

Sport For All Day 2018 to provide programmes and facilities for free on August 5

The Leisure and Cultural Services Department (LCSD) will hold Sport For All Day 2018 on August 5 (Sunday) to encourage people of all ages and those with disabilities to maintain a healthy lifestyle by participating more in various sports activities and to form the habit of exercising at least half an hour a day.

"Stay Active, Healthy and Happy!" has been adopted as the slogan to promote the event and publicise the benefits of regular exercise. This concise and catchy slogan aims to convey to the public that daily exercise is advantageous to both body and mind and to encourage them to do more exercise in their daily lives.

On August 5, various free recreation and sports programmes will be offered at designated venues in the 18 districts, and most of the leisure facilities of the LCSD will be open for use by the public free of charge.

Enrolment for the free programmes will start from 8.30am on July 16 (Monday) at respective LCSD District Leisure Services Offices and designated venues in the 18 districts on a first-come, first-served basis. These programmes include:

- Health talks and exercise demonstrations
- Fitness corners
- Sports activities for parents and children
- Sports play-in sessions
- Activities for persons with disabilities
- Shuttlecock demonstrations and play-ins

The fee-charging leisure facilities that will be open for free use by the public on Sport For All Day on August 5 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, rope courses and golf facilities (excluding camp facilities, sports grounds, artificial and natural turf pitches)
- Public swimming pools (excluding Wan Chai Swimming Pool)
- Crafts of water sports centres

Booking for free use of available leisure facilities can be made at Leisure Link booking counters at LCSD venues in various districts (except self-service kiosks) starting from 9am on July 29 (Sunday). Only one session per person is allowed, irrespective of the type of facility. No prior booking is required for the public swimming pool facilities. Members of the public may line up at the entrances of the swimming pools for free admission on a first-come, first-served basis.

For details of the free programmes and facilities for free use, please refer to the attachment 1, visit the Sport For All Day designated website: www.lcsd.gov.hk/en/sfad or call 2414 5555 for enquiries.

The LCSD has also invited the 18 District Councils, National Sports Associations, district sports associations, community sports clubs and community sport organisations, as well as privately run sports clubs and health centres to organise free activities and offer free facilities for the public to enjoy on August 5 in support of the event.

Sport For All Day 2018 is co-organised by the 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; the Hong Kong Paralympic Committee and Sports Association for the Physically Disabled; the Hong Kong Sports Association for Persons with Intellectual Disability; and the Hong Kong Shuttlecock Association Limited.

Temporary traffic and transport arrangements at Tate's Cairn Tunnel this Saturday and Sunday

The Transport Department (TD) today (June 21) reminded members of the public that to facilitate road repair work at the Tate's Cairn Tunnel, the following temporary traffic and transport arrangements will be implemented at the Tate's Cairn Tunnel from 10pm on Saturday (June 23) to 6am on Sunday (June 24):

(i) The slow lane of the Tate's Cairn Tunnel (Kowloon bound) from its toll plaza to its Kowloon exit, and the slip road leading from the Kowloon exit to Hammer Hill Road and Lung Cheung Road, will be closed to all vehicular traffic;

(ii) Vehicles from the Tate's Cairn Tunnel Kowloon bound exit heading for Hammer Hill Road and Lung Cheung Road eastbound will be temporarily diverted; and

(iii) KMB routes No. 74D, 74X, 75X, 80X, 82X, 83X, 84M, 85M, 88, 89C, 89D, 89X, 277X and 286M heading for Kowloon will be diverted from 9.30pm on June 23 to 6am on June 24. The bus stop on Choi Hung Road westbound near Sze Mei Street serving KMB routes No. 82X and 85M will be temporarily relocated.

Due to the lane closure, the TD anticipates that the traffic at the Tate's Cairn Tunnel will be relatively busy during the above period. Motorists should exercise tolerance and patience when passing through the road sections concerned and consider using alternative routes. Appropriate traffic signs will be erected on-site to guide motorists.

Members of the public are advised to use railway services or bus services via the Lion Rock Tunnel or the Tsing Sha Highway to Kowloon. They are also advised to plan their journey in advance and allow more travelling time to avoid unexpected delay.

The TD and the tunnel operator will closely monitor the traffic situation and implement appropriate traffic and transport measures whenever necessary. Members of the public are advised to stay alert to the latest traffic news on radio and television.

Details of the temporary traffic and transport arrangements are now available on the TD's website (www.td.gov.hk).

Basic Law Parent-child Workshop to be held this Saturday and Sunday

A Basic Law Parent-child Workshop organised by the Constitutional and Mainland Affairs Bureau will be held this Saturday and Sunday (June 23 and 24) in Yau Tong.

Children may gain a better understanding of the Basic Law by participating in different interesting workshops, a Basic Law mega board game and a Basic Law interactive story telling session. Members of the public may also visit the exhibition at the venue to know more about the content and implementation of the Basic Law.

The workshops and interactive story-telling sessions will be conducted in Cantonese. Children aged 6 to 12 and their parents are welcome. Seats are limited and allocated on a first-come, first-served basis. For details, please visit www.basiclawworkshop.hk.

The Basic Law Parent-child Workshop will be held at the Central Atrium, G/F, Domain, 38 Ko Chiu Road, Yau Tong, Kowloon, from 11am to 7pm. Admission

is free.

July 2018 adjustment in ceiling prices for dedicated LPG filling stations

The Electrical and Mechanical Services Department today (June 21) announced an adjustment to the auto-LPG (liquefied petroleum gas) ceiling prices for dedicated LPG filling stations from July 1 to July 31, 2018, in accordance with the terms and conditions of the contracts of the dedicated LPG filling stations.

A department spokesman said that the adjustment on July 1, 2018, reflects the movement of the LPG international price in June 2018. The adjusted auto-LPG ceiling prices for dedicated LPG filling stations will range from HK\$3.48 to HK\$4.01 per litre, representing an increase of HK\$0.24 to HK\$0.25 per litre.

The spokesman said that the auto-LPG ceiling prices were adjusted according to a specified pricing formula. The formula comprises two elements – the LPG international price and the LPG operating price. The LPG international price is the LPG international price of the preceding month. The LPG operating price is adjusted on the first day of February every year according to the movement in the Composite Consumer Price Index in the previous year.

The auto-LPG ceiling prices for respective dedicated LPG filling stations in July 2018 are as follows:

Location of Dedicated LPG Filling Station	Auto-LPG Ceiling Price in July 2018 (HK\$/litre)	Auto-LPG Ceiling Price in June 2018 (HK\$/litre)
Fung Yip Street, Chai Wan	4.01	3.77
Ngo Cheung Road, West Kowloon	4.01	3.77
Sham Mong Road, Mei Foo	3.69	3.44
Yip Wong Road, Tuen Mun	3.69	3.44
Marsh Road, Wan Chai	3.68	3.44
Fung Mat Road, Sheung Wan	3.61	3.37
Wai Lok Street, Kwun Tong	3.61	3.37

Yuen Chau Tsai, Tai Po	3.61	3.37
Cheung Yip Street, Kowloon Bay	3.66	3.42
Kwai On Road, Kwai Chung	3.66	3.42
Hang Yiu Street, Ma On Shan	3.48	3.23
Tak Yip Street, Yuen Long	3.48	3.23

The spokesman said that the details of the LPG international price and the auto-LPG ceiling price of each dedicated LPG filling station have been uploaded to the department website www.emsd.gov.hk. They are also posted at dedicated LPG filling stations to enable the trades to monitor the price adjustment.

Details of the pricing adjustment mechanism for dedicated LPG filling stations can also be viewed under the "What's New" section of the department website at www.emsd.gov.hk/en/what_s_new/current/index.html.

[Red flag hoisted at Hap Mun Bay Beach](#)

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

Here is an item of interest to swimmers.

The Leisure and Cultural Services Department announced today (June 21) that due to big waves, red flag has been hoisted at Hap Mun Bay Beach in Sai Kung District. Beach-goers are advised not to swim at the beach.