

# The 18th Hong Kong 3000m Water Safety Long Distance Swim (2026)

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## Participant Notice and Transportation Arrangements

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*Arrangements for the Event Day | Participants please read carefully before the event*

### I. Basic Event Information

Item	Details
Event Name	The 18th Hong Kong 3000m Water Safety Long Distance Swim (2026)
Event Date	May 1, 2026 (Friday)
Event Time	9:00 AM to 2:00 PM
Event Venue	GO PARK AQUA, Sai Sha
Event Distances	1000m / 1500m / 3000m

### II. Preparation Before Arrival

Due to the large number of participants on the event day, the processes for registration, material collection, baggage deposit, and assembly may be quite busy. To minimize crowding and reduce waiting times, participants are requested to allow ample time to arrive at the venue.

- Arrive wearing your swimsuit to reduce the need for on-site changing, thereby easing congestion in the changing areas and passages.
- Travel light and avoid bringing valuable or large items.
- Allow sufficient time to complete the registration, material collection, baggage deposit, and assembly procedures.

- Before proceeding to the registration counter, have your confirmation email opened and ready to facilitate data verification by the staff.
- If you plan to take the official free shuttle bus, please queue up early; seats are limited and available on a first-come, first-served basis.

If queuing is required on-site, please be patient and follow the instructions of the staff to proceed to the designated areas. Do not cut in line, enter non-designated areas, or block the start/finish lines and staff passages.

### III. On-Site Registration and Preparation Process

The registration, assembly, and estimated first-group start times for each distance are as follows. Participants should arrive according to their respective distance schedules and pay attention to on-site announcements and staff instructions. The actual start times may be adjusted based on weather, sea conditions, and event flow.

Distance	Registration Time	Assembly Time	Estimated First Group Start Time
3000m	09:00 - 10:00	Starts at 09:45	10:00
1500m	09:20 - 10:20	Starts at 10:05	10:20
1000m	09:35 - 10:45	Starts at 10:20	10:35

*Friendly Reminder:* After completing registration, collecting your timing chip and materials, and depositing your baggage, please proceed to the assembly area as soon as possible to avoid missing your group's start time.

## Step-by-Step Guide

Step	Arrangement	Important Notes
1	Prepare the confirmation email before going to the registration counter.	Have the email or a screenshot open in advance to speed up the verification process.
2	Individual participants report to the registration counter and collect their timing chips.	Queue according to on-site instructions.
3	Group participants collect their timing chips from their group representatives.	Group chips will be collected collectively by the representative; do not collect them again at the individual counter.
4	Proceed to the designated booth to collect your swim cap and safety buoy.	Check immediately if all materials are complete.
5	Verify the swim cap color based on your registered distance.	3000m: Red; 1500m: Orange; 1000m: Yellow.
6	If needed, go to the baggage deposit area to store your belongings.	Keep your deposit receipt or tag safe.
7	Clearly write your participant number on your body before entering the water.	Follow staff instructions to write it clearly in the designated area using a waterproof marker.
8	Proceed to the designated assembly area to wait.	Listen to the safety briefing and start arrangements.

## IV. Swim Cap Colors and Safety Buoys

Distance	Swim Cap Color	Important Reminder
3000m	Red	Do not take the wrong swim cap.
1500m	Orange	Do not take the wrong swim cap.
1000m	Yellow	Do not take the wrong swim cap.

*Important Reminder:* Do not take the wrong swim cap. The color of the swim cap is used to identify different distance groups and affects start arrangements, water safety identification, and finish line recording. When collecting materials, verify on the spot that the swim cap color is correct. If you have any doubts, inquire with the on-site staff immediately; do not exchange caps yourself or with others.

## V. Timing Chip Collection Arrangements

Participant Category	Chip Collection Method	Reminder
Individual Registration	Report to the registration counter and collect the chip.	Please prepare the confirmation email.
Group Registration	Chips are collected collectively by the group representative.	Group participants should collect their chips from their representative; do not collect them again at the individual counter.

## VI. Participant Number and Baggage Deposit

**Participant Number:** Participants must clearly write their participant number on their bodies before entering the water, allowing the organizers to identify them during the event and upon return at the finish line. Please follow the on-site staff's instructions to write it clearly in the designated area using a waterproof marker.

**Baggage Deposit:** Participants may use the baggage deposit service provided by the organizers before entering the water. It is recommended to bring simple personal items, complete the deposit procedures early, and keep the personal item tag or collection receipt (if applicable) safe.

## VII. Pre-Swim Checklist

- Completed registration.
- Collected the timing chip (group participants collect from their representative).
- Collected the correct color swim cap.
- Collected the safety buoy.

- Clearly wrote the participant number on the body.
- Completed baggage deposit (if needed).
- Proceeded to the designated assembly area and paid attention to on-site announcements and staff instructions.

During the event, please follow the instructions of lifeguards, staff, and announcements. If you feel unwell, experience cramps, lack of energy, dizziness, or need assistance, please signal the water safety personnel immediately.

## **VIII. Important Notes During the Event**

- Do not enter the water in unauthorized areas.
- Do not block the start/finish lines, pier passages, medical areas, or staff passages.
- Do not change your group or start arrangements on your own.
- Do not exchange timing chips, swim caps, or safety buoys with others.
- Pay attention to the organizer's announcements, on-site instructions, and temporary arrangements.
- If the event needs to be delayed, suspended, or altered due to weather, sea conditions, crowd flow, or safety reasons, please cooperate with the organizer's instructions.

## **IX. Special Circumstances and Event Alterations**

The organizers may delay, suspend, alter the route, or cancel the event based on on-site conditions under the following circumstances:

- The Hong Kong Observatory has issued a Yellow (or higher) Rainstorm Warning Signal or any Tropical Cyclone Warning Signal by 6:00 AM on the event day.
- A Thunderstorm Warning is issued after the event begins.
- Unstable on-site weather, strong winds and waves, or water currents make it unsafe for swimming.
- Damage to entry/exit water facilities, or the venue is deemed unsuitable for safe swimming.
- The discovery of red tides, sharks, or other force majeure factors.

All arrangements are subject to the organizers' on-site announcements. Participants are requested to remain patient and follow the staff's instructions.

## **X. Post-Event Arrangements**

After completing the swim, please follow the staff's instructions to exit the water and leave the finish area. Complete the procedures for returning the timing chip, rehydrating, and collecting souvenirs. Do not linger at the finish exit, pier, or water exit passages.

- Please rehydrate and rest briefly first.
- If you feel unwell, experience cramps, dizziness, or vomiting, notify the staff immediately or proceed to the medical station.
- Follow on-site instructions to collect official materials or souvenirs.

## **XI. GO PARK Mall and Dining Information**

GO PARK Sai Sha features a mall and dining facilities, suitable for participants to rest, recharge, or meet with family and friends after the event. The general mall opening hours are 10:00 AM to 10:00 PM; actual operating hours are subject to announcements by the merchants and the venue.

On-site dining options include ramen, coffee, desserts, pizza, cha chaan teng (Hong Kong-style cafes), Asian cuisine, and other light meals. If you have just completed a long-distance event, it is recommended to rehydrate and eat before planning your next activities.

Participants with the official event logo temporary tattoo can enjoy discounts at the following merchants:

- **GO PARK Mall BLA BLA by sensory ZERO:** Instant 10% discount on food and beverages.
- **GO PARK Mall Bunny Churros:** Free upgrade from single flavor to double flavor Gelato for a special price of \$45.
- **GO PARK Mall SPORTS bistro:** Collect a \$20 discount coupon (limited quantity, available while stocks last).
- **GO PARK AQUA Blue Sky Sports Club:** Rent facilities or experience water sports courses at discounted prices (please refer to the appendix for details).

## XII. Post-Event Resting Suggestions

- If you wish to rest nearby, you can stay within the GO PARK Sai Sha mall area to dine and wait for family and friends.
- If you prefer a mall with more air-conditioning and dining options, consider the Ma On Shan Station area.
- Wu Kai Sha Station is more suitable as an MTR interchange point.
- University Station and the Sha Tin direction can be used as interchange options for returning to the urban areas.

## XIII. Transportation Guide to GO PARK AQUA

Participants can travel to GO PARK AQUA via MTR, bus, minibus, taxi, or the official shuttle bus. The following public transportation information has been verified against the official GO PARK transportation page, but routes and frequencies may change due to operator arrangements. Please refer to the Transport Department, bus companies, and on-site announcements for the most accurate information.

<b>Departure Location / MTR Station</b>	<b>Suggested Route</b>	<b>Alighting Stop / Remarks</b>
<b>Wu Kai Sha Station (Tuen Ma Line) Exit B</b>	Transfer to Citybus 581 or Minibus 807K.	<b>Alighting Stop:</b> GO PARK Sai Sha.
<b>University Station (East Rail Line) Exit B</b>	Transfer to KMB 287, Citybus 582, Minibus 807K or 807S.	<b>Alighting Stop:</b> GO PARK Sai Sha.
<b>Sha Tin Station / Sha Tin Town Centre</b>	Transfer to Citybus 580.	<b>Alighting Stop:</b> GO PARK Sai Sha.
<b>Ma On Shan Town Centre</b>	Transfer to Citybus 581.	To GO PARK Sai Sha; can also be used to return to Ma On Shan for rest after the event.
<b>Pak Shek Kok / Science Park Direction</b>	Refer to Citybus 582 via the University Station area to GO PARK Sai Sha.	

*^Please check the latest announcements from the Transport Department, KMB, Citybus, or minibus operators before departure.*

- It is recommended that participants prioritize transferring at Wu Kai Sha Station or University Station, as the routes are clearer and easier to schedule.
- If taking a taxi, you can ask the driver to go to “GO PARK Sai Sha, Hoi Ying Road”.
- If using public transportation, please allow extra time to avoid delays in registration due to waiting times, crowd flow, or road conditions.

## **XIV. Hong Kong Swimming Teachers’ Association Shuttle Bus Arrangements**

The organizers will arrange 60-seater shuttle buses on the event day to transport participants of the Water Safety Swim and Water Safety Carnival between On Chun Street in Ma On Shan and the GO PARK Public Car Park. The shuttle bus schedule is for reference only; actual services may be adjusted due to road conditions, traffic control, crowd flow, and on-site arrangements.

<b>Date &amp; Time Slot</b>	<b>Service Arrangement</b>	<b>Frequency / Direction</b>
<b>1/5/2026 08:30 - 10:00</b>	The organizers will arrange two 60-seater free shuttle buses to transport Water Safety Swim participants.	From On Chun Street, Ma On Shan to GO PARK Public Car Park. Approximately every 15 minutes.
<b>1/5/2026 10:30 - 14:00</b>	The organizers will arrange one 60-seater free shuttle bus to transport Water Safety Carnival participants.	From GO PARK Public Car Park back to On Chun Street, Ma On Shan. Approximately every 30 minutes.

- It takes about 10 minutes to walk from the drop-off point at the GO PARK Public Car Park to the GO PARK AQUA event venue. Please allow ample time.
- Seats are limited and available on a first-come, first-served basis. Please be patient and follow the staff’s arrangements.
- If you cannot take the shuttle bus, you may choose other public transportation to travel to or from the venue.

**Boarding Location:** [Google Maps Link](#)

*Note: During the event, hourly parking services will not be available at the Go Park Aqua car park. To avoid missing the swimming event due to the inability to find a parking space, the organizers recommend that participants use public transportation or shuttle buses as much as possible.*

## **XV. Enquiries**

- **Phone:** (852) 2147 0611
  - **Email:** info@hksta.com.hk
  - The latest event arrangements and special announcements are subject to the official announcements by the organizers.
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## **Appendix: BSSC Experience Offers for Participants**

### **Water Sports Experience – Exclusive Afternoon Sessions**

BSSC will offer experience activities for participants from 1:00 PM to 5:00 PM on the event day to promote water safety and the joy of sports.

#### **Activity Arrangements:**

- **Time:** 13:00 – 17:00 (Total 4 hours)
- **Duration per Session:** Approximately 1 hour
- **Activities Include:** Kayak Experience, Stand-Up Paddleboard (SUP) Experience (with instructor), Giant SUP Experience (with instructor)
- Each instructor can lead 8 participants (1:8 ratio to ensure teaching quality and safety).

#### **Schedule:**

Time Slot	Activity	Quota	Activity	Quota	Activity	Quota
13:00 - 14:00	Kayak Experience	TBC	SUP Experience	24	Giant SUP Experience	16
14:00 - 15:00	Kayak Experience	TBC	SUP Experience	24	Giant SUP Experience	16
15:00 - 16:00	Kayak Experience	TBC	SUP Experience	24	Giant SUP Experience	16
16:00 - 17:00	Kayak Experience	TBC	SUP Experience	24	Giant SUP Experience	16

*\*For reference only, time slots and quotas are subject to adjustment (Giant SUP maximum 16 participants per session).*

**Fees:**

- **Double Kayak:** \$250 / boat / 13:00 - 17:00
- **Single Kayak:** \$120 / boat / 13:00 - 17:00
- **SUP Experience:** \$140 / person / per session
- **Giant SUP:** \$140 / person / per session

This experience course can serve as a key interactive segment in the afternoon, suitable for participants of different age groups, and is expected to significantly enhance on-site engagement and the richness of the event.