

維護國家安全盃 暨 政府飛行服務隊兩項鐵人挑戰賽

Safeguarding National Security Cup cum the GFS Duathlon

參賽者須知

Guidelines for Participants

1. 所有參賽者必須簽署「體能活動適應能力問卷與你」，並交回部門體育會。如任何參賽者未能於賽事開始前簽署及遞交問卷，大會有權取消其參賽資格。

All participants must sign the “Physical Activity Readiness Questionnaire (PAR-Q) & You” and return it to the Departmental Sports Committee. If any participant fails to submit the Questionnaire before the commencement of the race, the organizer reserves the right to disqualify him/her from participating in the competition.

2. 參賽者仍須審視自身健康狀況是否適宜作賽，如因任何原因服用了藥物，請如實申報，大會不建議運動員服用藥物後作賽。

All participants should evaluate his / her physical conditions and suitability for taking part in the race and should declare if they have taken any medications. It is advised that participants refrain from taking part in the race if they have taken any medications on that day of the event.

3. 大會要求分齡組別 50 歲或以上的運動員於賽前量度血壓，並於賽事途中全程配戴大會提供的心率監測裝置。賽事期間，體能教官會監察運動員的狀態，在有需要時體能教官有權停止運動員繼續作賽。

For participants in the age 50 or above group, participants are required to measure the blood pressure prior to the race. Additionally, they have to wear the Heart Rate Monitoring devices provided by the organizer throughout the race. The Physical Training Instructors (PTIs) will closely monitor the conditions of the participants during the race and they have the authority to disqualify the participant from racing if deemed necessary based on the situation.

4. 參賽者參加此兩項鐵人挑戰賽並不視作職務的其中一部分。故此，參與這個比賽而招致的損傷或任何其他問題，香港特別行政區政府、政府飛行服務隊及部門體育會，一概不會負責或承擔任何法律責任。

Participants should be aware that participation in the Duathlon is entirely voluntary and will not be considered as part of their official duties. The Government of the Hong Kong Special Administrative Region, Government Flying Service and the Departmental Sports Committee will not assume any responsibility or legal liability for any loss, destruction, or damage incurred as a result of participating in the race.