

香港代表隊員 (蹼泳精英培訓) 行為守則

1.1 基本入選要求

作為受推薦香港代表隊員，個人速度技術會被考慮，個人品德及態度也非常重要，

精英培訓部常要求(亦不時在訓練及賽前會議提及)，每位隊員出外必須保持最佳身體狀態作賽，準備好一切工具裝備作賽，每隊員必需守時，自律，整潔，服從安排，對人有禮，有團隊精神，照顧隊友，友善，誠實，能有效溝通，專注及盡力作賽。

上述各點都一直是本隊基本要求。

如有隊員出賽時違反上述品格態度要求，該隊員應自我反省，並須調回屬會隊，待態度改善後再由屬會推薦，由精英隊教練考慮是否再接受入隊。

還有，常不守時，不按已定計劃訓練的隊員必定不會被接受。

1.2 基本運動員行為守則

1.2.1 維護總會公眾形象及個人尊嚴

1.2.1.1 未經總會批准，隊員不得擅自以訓練隊隊員身份參與/出席有關潛水/蹼泳方面的商業活動。

1.2.1.2 不得在未經總會同意的情況下接受有關訓練隊身份的訪問。在獲得總會同意下及接受訪問後，隊員須向運動競賽委員會匯報訪問內容。

1.2.1.3 在出席有關總會的任何活動時必須注意個人衣著，形象、談吐及行為。

1.2.1.4 不得作出違反總會政策的行為或發表損害總會聲譽的言論。

1.2.2 必需守時，自律，服從安排及 具備自我管理能力。

1.2.2.1 必須達到教練指定基本的訓練出席要求。

1.2.2.2 在參與本地或海外的活動、比賽及訓練期間不得擅自離隊，不得無故早

退、缺席或遲到，並須服從及尊重總會教練、職員及工作人員的一切安排及指示。

1.2.2.3 不論年齡，性別，必需具備自理能力，能管理好所有個人物品。

1.2.2.4 不論年齡，性別，必需自己準備好所有比賽儀器。

1.2.3 有團隊精神，專注及盡力作賽

1.2.3.1 不得在任何場合 (不論本地或海外)對本會或海外工作人員或教練無禮，如有投訴，必需先向教練提出，由教練決定是否執行。

1.2.3.2 不得做出任何令總會/隊伍尷尬行為；例如-比賽棄權、拒絕教練賽事安排，故意杯葛其他隊員等

1.2.3.3 協助隊友，照顧同袍，對外隊/對手友善,有體育精神

1.2.4 個人操守

1.2.1 不可有桃色傳聞*

1.2.2 如有任何被學校投訴或停學紀錄，必須立即申報，待總會批准方可留隊
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1.2.3 不可吸煙/飲酒/濫用藥物/吸用任何毒品

1.2.4 如有任何刑事犯罪紀錄，或正接受調查，必須立即申報，待總會批准方可留隊

(* 只限 18 歲以下青少年)

沒有履行以上責任或觸犯基本守則之隊員，須受懲處停賽或被除去香港蹼泳訓練隊隊員資格。

Code of Conduct

Section 1.1

Entry requirement for Hong Kong Finswimming Elite team

To be given the honour to represent Hong Kong in sports, the athlete's individual skills and speed are important, but his/her attitude and manners are also a vital part of consideration as well.

The athlete would be always demanded (& regularly reminded during briefing/meeting) to keep themselves in their best level of fitness for competition, also including properly preparing & maintaining their equipment.

Every team member must:

- be punctual,
- be self-disciplined,
- keep tidy & well-organized,
- follow the rules & arrangements,
- be polite & well-mannered,
- have a positive team spirit,
- help their fellow teammates,
- be kind,
- be honest, and
- be positive in communication.

The athlete should put 100% effort in every competition they take part in.

These above points have always been the requirements for being in an elite team.

Whilst preparing & representing Hong Kong at competition – the athlete must follow and demonstrate the above requirements at all time; if he/she is not able to follow these requirements, he/she should reflect upon his/her behaviour.

If an athlete can not follow these standards he/she will be sent back to his/her own club's team until he/she are able to continuously meet these requirements.

Only when that athlete 's attitude has improved, and he/she have once again been recommended by his/her club's coach, he/she would be considered to join the elite team again. But all these requirements will be assessed by the elite team coach again before the acceptance.

If the athlete often misses scheduled training sessions or has poor punctuality record, he/she will not be accepted.