



8 Apr 2022

泳池掛晒彩旗係咪開 Party?

Flags Up! Party Time!

泳池上方掛滿彩色旗子是用來裝飾的嗎？當然不是呢！它們其實是背泳轉身標誌線（或俗稱 5 米旗）。根據國際游泳聯會的設施規則，彩旗應懸掛在水面上方 1.8 米的位置，並固定於泳池兩邊盡頭 5 米前的柱子上。事實上，它們對於確保泳員安全是非常重要的。

彩旗的主要用途是讓背泳運動員知道他們正接近池邊盡頭，這樣就不會因碰撞而受傷。泳員亦可利用旗子來計算他們的划水次數，這有助他們判斷從旗子游到池邊需要做多少次划水動作，以做好轉身準備或完成比賽。

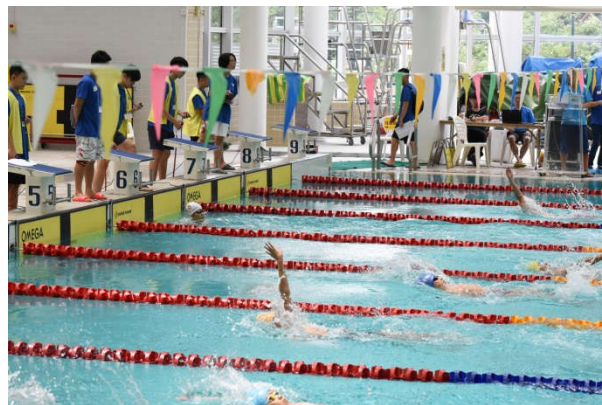
Are those colourful flags over the pool for decoration? Of course not! They are actually the Backstroke Turn Indicators. According to FINA Facilities Rules, flagged ropes shall be suspended across the pool, 1.8 metres above the water surface, from fixed standards placed 5.0 metres from each end wall. In fact, they are very important for ensuring the safety of swimmers.

The primary purpose of the flags is to let the backstroke swimmers know that they are approaching the end of the pool, so they don't get injured by hitting the wall. Swimmers will also use the flags for their stroke count, as they can judge how many strokes it takes to swim from the flags to the wall and be well prepared to make a turn or finish the race.



學界游泳比賽也有「5 米旗」的蹤影。

Backstroke flags at a HKSSF Swimming Competition.
(Photo: HKSSF)



彩旗對背泳運動員判斷轉身或衝線非常重要。

Flags are important for backstroke swimmers to judge when to make a turn or finish the race.
(Photo: HKSSF)