



香港草地滾球總會 Hong Kong Lawn Bowls Association

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MEMORANDUM 備忘

TO:	All Bowls Convenors	致:	各球會召集人
FROM:	Claudius Lam	自:	林志堅
DATE:	May 29, 2017	日期:	2017年5月29日
SUBJECT:	Mind your step when entering the greens	項目:	出入場地時注意小心

An accident occurred at the Ap Lei Chau greens yesterday when a bowler accidentally stepped on a bowl when getting onto the green from the bank. It resulted in a broken leg and other injuries.

While wishing the bowler to get well soon, I would like to remind all bowlers to be careful on and off the green. Attached are some safety precautions we should take when enjoying our game.

Lawn bowls was generally considered as one of the safest sport in the world. However, sometimes we were too involved and just concentrated to the heads rather than where we step. I hope keeping these precautions in mind will help us refrain from injury in the future.

昨日在鴨脷洲室內草地滾球場發生了一宗意外事故，一名球員從堤岸踏進球場時誤踏滾球，導致該球員腿部骨折及其他損傷。

香港草地滾球總會除對該球員致以深切慰問外，亦希望提醒所有球員在進行草地滾球活動時必須注意安全，附上為一份安全守則，希望各位時刻遵守。

草地滾球向被視為全世界最安全的運動之一，不過大家有時會太專注於球局而令自己身陷危險。我希望大家可以時刻緊記此安全守則，避免意外再次發生。

On behalf of
The Hong Kong Lawn Bowls Association

Claudius Lam
Vice President – Technical

SAFE PRACTICES

None of us wishes to be injured or cause an injury to another during our bowling time. By taking the trouble of observing a few precautions, we can lessen the chance of this happening.

- Always place the mat correctly on the bank, never just throw it up or with part of it hanging over the edge, someone could slip on it and have a nasty fall.
- Close bowls bags properly and stow them and other property out of the way so they will not cause an injury to anyone.
- Be careful not to catch your trousers or skirt on boundary pegs when stepping down onto the green.
- Focus on the place you are going to land on the green, rather than watching the head.
- Group together all the bowls in the rink to avoid someone tripping on a loose bowl.
- Stand out of the way, preferably on the bank when someone is about to drive.
- Never step backwards; you could easily trip on bowls or the bank.
- Be careful to replace jack and bowl markers out of the way where they will not be tripped on.
- All bowls lifters, umbrellas etc should be placed on the bank and out of the way when not in use.
- Drink plenty of water before, during and after play, particularly during very hot weather. If we do not, we could become dehydrated and not only does this lead to lost concentration, it could also result in heat stroke or heat exhaustion. Water should also be taken at regular intervals.
- Alcohol, tea and coffee are diuretics and cause loss of fluid. Plain water is recommended.
- Warming up before play can help prevent pulled muscles. A short brisk walk followed by gentle stretching of muscles to be used is an appropriate warm up. NEVER stretch a cold muscle, it can result in injury. A warm up prepares the muscles for the game ahead and improves blood circulation and flexibility.
- Be careful walking on wet surfaces when wearing bowls shoes. Their very smooth soles could cause you to slip. Walking on talcum powder could also be dangerous.

安全守則

在草地滾球活動過程中，無人願意見到受傷情況。事實上，大家只要遵守一些簡單的預防措施，便可大大減低發生受傷的機會：

- 將地蓆放置在堤岸上的合適位置，切勿胡亂將地蓆拋在堤岸或容許部份地蓆垂在堤岸邊，因為球員可能會因誤踏這些地蓆而滑倒。
- 將關好的球袋及其他物件放在適當地方，以免絆倒他人。
- 在踏入球場時，小心不要被號碼牌或邊線標記絆倒。
- 在踏入球場時小心留意腳步，不要只顧望著球局。
- 將線道上所有滾球集中在一起，以免球員被零散滾球絆倒。
- 當察覺到有球員要發出滾擊球時，其他球員應盡量離開線道，而最佳的站立位置為堤岸之上。
- 永遠不要倒退步行，你可能會被線道上的滾球或堤岸絆倒。
- 在每局後緊記將目標球或接觸球的標記放回堤岸上的適當地方，以免絆倒他人。
- 所有用作提起滾球的工具或雨傘等物件，在不使用時應放在堤岸上或其他適當的地方。
- 在參與草地滾球活動之前、當時及之後都應喝下適量清水，特別是在天氣炎熱的情況下，所以必須留意補充體內水份，體內水份降低除會令球員失去集中力之外，更可能引致中暑等嚴重情況。預防方法其實很簡單，只要在活動前後各飲下一杯清水，然後在活動中間歇地適量飲用清水就可以。
- 飲用酒精、茶或咖啡都會導致體內水份流失，所以球員應選擇清水作飲料。
- 熱身運動可預防拉傷肌肉，所以各教練都必須採用本手冊所列之熱身運動方式帶領學員作熱身運動。在熱身運動前，教練可提醒學員先輕微活動身體及手腳，然後才正式進行熱身運動，此舉讓他們的身體準備好作正式的熱身運動，因為假如肌肉是完全沒有準備的話，就很容易受傷。
- 在穿著草地滾球鞋行經濕滑地面時須小心在意，因為平底的草地滾球鞋很容易滑倒。