



2022澳門國際  
Regatas Internacionais de Barcos-Dragão de Macau  
Macao International Dragon Boat Races

龍舟賽

29/5, 3/6

## Notice for Training

**The Organizing Committee is arranging training for teams from 30 March to 27 May (small and standard dragon boat teams) and from 30 May to 1 June (standard dragon boat teams). To ensure a safe environment for the participating teams during training, the following measures will be implemented:**

1. According to the Regulations, all participants are required to make their own arrangement for COVID-19 test and to present proof of a valid negative COVID-19 test result inclusive of the first training session before being permitted to take part in training.
2. All teams are required to submit the participants list to the office of the Dragon Boat Association of Macao before taking part in their first training session, together with a photocopy of the participants' negative COVID-19 test results valid for the first training session. The teams will then be issued the participation card and be allowed to take part in training.
3. If the team wishes to change or add new participants, an updated participants list must be submitted together with a proof of valid negative COVID-19 test result of the new participants, before the new participants take part in their first training session.
4. All teams should follow the training timetable assigned by the Organizing Committee.
5. 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 [2022midbr@gmail.com](mailto:2022midbr@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

6. 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.
7. All teams should comply with the following measures upon entering the venue:
  - Present the participation card issued by the Organizing Committee;
  - Undergo body temperature check;
  - Wear a mask;
  - Scan the Venue Code.



8. 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.
9. All teams must finish training according to the scheduled time, and return the dragon boat to the designated location.
10. Teams should leave the venue 30 minutes after training and avoid concentration of people.
11. Please keep personal belongings safe.
12. If the above measures are not followed, the Organizing Committee reserves the right to disqualify the team from further participation.