

設施 Facilities

訓練場地

隨著體院重新發展計劃完成，體院配備了世界級、無障礙的訓練設施及相應的專業配套，協助香港精英運動員在國際賽事中追求卓越成績。

截至二零一六年三月三十一日，體院為17個「A級」支援精英體育項目提供訓練場地，當中13個項目的場地，包括田徑、羽毛球、桌球、劍擊、空手道、賽艇、七人欖球、壁球、游泳、乒乓球、網球、保齡球及武術設於其火炭總部，其餘四個項目包括單車、體操、帆船及滑浪風帆，亦按照特定訓練需要設於總部以外的場地。

宿舍及膳食服務

運動員宿舍可供多達370名運動員入住，為精英運動員提供一個舒適的居住環境，讓他們專心受訓。宿舍內的房間設施完善，以配合運動員的日常生活需要。此外，宿舍內還設有活動室、供授課用的房間，以及配置資訊科技設備的學習空間。截至二零一六年三月三十一日，宿舍共有248名運動員入住。

另外，體院的專業膳食團隊與運動營養師通力合作，讓運動員於運動員餐廳選擇最切合他們日常訓練需要的食物。年度內，體院為運動員提供了超過15萬份餐膳。

Training Facilities

With the completion of the Redevelopment Project, the HKSI is equipped with an array of world-class, barrier-free training and ancillary facilities to assist Hong Kong's elite athletes to pursue excellence in the international sporting arena.

As at 31 March 2016, elite training facilities were provided for all 17 Tier A sports, 13 of them (athletics, badminton, billiard sports, fencing, karatedo, rowing, rugby sevens, squash, swimming, table tennis, tennis, tenpin bowling and wushu) at the HKSI headquarters in Fo Tan and four (cycling, gymnastics, sailing and windsurfing) at off-site training facilities to cater for the specific training needs of each sport.

Accommodation and Catering

With accommodation for up to 370 athletes, the Athlete Hostel provides a comfortable professional base for elite athletes to help them focus on training. The hostel rooms are well provided with facilities for their daily needs. There are also an activity room, rooms for conducting tutorials, and an enhanced IT-supported learning area. As at 31 March 2016, the Athlete Hostel accommodated a total of 248 athletes.

Through the joint efforts of the HKSI's professional catering team and sport nutritionists, the Elite Corner allows the athletes to make educated choices about the most appropriate food to support the demands of their daily training. In 2015/16, over 150,000 meals were served to the athletes.



體院配備世界級、無障礙的訓練設施，協助運動員爭取佳績。

The HKSI provides a range of world-class, barrier-free training facilities to help athletes pursue sporting excellence.