

# 游泳後需知

你的安全 對閣下的健康至為重要。

## 游泳後眩暈、冒冷汗或不適

### 若身處泳池內

- 請盡快上水
- 請坐下但不要立即坐下
- 解開緊身的游泳裝束，保持呼吸道暢通
- 保持鎮定，並作緩慢而深長的呼吸
- 請向現場救生員或泳池職員尋求協助

### 若已離開泳池

- 請立即坐下或臥下休息
- 解開衣扣，保持呼吸道暢通
- 保持鎮定，並作緩慢而深長的呼吸
- 如情況許可，請尋求旁人協助
- 若情況未見好轉，請逕往求醫或致電緊急求助熱線 999。

## 游泳後的十二小時內

- 請多進飲料，補充失去水份
- 疲憊的肌肉應避免過度用力，請暫停進行劇烈運動或危險性運動，以免妨礙肌肉休息。

如對 黃埔體育會 游泳班有任何查詢，歡迎電郵 [whampoaorg@gmail.com](mailto:whampoaorg@gmail.com) 或瀏覽 <http://www.whampoa.org.hk> 聯絡我們。

# Post Swimming Advice

Your safety is of utmost importance to your health.

## **If you feel dizzy, cold sweating and unwell**

### **Inside the swimming pool**

- Leave the water
- Take a sit but do not lie down immediately.
- Loosen any restrictive clothing and keep breathing smoothly.
- Keep calm, take slow and long deep breath.
- Seek assistance from life guards and pool staff

### **Outside the swimming pool**

- Take a sit or lie down.
- Loosen any restrictive clothing and keep breathing smoothly.
- Keep calm, take slow and long deep breath.
- Seek assistance (if possible) from passers-by
- Seek medical consultation or call the Emergency Hotline 999 if condition does not improve.

## **Over the next 12 hours**

- Drink plenty of fluid to replenish volume loss
- Avoid heavy lifting, strenuous exercise or hazardous sports to prevent over-exercise of body muscles

Should you have any enquiries about the swimming course of Whampoa Sports Club, please contact us at [whampoaorg@gmail.com](mailto:whampoaorg@gmail.com) or website <http://www.whampoa.org.hk>