
10. For track events, students should wait until they are notified of their results before returning to their seats.
11. Students are prohibited to join any competition events on behalf of other schoolmates.
12. Do not cross the running track when a competition event is taking place. Also, students should not run with contestants outside the running track or shout in the spectator area.
13. Students who do not have any competition events should stay in the designated spectator area.
14. When receiving awards, please wear the sports uniform in a tidy manner.

