



Regulations Governing the Use of CSE Swimming Pool

The Centre for Sports and Exercise (CSE) is obliged to comply with Public Health and Municipal Services Ordinance Cap. S132 (safety in swimming pool) of the HKSAR. Pursuant to the Ordinance, inter alia, spitting in the swimming pool area and use of pool by any persons suffering from skin or communicable disease are strictly prohibited, and offenders will be subject to penalty. Based on the Ordinance, the CSE has set up the following regulations to ensure all users can enjoy swimming safely. Users of CSE swimming pool (referred to as “Users” thereafter) are required to be co-operative and to observe the regulations at all times.

OPENING HOURS

1. For the details of the opening hours of Henry Fok Swimming Pool at Stanley Ho Sports Centre, please visit this link: <https://www.cse.hku.hk/facilities.asp?pageid=106>
2. Users are advised to leave the pool water 15 minutes before the official closure time. Life-guards will give signal to users by blowing a whistle and making announcements through the public address system 15 minutes before closures.
3. Swimming Pool would be closed 2 hours prior to an anticipated issuance of typhoon No.8 signal as announced by the Hong Kong Observatory.
4. Swimming pool will normally reopen 6 hours after the typhoon No. 8 or above / black rainstorm signal is no longer in effect. However, users are still advised to check the CSE’s website or contact us at 2819 5450 (Stanley Ho Sports Centre) for the up-to-date reopening time as the Centre may require more preparation time to resume the facilities’ normal operations when repairing works and/or large-scale cleaning are required.
5. A timetable for upcoming pool bookings shall be posted on the notice board at the entrance of the pool and the CSE website: <https://www.cse.hku.hk/facilities.asp?pageid=153>. The timetable will be updated from time to time and all users are requested to observe to the schedule before heading to the pool.



USERS, IDENTIFICATION and RIGHT of ENTRY

1. Entry to CSE premises is restricted to:
 - a. Users with a valid Student/Staff Card, CSE Sports Membership Card or QR code issued by CSE.
 - b. Visiting teams and their bonafide supporters (approval from Facility Management Team is required & requests must be sent via <https://fm.cse.hku.hk> at least 3 working days in advance)
 - c. Others having official business for which their entry is essential or who have been given special permission by the Facilities Management Team (FMT).
2. The CSE Sports Membership Card, Student/Staff Card and QR code issued by CSE may be checked as users enter the Sports Centre or at any other time requested by CSE staff. The cards shall be kept by the CSE when users need to rent certain equipment. Cards are not transferable. Individuals found using other members' access cards will be asked to surrender the cards and the booking rights of the cards' owners will be suspended. The cards will only be released after the members making an appointment and meeting with the Facility Manager. Penalty for 1st offence is \$50 and \$100 will be charged for any repeat offences.
3. Children aged below 12 must be always accompanied by an adult user. Adults are required to supervise their children to ensure safe and appropriate behaviours are maintained. It is the responsibility of the parents/caretakers that their children (or any guests they bring to the facilities) behave well and cause no disturbance at the facilities as judged/determined by CSE staff. Any unsafe or inappropriate behaviours by children, guests or adults within the facilities (as judged/determined by CSE staff) may result in such persons being asked to immediately leave the CSE premises, and the persons may be temporarily or indefinitely banned from entering HKU Sports Facilities as deemed fit by the CSE Director or his/her representatives.

GUEST POLICY

All full-time HKU students holding valid student cards and adults with valid HKU staff card or valid Facility Access Card(s) are eligible to invite guests to use the University's sports facilities together. Internal groups may also invite guests to their bookings, subject to Facility Management Team's (FMT) approval and guest fees.

For details of the Guest Policy, please visit the link:

<https://www.cse.hku.hk/membership.asp?pageid=115>



CHANGING ROOMS, LOCKERS, ATTIRE AND DAMAGE

1. Coin return lockers are available inside/outside each changing room. Users should prepare a \$5 coin for using the lockers. Users are liable to pay a compensation fee of \$200 for each damaged or lost locker key.
2. The CSE and/or the University will not be responsible for loss or damage to personal property. Individuals need to take care of their own property. PLEASE DO NOT LEAVE VALUABLES IN THE CHANGING ROOMS or PUBLIC AREAS.
3. Any damage noticed should be reported as soon as possible to the facility attendant or reception counter. Users will be held responsible for any willful damage to any University property (including lockers, windows, flooring, furniture, etc.).
4. Unauthorized overnight use of CSE lockers will be subject to a fine of \$200. Items kept in a locker overnight will be removed immediately and will be discarded if not claimed by the owner within one month of their removal from the locker. CSE will not be responsible for the property loss.
5. Users (including children over the age of 6 or at a height exceeding 1 meter) shall change in appropriate changing rooms.
6. Users who bring in babies have to make sure that swim diapers are worn at all times during their visits to the swimming pool. Swim diapers (if needed) can be purchased at the reception counter of Stanley Ho Sports Centre.
7. Users shall wear proper swimming attire. Users wearing offensive or inappropriate attire will be denied entry.
8. Users are allowed to wear clean and color-fast T-shirts (preferably in white color) for UV protection.
9. Users wearing only swimming attire are NOT allowed in other parts of the Sports Centre.
10. Before entering the pool deck, all users must walk through the footbath. All footwear except rubber sandals (flip-flops) are not permitted on the pool deck. Rubber sandals (flip-flops) must be cleaned in the footbath before entering the pool deck.
11. Before entering the pool, all users must use the showers at the pool side to clean their bodies before swimming.

SPECIAL RULES

1. Users with long hair shall wear swimming caps in order to prevent blockage of the pool filters ("Long Hair" is hereupon interpreted as hair at shoulder-length or longer).
2. Spectacles are not permitted unless the lenses are made of unbreakable plastic.
3. Surf boards, air mattresses or other similar items that would cause a hindrance to other users are not allowed to be used in the pool. Swimming masks and flippers can only be used in lap swimming lanes given that they do not cause any disturbance to other users. Training equipment such as kick boards and pull buoys as well as CSE bookings are not subject to this rule.
4. Swimming aids must be securely tied or strapped on.
5. Users are allowed to use water-based sunscreen cream / lotion only.
6. Divers must exercise caution and not cause any danger or disturbance when using the pool. Life-guards / CSE staff on duty may ask any users to stop diving as and when they see fit.



7. Private teaching / coaching is not allowed without prior approval from the CSE Director or his/her representatives.
8. The following activities shall NOT be permitted on the premises of the swimming pool:
 - a. any physical activities that are likely to endanger any person;
 - b. playing cards, dice or games of any kinds
 - c. gambling
 - d. eating
 - e. drinking (except water or sports drinks in capped plastic bottles - NO glass bottles or containers)
 - f. smoking
9. Spitting, water squirting, blowing noses and urinating in the pool area are strictly forbidden.
10. Users who show symptoms of infectious diseases like fever, respiratory illnesses (e.g. cough, running nose, and sore throat), conjunctivitis, skin rashes, skin damage etc. shall not use the swimming pool.
11. Users who feel unwell should stop their activity(ies) immediately and approach our staff for assistance.
12. Running and climbing over the fence in/near the pool complex are prohibited.
13. Users are not allowed to use radio sets, portable TV receivers, video cameras, mobile phones or any similar equipment/instruments/devices to play music or video in the pool areas. Small devices could be used if they are connected to earphones and do not cause any disturbance to others.
14. Photo-taking and all types of audio/video-taking equipment are not allowed without prior approval from the Facility Manager.
15. The maximum capacity of the Henry Fok Swimming Pool is 200 users. When the maximum capacity is reached, newcomers can only enter the pool when there are users leaving.
16. No adult user shall be allowed to bring in more than 4 children (aged below 12) who are under his/her supervision. If an adult user leaves the pool premises, all his/her children must also leave at the same time. Adult supervising children should be aware of and responsible for their behaviors.

LOST PROPERTY

Any found articles should be taken to the reception counter for safekeeping. To get back lost property, the owners should contact the CSE staff during our opening hours, and will be required to sign when claiming back the item(s). Lost articles will be kept at the Centre's office for one month only and will be disposed afterwards.



EMERGENCY AND UNIVERSITY'S LIABILITY FOR ACCIDENTS

1. [First Aid Kits and Automatic External Defibrillators \(AED\)](#) are placed at various sports facilities. All our operational staff possess valid first aid qualification and can provide basic assistance to users who are in need.
2. The sports facilities are equipped with fire service installations (FSIs) including fire warning systems (i.e. fire alarms and flashing lights), fire detection systems (smoke and heat detectors), and fire extinguishing equipment (fire hydrant, hose reel systems and fire extinguishers, etc.). Users are required to carefully take note of the assembly point of each Sports Centre in their first visit. Upon hearing a continuous alarm, please evacuate from the sports venue immediately and go directly to the [Assembly Points](#).
3. Users of sports facilities participate in activities at their own risk and the University will accept no responsibility or liability arising out of use of the sports facilities provided. All persons who enter the sports facilities therefore do so at their own risk and with full acceptance of these risks, and that the University will not accept any responsibility or liability for any incident that arises within the locations.

CAR PARKING

https://www.cse.hku.hk/document/policy_car_parking.pdf

PUBLIC ADDRESS SYSTEM

1. The P.A. System is available only for use in large events or swimming galas. To use the system, prior approval must be sought from the Facility Manager.
2. Only the P.A. System provided by the CSE can be used in the sports facilities.
3. The P.A. System shall ONLY be used for formal announcements which form part of a ceremony or event. No music shall be played through the P.A. System. Formal announcements normally refer to opening/closing speech or those in relation to logistical arrangement or rundown of an event. Commentary, cheering for an event and the like are not regarded as formal announcements and they should not be made through the P.A. System. CSE staff reserves the right to stop the P.A. System service should this is not complied with. In the event of a dispute over the interpretation of formal announcements, the final decision lies with the CSE.
4. The volume of the P.A. system will be controlled by CSE staff only.
5. Hirers are responsible for controlling the noise level below 70 decibels during their whole events or else the CSE staff will stop the events immediately. Hirers are strongly advised to draw the attention of all of their audience, participants, Master of Ceremonies and any other parties concerned to this.
6. Only under exceptional circumstances, (e.g. grandstand full of spectators and windy conditions) and with the approval of the Facility Manager or his/her representative can the volume of the speakers be turned up.
7. Neither the PA system nor megaphones can be used prior to 08:30 or after 21:00 on weekdays or Saturdays. On Sundays and Public Holidays, they may not be used before 10:00 or after 20:00 without special permission of the Facility Manager.



For the details of our noise control policy, please visit this link:
https://www.cse.hku.hk/document/policy_Noise_Control.pdf

USE OF UNMANNED AIRCRAFT SYSTEM (DRONE)

Drone, with or without camera, is not allowed to be used at any of the sports facilities unless with prior approval from the Security and Parking Unit of Estates Office. You can submit the application via CSE. For details about the use of Drone, please refer to the HKU document below:

https://www.estates.hku.hk/download_file/3983/

GENERAL CONDUCT for EVENT ORGANIZATION

1. Organizers who hold event in the sports facilities are responsible for crowd control as necessary during the timeslots they have booked for.
2. No photo-taking, video or audio recording is allowed without prior approval from the Facility Manager.
3. Willful destruction of University's, public and/or private property will not be tolerated. Any persons who commit vandalism shall be held responsible for all legal liabilities and damages.
4. Any behaviors that affect the safety of Sports Centre users will not be tolerated. CSE staff are authorized to ask any hirers/users to leave the Sports Centre if they are found causing dangers to others.
5. Event organizers bear the responsibility of making sure that their participants/guests using the sports facilities are properly dressed and wear suitable footwear. They have to manage the behavior of the participants/guests inside the sports venues. The Facility Manager or his/her representative reserves the right of final decision on such matters in case of dispute.
6. Except guide dogs for the blind, no dogs or other pets are allowed in the Sports Centres without the prior permission of the Facility Manager.
7. Event organizers are responsible for keeping the facilities clean. Used facilities should be litter free.
8. Event organizers have to take note of all our rules and regulations so as to brief their participants properly.

AUTHORITY

1. The Facility Manager or his/her delegate has the discretion to close sports facilities without prior notice in the event of adverse weather or special conditions.
2. Users shall at all times behave in a safe and decorous manner at the sports facilities (with the parents or approved adults being responsible for any children or any guests admitted with them), and shall cooperate with the staff of the CSE to ensure that these Regulations and any subsidiary rules laid down by the CSE Senior Management are adhered to. The Director and his/her delegated appointee(s) shall have the authority (i) to request any users to leave the sports facilities, or to cancel their sports membership; or (ii) to suspend temporarily user



privileges, for infringement of these Regulations or subsidiary rules and the Director has the authority to debar any users or persons from using the facilities and/or other user privileges either temporarily or indefinitely.

CSE reserves the right to update or modify the above terms and conditions at any time without prior notice.

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