

Public invited to participate in Sport For All Day 2024 on August 4

In order to continuously build a "Sport for All" culture in the community, the Leisure and Cultural Services Department (LCSD) will hold the Sport For All Day (SFAD) 2024 on August 4 (Sunday). Most leisure facilities under the purview of the LCSD will be open for free use, and a series of free recreation and sports programmes will be held in designated sports centres across districts. Members of the public are welcome to participate in the event. Participants can also watch live webcast of sports demonstrations at home to exercise in a fun way.

To implement the policy measure relating to the promotion of sports for all as specified in the 2023 Policy Address, the LCSD will collaborate with the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC), over 10 sports organisations and private recreational organisations to hold free recreation and sports programmes for the public to join, or open up their facilities for free use on this year's SFAD.

The slogan of the SFAD 2024 will remain "Stay Active, Healthy and Happy!" to encourage people of all ages and abilities to engage in regular sports and physical activities, and promote the benefits of exercise for the body and mind. The theme of this year's event is "Parent-child Exercise for Fun and Fitness", aiming to introduce parent-child fitness exercises to encourage members of the public to pursue healthier bodies and better relationships among family members.

On the event day, the LCSD will hold diversified and free recreation and sports programmes from 2pm to 6pm at designated sports centres in 18 districts, including health talks, fitness corners, sports demonstrations and participation activities for the elderly and persons with disabilities, as well as parent-child exercises to tie in with the theme of the event. Participants and their families can enjoy the fun in sports while joining the activities.

The 2024 Paris Olympic Games and Paralympic Games will be held soon. To help create an Olympic atmosphere, the SFAD 2024 will feature activities on some selected Olympic sports in order to promote the public understanding of them and cheer for the athletes.

Sports demonstrations will be featured in a live webcast via the event dedicated website (www.lcsd.gov.hk/en/sfad) and the "LCSD Plusss" Facebook page (www.facebook.com/LCSDPlusss) on the event day from 2pm. Members of the public can experience the vigour of sports demonstrations at home through online platforms.

At the same time, various LCSD leisure facilities will also be open for free use by the public on the Sport For All Day 2024 to develop a habit of

regular exercise. Booking arrangements will be announced in mid-July.

The leisure facilities to be available for free use on August 4 include:

- Indoor leisure facilities: badminton courts, tennis courts, basketball courts, netball courts, volleyball courts, squash courts, table tennis tables, American pool tables, billiard tables, sport climbing walls*, bowling greens, golf facilities, fitness rooms*, activity rooms, dance rooms and a cycling track*;
- Outdoor leisure facilities: tennis courts, tennis practice courts, bowling greens, batting cages, sport climbing walls*, archery ranges* and golf facilities (excluding camp facilities, sports grounds as well as artificial and natural turf pitches);
- Public swimming pools (excluding Wan Chai Swimming Pool, and Kowloon Tsai Swimming Pool and Tung Cheong Street Swimming Pool which are temporarily closed for redevelopment and repair works respectively); and
- Craft at water sports centres* (recreational kayaks, pedal-driven boats, sampans and colour boats at Chong Hing Water Sports Centre are available for free use by campers only).

* Citizens who book these types of facilities must hold the relevant qualification certificates. For details, please visit the thematic website at www.lcsd.gov.hk/en/sfad.

The SF&OC will set up an SFAD activity booth at the "Sport for All Fun Day" of Festival of Sports, which will be held at the Free Space in Kwun Tong Town Centre from 11am to 6pm on August 3 and 4, aiming to further enhance public interest in sporting activities. For the details of the event, please visit the website of the SF&OC at fos.hkolympic.org/en/programme/event-list. Furthermore, to echo the SFAD 2024, more than 10 organisations will hold free recreation and sports programmes for the public to join, or open up their facilities for free use on the day of the event. Details are available on the dedicated webpage (www.lcsd.gov.hk/en/sfad/2024/organizations.html).

The Sport For All Day 2024 is co-organised by the SF&OC; Department of Health; the Sports Medicine Team of the Chinese University of Hong Kong; the Sports Medicine and Health Science Alumni Association of the Chinese University of Hong Kong; the Physical Fitness Association of Hong Kong, China; and the Sports Association for the Physically Disabled of Hong Kong, China. Please visit the dedicated website at www.lcsd.gov.hk/en/sfad for details.