



## Notice for Training

**To ensure a safe environment for the participating teams during training, the following measures will be implemented from 13 April:**

1. All teams should follow the training timetable assigned by the Organizing Committee.
2. Should a team wishes to train at the following time slots, please submit an application in advance either in paper to the office of the Dragon Boat Association of Macao, China or by email to [2021midbr@gmail.com](mailto:2021midbr@gmail.com), for consideration and arrangement:

Day	Time
Monday to Friday	14:00-15:30, 14:30-16:00, 15:30-17:00, 16:00-17:30

Applications must be approved before teams may undergo training at the requested time slots. Please note that the other training time slots will be assigned to other participating teams once a team's application is approved

3. The minimum number of athletes must be present (13 for standard dragon boat and 7 for small dragon boat, including steersman) before access is allowed for training.
4. All teams should comply with the following measures before undergoing training:
  - Present the participation card issued by the Organizing Committee;
  - Undergo body temperature check;
  - Present the "Macao Health Code".
5. All team members should wear a mask at all times, except for the warm-up and water training period. Teams should maintain adequate distance between one another.
6. All teams must finish training according to the scheduled time, and return the dragon boat to the designated location.
7. Teams should leave the venue 30 minutes after training and avoid concentration of people.
8. Please keep personal belongings safe.
9. If the above measures are not followed, the Organizing Committee reserves the right to disqualify the team from further participation.