



澳門氹仔偉龍馬路

電話：(+853)2888 1122 傳真：(+853)2888 0022



Avenida Wai Long, Taipa, Macau

Tel: (+853)2888 1122 Fax: (+853)2888 0022



Ref. No. MUST/23/082/SA/N

通告

校內康體設施開放時間(2309 學期)

致全體學生/教職員：

茲通知校內康體設施開放時間及使用須知，詳見下表：

G 座 (1,2,3 號) 籃球場	週一至週日 09:00-22:00	凡本大學師生均可免費使用，無須預約。
G 座 (4,5 號) 籃/排球場		目前僅開放予學生團體預約借用。
G 座 (1,2 號) 網球場		透過 WeMust APP 內「康體場地預約」預訂， 不接受口頭或電郵方式預訂；須提前 7 天提出申請。
R 座 204 乒乓球室		
I 座 足球場/田徑跑道	週一至週日 07:00-22:00	有關公眾開放時段及使用須知，請掃描二維碼查看詳情。 
J 座室內體育館 (1-8 號) 籃/排球場,羽毛球場,乒乓球場	週一至週日 08:30-22:00	有關公眾開放時段及使用須知，請掃描二維碼查看詳情。 
J 座 216 健身室	週一至週日 09:00-22:00	凡本大學師生均可免費使用，無須預約。

備註：

1. 須帶備學生證/職員證，進入 I 座及 J 座時須在大堂前台登記。請穿著運動服裝及運動鞋，並需遵守場地使用守則。
2. 任何時候發現身體出現發熱(體溫高於或等於 37.5 度)、急性咳嗽等不適等，應戴上口罩及早就醫並暫緩運動或訓練。
3. 使用任何器材前需先閱讀器材上的指引，按自己的身體狀況適當地進行鍛練，使用健身器材時必需注意安全。

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4. 運動前需做好熱身運動。訓練時如有任何不適，包括胸口陣痛、關節及肌肉痛、暈眩、噁心、呼吸困難等，請立即停止訓練。
5. 如遇上緊急情況，可致電大學保安室的緊急電話 8897-2233 或 8897-2254。

以上資訊如有更改，以大學最新公佈為準：

校內康體設施介紹	場地使用守則
	

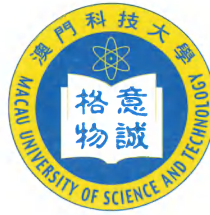


2023年10月12日



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Notice

Opening Hours of On-campus Sports facilities(2309 Semester)

To all student/staff :

Please be advised that the opening hours and the Rules and Regulations for Sports Facilities are listed in detail as follow:

Block G: Basketball Court (1, 2, 3)	Mon. to Sun. 09:00-22:00	Teachers and students are free to use. No advance booking is required.
Block G: Basketball/ Volleyball Court (4, 5)		Currently it is only open for reservation and borrowing by student associations.
Block G: Tennis Court (1, 2)		Reservation should be made through WeMust App's "Sports Venue Booking" at least 7 days in advance. Reservation made verbally or by email is not accepted.
Block R Room 204 Table Tennis Room		
Block I: Football Field /Athletics Track	Mon. to Sun. 07:00-22:00	For information regarding public opening hours and usage guidelines, please scan the QR code to view the details. 
Block J: Indoor Gymnasium- Basketball Court /Volleyball Court, Badminton Court, Table Tennis Court (1-8)	Mon. to Sun. 08:30-22:00	For information regarding public opening hours and usage guidelines, please scan the QR code to view the details. 
Block J Room 216 Gymnasium room	Mon. to Sun. 09:00-22:00	Teachers and students are free to use. No advance booking is required.



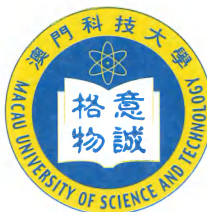
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Remarks:

1. Students and staff are required to bring their student ID/staff ID and register in the Block I and Block J lobby upon arrival. Please wear sportswear and sports shoes, and comply with the regulations of using the facilities.
2. Please stop training, wearing mask and consult the doctor if you have fever (body's temperature over 37.5°C) and constant coughing.
3. Please read the guideline before use the fitness equipment, please pay attention to safety when you use the equipment.
4. Please warm up before exercising. If you have any discomfort during training, including chest pains, joint and muscle pain, dizziness, nausea, breathing difficulties, please stop training immediately.
5. In case of emergency, please call the emergency number 8897-2233 or 8897-2254 of the Security Room.

The above information is subject to change. Please refer to the latest announcements from the university for updates:

Introduction to On-Campus Sports Facilities	Rules and Regulations for Sports Facilities
	

Student Affairs Office

2023/10/12

