

會訊

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Hong Kong Recreation
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有毒物質 知多啲 安心啲

Veronica



天然草地足球場容易耗損，近年紛紛被人造草設施取代，但所使用的物料究竟會否致癌，卻一直爭論不休。康樂及文化事務署（康文署）轄下康體設施主要由建築署負責設計及建造，當中運動場跑道、公園緩跑徑、戶外健體設施及兒童遊樂場安全地墊，以及第三代人造草地足球場，如跑馬地足球場及九龍仔公園其中一個足球場，都有採用廢棄車胎膠粒作地墊或填充物物料。本港不少人造草足球場及兒童康樂設施都使用廢棄車胎膠粒製成，膠粒膠粉的作用是增加與天然草皮的仿真程度及柔軟度，減少草地啣吸着膠鞋。

近年一直有外國報道指，以車胎膠料作為填充物料的人造草球場含鉛量發現超標，更懷疑是導致不少足球守門員致癌的「元兇」；美國全國廣播公司NBC新聞去年起報道，含有廢棄車胎膠粒人造草皮足球場可能致癌，引起民眾關注。NBC新聞部曾去信要求環境保護署，解釋有關草地會否致癌，一直不獲回應。但該署資料顯示，車胎含有水銀、鉛、苯、砒霜及其他重金屬。製造車胎的原材料為合成橡膠（synthetic rubber）。合成橡膠主要有順丁橡膠、丁苯橡膠、氯丁橡膠、丁腈橡膠、異戊橡膠等幾十個品種。於兒童遊樂場最常用的合成橡膠大多數是來自廢車胎。因此，要決定一件遊樂場地氈是否有毒及致癌物質，就要追溯到最頂層的原材料。車胎或含有重金屬等致癌物，當車胎打碎成膠粒時，重金屬有可能污染膠粒。膠粒早於2011年已被美國國家衛生部列為致癌物，質疑本港康體場的安全。

華盛頓大學女子足球隊教練Amy Griffin表示，過去一年向她反映患癌的女子守門員，由34名增加至最少63名，華盛頓州的健康部門已開始相關研究。近年本港不少學校，尤以是國際學校，也有在校舍內自資建造人造草球場，情況原來也引起本港家長關注。一群關注子女健康的哈羅香港國際學校家長，最近抽取校內人造草場的樣本，並自資委託化驗室分析，從作為場地填充物料的膠粒之中發現有微量的鉛成分，以及另外兩種或會影響健康的化學元素；結果令部分家長感到驚訝。

有專家反駁，雖然車胎內含有重金屬等，但沒證據顯示重金屬會釋放出來。為免安全地墊釋放有毒粉塵，這些廢車胎膠粒只會用作底層物料，面層則由合成橡膠製成。家長則擔心萬一面層使用日久而破裂，會否造成有毒物質外泄。膠粉及重金屬會黏在肺部，難以排出體外，長時間積聚有致癌風險，主要是肺部或呼吸道癌症。守門員經常撲波跌落地，衝力大令膠粉彈上，大力按住地下起身，感染風險較大。踢波後膠粒會黏着鞋底，可能因此把膠粒帶回家。有研究人員指出當康體場地鋪墊物料的保護層受損毀，康體場地使用者接觸到鋪墊物料中的膠粒的機會便會增加。

鉛本身可以殘留體內，並且累積，更可影響處於發育期青少年的神經系統。人造草場的膠料樣本亦存有化學物多溴聯苯(Br)，含量為百萬分之二百五十一，據知有家長關注有關物質可干擾腦發育與內分泌，以及抑制免疫系統。人造草場的草絲則發現含有化

學物氯(Cl)，含量為百萬分之七百二十一，家長憂慮會抑制免疫系統，導致生殖系統和神經系統損傷。

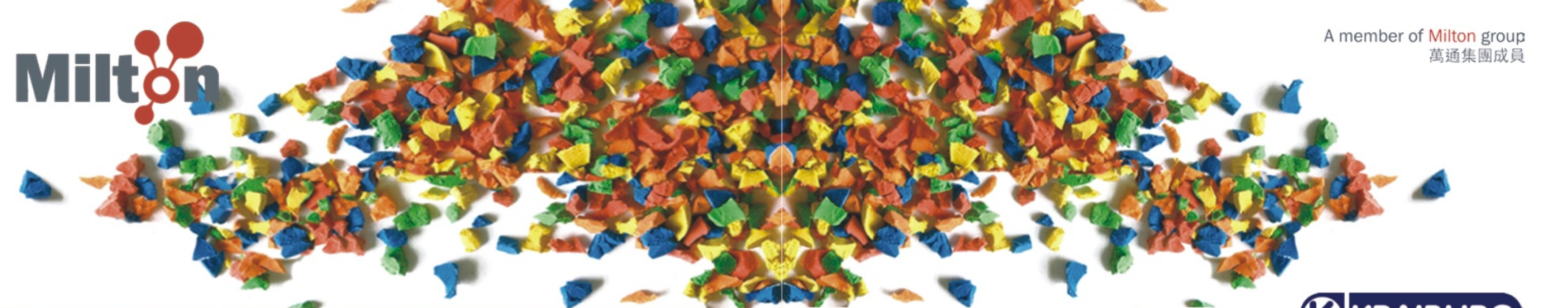
民政事務局局長劉江華承認局方轄下多個康體場地，都有用膠粒作地墊或填充物物料，但強調經過處理後循環再用的車胎膠粒，一般只會用作底層的物料，而面層則由合成橡膠製成。建築署的承辦商根據合約要求提交所採用物料的相關證明書，以證明所使用的物料是符合相關的國際安全標準。至於第三代人造草地足球場所使用的膠粒物料會因應不同供應商本身的設計而可能有所不同。建築署會在合約上訂明承建商須採用符合相關國際安全標準的物料和工程規格。同時，根據國際足球協會（國際足協）所訂定的標準，第三代人造草球場須不含有任何有毒物質。承建商須於工程完成後提交由獨立認可檢測機構為該人造草球場進行草坪表現和安裝的檢測證明書，以確保球場符合國際足協的相關標準。建築署一般不會在合約或工程規格內指定或限制物料的產地來源。康文署人員定期巡視康樂場地內的設施，包括跑道、安全地墊及第三代人造草地足球場，如發覺設施有受損情況，會要求建築署或安排承辦商盡快進行保養及維修。承辦商需要根據合約要求提交所採用物料的相關證明書，以證明所使用的物料是符合相關的國際安全標準。此外，建築署及康文署人員亦會檢視其承辦商的維修工作，以確定承辦商採用按合約指定規格的物料和按工程規格完成工程。由於鋪墊物料的維修保養工程通常會與場地內其他設施維修工程一併進行，因此未能提供僅就更換已損毀鋪墊物料的工程次數及所涉開支的統計資料。

因此，建議球員受傷倒地後應盡量面向天，減少面向地吸入膠粉及重金屬；比賽或操練時避免用手抹鼻，之後應盡快洗手或洗澡。

參考資料：

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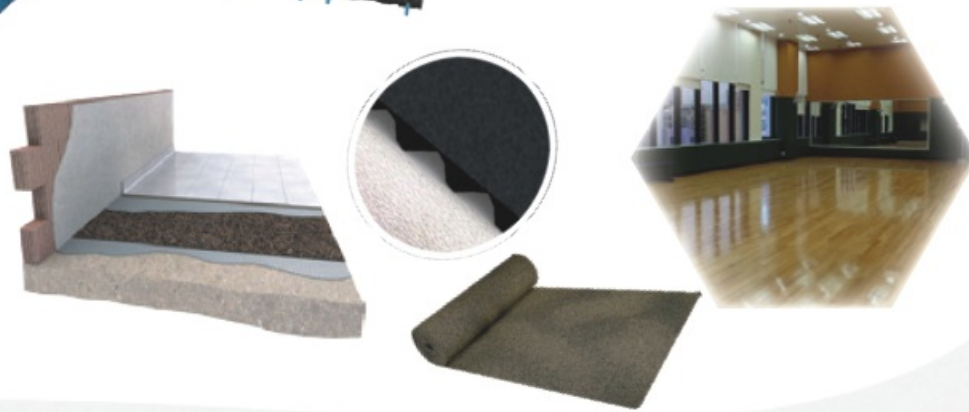


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將旅遊與運動結合 Sports Tourism

Kar Ho

何謂 Sports Tourism? 「運動旅遊」是整合了旅遊觀光與運動性質於一身的活動，在旅遊的過程中，可以藉著參與運動和觀賞運動的過程，產生與一般旅遊觀光活動不同的特殊體驗。

近年愈來愈多香港人愛到海外「運動旅遊」，中國大陸、台灣、韓國及日本的亞洲國家更是香港人首選的熱門地點。當中可以體驗到不同種類的運動項目，如單車、行山、滑雪、跑步及浮潛等等...「把過程變成一種享受！」

韓國



由於韓國山地比較多，以及韓國人都很喜歡滑雪，所以很多郊區被開辟成滑雪場，可謂遍佈國內。在嚴寒的韓國冬天裏，除了吸引韓國人到滑雪場嘗試速度的快感外，大部分香港人冬天到韓國旅遊都會安排滑雪行程，為冬天增添不少樂趣。滑雪場裡面除了有滑雪區域之外，還有住宿、餐廳、購物中心、保齡球館等等，所以很適合渡假旅遊。

此外，韓國的滑雪場都是培養世界滑雪選手的種子場地，也是舉辦滑雪比賽的場地。特別是韓國前五大滑雪場之一「龍平」，規劃了三長符合國際標準的高級滑道，世界盃滑雪賽及1999年第四屆亞洲冬季運動會都在此進行。

由於單車項目在香港愈來愈多人認識，近年很多香港人愛到海外作單車旅遊，他們都會租借單車到不同的地方「逍遙單車遊」一番；此外，由於香港人口稠密、窄窄的單車徑未能滿足「單車發燒友」的快感，他們都會選擇到海外找適合自己的賽道，台灣是熱門地點之一。

台灣



台灣單車路線眾多，如選擇「逍遙遊」路線，日月潭可說是必遊之地。日月潭獲美國旅遊網站CNNGO評為世界十大自行車道之一，擁有藍天碧海、大自然風景，絕對是一個不錯的選擇。另一方面，單車環島遊更是適合熱愛單車的發燒友，「環島遊」的距離較長，從高雄到墾丁再到花蓮差不多需要三百公里，體力需要較大，適合追求難度的單車手，亦可以飽覽台灣美景、體驗當地文化，一舉兩得。

日本



日本馬拉松一向都是馬拉松愛好者喜愛的賽事，他們會以跑步為目的去日本，順便也在日本自由行。日本比較出名的馬拉松包括：東京馬拉松、大阪馬拉松、那霸馬拉松、名古屋女子馬拉松。「東京馬拉松」是國際田聯所認可的金標賽事之一，所以是日本最受矚目的代表性運動盛會，香港的跑手不仿考慮參加下一屆的「日馬」!

參考資料:

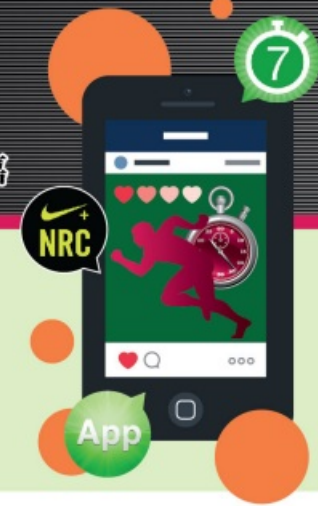
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運動 Apps

何詠嘉

經常運動是健康生活的關鍵之一。香港人工作忙碌，缺少運動，長時間以坐著的方式工作—「坐以待病」，導致身體過重或肥胖、肌肉力量減弱，容易患上不同的慢性疾病，尤其經常「機不離手」的低头族。



手機功能多多，除給我們不同資訊及電子遊戲之外，坊間愈來愈多運動與健康管理的應用程式 (App)，提供給人免費下載到智能手機，帶來智慧化的運動體驗，隨時隨地都可輔助運動。既可訂立目標及記錄運動數據，亦可分享至社交平台，培養出恆常運動的好習慣。

運動應用程式的功能表現各有不同，統計運動數據及訂立體能訓練計劃的應用程式人氣較高。若您熱愛跑步的話，無論您是初學者或正在準備比賽，都有不少跑步的應用程式可供選擇。大部分功能包括記錄運動距離、卡路里消耗量、平均速度、天氣資料、分享跑步記錄及設定目標等等... 以下是筆者推介給大家的運動Apps:



跑步系列中有不少值得推薦的 App，如Runtastic、Endomondo、Sports Tracker、Nike以及Adidas。Nike運動系列當中的「NIKE+ RUN CLUB」更獲廣受好評，它是全球最大的跑步社群軟體，全世界任何程度的運動愛好者都能在這裡找到志同道合的好友，每次跑步時，都有數百萬名跑者及專業指導陪伴激勵您挑戰自己的極限。



除了跑步，體能訓練的應用程式也十分普及，大部分應用程式會提供簡單而有效的訓練計劃給不同需要的人。當中較高下載量的應用程式，如「7分鐘體能訓練」，已在全世界掀起熱潮，此組七分鐘科學運動，是由十二組動作結合而成，此為高強度循環運動，且不需要任何運動器材，隨時隨地都可訓練。

高強度循環運動 (High-Intensity-Circuit-Training, 簡稱HICT) 是結合阻力訓練及有氧運動，搭配高強度及極短的休息時間，改善心肺功能及肌肉力量。每星期進行五天HICT訓練，持續六星期，不但可達到肌肉鍛鍊的效果，還能使體脂大幅下降。

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Model Number
L400



Model Number
L370



Model Number
L550



康體設施 懷舊一番

因為社交網站平台的關係，令我看到不少兒時回憶，尤其在公園及遊樂場的設施圖片，不但止能將我的童真喚醒，更令我思考為什麼現在的設施會有這麼大的改變？



直鐵滑梯



螺旋形鐵滑梯



石屎滑梯



鐵製攀爬架-馬騮架





蹺蹺板



鞦韆



转转转



跳飛機



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Sun Hung Kai properties Hong Kong Cyclothon 2016 has a positive effect on promoting cycling in Hong Kong. Besides, Hong Kong government has promoted and introduced “sport month” to encourage the Hong Kong people to participate in sports activities (Porteous, J.,2016) However, the program only focuses on the traveler marketing, hence, the number of participants increases double for the first year after implementing the program Anyway, more and more Hong Kong people have opportunity to participate in sports.

The Hong Kong Tourism Board (HKTB) staged the Sun Hung Kai Properties Hong Kong Cyclothon for the second year on 25 September 2016. As the anchor event of Hong Kong Sports Month, this year’s cycling event is the biggest ever of its kind in Hong Kong, welcoming cyclists from Hong Kong and all over the world.

A highly international line-up racing on a course with three tunnels and three bridges.

The Sun Hung Kai Properties Hong Kong Cyclothon features four races and five cycling activities this year, many of which have been enhanced by a range of brand-new elements, Properties, S.H.K. (2016). And it hold up different races for public including international Criterium, Challenge Ride and Community Ride over 4,000 participants joined the event including over 100 professional cyclists from 27 countries. The World Teams Lampre-Merida and ORICA-BikeExchange came to participate. Some of the proceeds will be a charity, hope the participants can enjoy the

sport, and also support the sociality with a good ways.

It is the second year of holding the Sun Hung Kai properties Hong Kong cyclothon. The number of participants over 4000 participants to join it, Flora, C. (2016) Overview this year event according to all articles, we find that have much participants blame the race time is not enough time to give them finish the race and feel upset for that. Nevertheless, the organizers claimed that over 1000 helpers were on duty to let the race to be smooth on order to have a better control than last year. The Hong Kong government announced the program “sport month” in September 2016 than both cyclothon and marathon were selected for people from all over around the world.

CYCLING IN HONG KONG

As we know Hong Kong is a small county has not enough space to develop a complete cycle track, on the other side, Hong Kong people love cycling on holidays. Dr. Peter Lam, Chairman of the HKTB, said: “The sport of cycling has caught on in Hong Kong in recent years, with many cyclists from the city earning international recognition. Hong Kong has a good chance to bring the Kong Hong cyclists to a new level. Although Hong Kong is small, the government and the organizer have tried



their best to let the riders to see Hong Kong in different ways by selecting different tracks. Furthermore, it can makes more and more Hong Kong people love and contact cycling.

MOTIVATION OF HONG KONG GOVERNMENT AND SUN HUNG KAI PROPERTIES

The aim of Hong Kong Tourism Board of holding those international event are to create a new image to international nowadays over the world believe that Hong Kong is a shopping heaven, but the development of China, Hong Kong has lost the colour with the shopping heaven. Therefore, Hong Kong Tourism Board changes the promotion ways to be and active. This is the aim of Hong Kong government. Moreover, the cyclothon cannot be successful only with the government. The Sun Hung Kai properties limited is the second organizer of the cyclothon. Why does it organize this program? I do believe that it wants to feedback to society to establish a positive image about its company.

A NEW EXPERIENCE FOR HONG KONG PEOPLE

For those who wants to join the cyclothon need to pass the endurance and skill test. The tests may be not too useful, but it can protect the participant and can reduce the chance of injury. Normally people will think cycling is easy that running more comfortable. In fact, doesn't. On the other hands, Hong Kong does not have a complete and long cycle tracks for cycling, it is unlike other countries which their citizens can ride on road. Hong Kong people can cycle on the road, tunnel, and bridge to get a view of Hong Kong landscape. Is a very rare change to ride on city. Therefore, people who pass the test can ride on city but the equipment is the one of the most important parts for normal people. Because not anybody has a full gear and his or her own bicycle, so some participants may use this change to buy gear and bicycle.



On the other hand, Hong Kong is the most important Asia vote market there has relationship with the U.S and U.K market. This is a positive way to input the economic, however it makes Hong Kong people cannot sleep very well. Therefore Hong Kong people can use the change to contact cycling.

EQUIPMENT OF CYCLING

The obvious difference between running and cycling is the gears. The speed of the cycling is faster than that of running. So the main concern is to protect the participant from accidents, they need to have a full gear when they participate in cycling. However, it is quite expensive for some of them who just want to see a new view of Hong Kong. It can discourage the participants the cyclothon event.

FUTURE IMPLICATIONS

Sun Hung Kai properties Hong Kong cyclothon only hold two years, but the participants increase a double to over 4,000 people. And over the world have travellers want to participant also for the world elite cycling team. In the next five to ten year I think this Hong Kong cyclothon event will become flawless. For example the organizer can find cycling sponsor like bicycle equipment company, bicycle company, also sport drink company to decrease the output of the event and increase the income in the event. Cycling is a very good activity for people to keep health, organizer can do more promotion for the public also the world.

For the time of the event the organizer can be chance the event to be a week and everyday has different races and also in the morning so that to fix the transport problems. Furthermore, organizer can be setup a gear shop on the event or maybe provide gear and bicycle to participate who have not full gear and bicycle. They may face more and more international cycling team we visit Hong Kong; Hong Kong can be having a new image without shopping heaven. More cycling team come to Hong Kong more promote forces to Hong Kong public.



If every year can success to run smooth I think government can use this to promote the world, also Hong Kong may change the law about the cycling in the road, because cycling gets very famous. Not only Sun Hung Kai properties Hong Kong cyclothon, in the future maybe have non-government organizer to hold an international event and forward to more economic.



To sum up, Sun Hung Kai properties Hong Kong cyclothon 2016 is the event that has a great room to be improved, but it will get better and better and to be a most famous event in Hong Kong. Also the relation between Hong Kong people will be more active to participate to participants cycling. Now Hong Kong people not only can do hiking, running, but also cycling. Therefore, this cyclothon can be a driving force for Hong Kong people to get activity. Under the influence of external and internal factors, In the future Hong Kong people will give more prosperous than now.

In long run, Hong Kong Tourism Board should develop the scale of Hong Kong Cyclothon by extending the race lane, second increasing the number of participants and adding different activities in the cyclothon. As for the completion of the Hong Kong- Zhuhai- Macau Bridge, Hong Kong will be able to co-operate with Macau and Zhuhai, if this cyclothon can cross another county may face other problem that only Hong Kong cyclothon, but I think if the this major event is cross over three countries we have lots of manpower and resources that can face the major event.

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