

Recruitment of Hong Kong volunteers for 15th National Games begins today (with photos/video)

The Hong Kong Volunteer Programme of the 15th National Games was launched today (July 20) with the aim of recruiting approximately 10 000 members of the public to participate in voluntary work for the events of the 15th National Games (NG), the 12th National Games for Persons with Disabilities (NGD) and the 9th National Special Olympic Games (NSOG) to be held in Hong Kong.

Speaking at the launching ceremony of the Programme today, the Chief Secretary for Administration, Mr Chan Kwok-ki, said that Hong Kong being a co-host of next year's NG, NGD and NSOG is not only a recognition of Hong Kong's sports development by the country, but also an opportunity for the whole community to participate in and personally support this national event, contributing to the sports development of the country. He called on members of the public, companies and organisations to enthusiastically sign up for the Programme, implementing the spirit of "Let's volunteer for the National Games".

Other officiating guests at the launching ceremony included the Secretary for Culture, Sports and Tourism, Mr Kevin Yeung; the Permanent Secretary for Culture, Sports and Tourism, Mr Joe Wong; the Head of the National Games Coordination Office, Mr Yeung Tak-keung; the Chairman of the Agency for Volunteer Service, Ms Melissa Pang; and the Chairman of the Hong Kong Volunteers Association, Mr Andy Kwok.

The Agency for Volunteer Service and the Hong Kong Volunteers Association have been appointed by the National Games Coordination Office (Hong Kong) under the Culture, Sports and Tourism Bureau as the assisting organisations of the Programme. The two organisations will assist in co-ordinating the recruitment of volunteers, as well as their training, work allocation and management.

From now until September 20, persons aged 18 or above (as of December 31, 2024), holding a valid Hong Kong Identity Card and able to speak Cantonese and Putonghua, can visit the Programme's website at www.2025ngvolunteer.hk for making online applications. Organisations interested in taking part as group volunteers can also apply through the assisting organisations within the application period.

Applicants who have passed the interviews and completed the training courses will be appointed as volunteers to provide services during the test events and games to be held in Hong Kong, including reception services upon arrival and departure, audience services, guest reception, crowd control, transport and logistics, as well as catering management.

For details of the Programme, please visit the website of the Hong Kong Volunteer Programme of the 15th National Games at www.2025ngvolunteer.hk.

The 15th NG will be held from November 9 to 21, 2025, lasting for 13 days. Hong Kong will organise eight competition events, namely, Basketball (men U22), Cycling Track, Fencing, Golf, Handball (men), Rugby Sevens, Triathlon and Beach Volleyball, as well as one mass participation event, Bowling.

The 12th NGD and 9th NSOG will be held from December 8 to 15, 2025, lasting for eight days. Hong Kong will organise four competition events, namely, NGD events Boccia, Wheelchair Fencing and Para Table Tennis (TT11), and NSOG event Table Tennis, as well as one mass participation event, Para Dance Sport.

For more information about the NG, NGD and NSOG, please visit the dedicated webpage under the Culture, Sports and Tourism Bureau at www.cstb.gov.hk/tc/national-games/index.html.



[CHP reminds public on precautions](#)

against heat stroke during very hot weather

The Centre for Health Protection (CHP) of the Department of Health (DH) today (July 20) reminded members of the public, particularly those undertaking outdoor activities, to take heed of necessary measures against heat stroke and sunburn in very hot weather.

"The public should carry and drink plenty of water to prevent dehydration while engaging in outdoor activities," a spokesman for the CHP said.

"Those engaged in strenuous outdoor activities should avoid beverages containing caffeine, such as coffee and tea, as well as alcohol, as they speed up water loss through the urinary system," the spokesman explained.

"Infants and children, the elderly, pregnant women, those with chronic illnesses such as heart disease or high blood pressure, outdoor/manual workers, and individuals who are overweight are more vulnerable to heat stroke. They should pay special attention," the spokesman added.

The public should adopt the following precautions:

- Wear loose and light-coloured clothing to reduce heat absorption and facilitate sweat evaporation and heat dissipation;
- Avoid vigorous exercise and prolonged activities like hiking or trekking as heat, sweating and exhaustion can place additional demands on the physique;
- Perform outdoor activities in the morning or the late afternoon, if possible;
- For indoor activities, open all windows, use a fan or use air-conditioning to maintain good ventilation;
- Do not stay inside a parked vehicle; and
- Reschedule work to cooler times of the day if feasible. If working in a hot environment is inevitable, introduce shade in the workplace where practicable. Start work slowly and pick up the pace gradually. Move to a cool area for rest at regular intervals to allow the body to recuperate.

â€‹The public should also note the latest and the forecast Ultraviolet (UV) Index released by the Hong Kong Observatory (HKO). When the UV Index is high (6 or above):

- Minimise direct exposure of the skin and the eyes to sunlight;
- Wear long-sleeved and loose-fitting clothes;
- Wear a wide-brimmed hat or use an umbrella;
- Seek a shaded area or put on UV-blocking sunglasses;

- Apply a broad-spectrum sunscreen lotion with a minimum sun protection factor (SPF) of 15, preferably higher. Reapply every two hours if you stay out in the sun, and after swimming, sweating or towelling off; and
- While using DEET-containing insect repellents for personal protection against mosquito-borne diseases, apply sunscreen first, then insect repellent.

â€œIf symptoms develop, such as dizziness, headache, nausea, shortness of breath or confusion, rest and seek help immediately, and seek medical advice as soon as possible.

â€œThe public may obtain more information from the DH's Health Education Infoline (2833 0111), [heat stroke](#) page and [UV radiation](#) page; the HKO's Dial-a-Weather (1878 200), latest [weather report and forecast](#), [UV Index](#) and weather information for [hiking and mountaineering](#); and [press releases](#) of the Labour Department on precautions against heat stroke for outdoor workers and their employers when the Very Hot Weather Warning is in force.

Very Hot Weather Warning issued

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

The Hong Kong Observatory has issued the Very Hot Weather Warning.

To prevent heat stroke, avoid prolonged activities outdoors.

If engaged in outdoor work or activities, wear a wide-brimmed hat and light-coloured, loose-fitting clothes. Stay in shaded areas as much as possible.

Drink plenty of water, and avoid beverages containing caffeine or alcohol.

If you feel sick, consult a doctor right away.

Red flag hoisted at Cheung Chau Tung

Wan 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 (July 20) that due to big waves, red flag has been hoisted at Cheung Chau Tung Wan Beach in Islands District. Beachgoers are advised not to swim at the beach.

LD reminds employers and employees to take heat stroke preventive measures in times of Heat Stress at Work Warning

As the Heat Stress at Work Warning is now in effect, the Labour Department (LD) reminds employers and employees to take appropriate measures during the effective period of the warning to prevent heat stroke when working in hot weather or hot environments.

Employees who work outdoors or in non-air-conditioned indoor environments face high levels of heat stress and are at a relatively higher risk of heat stroke. Employers should assess the risk factors of heat stress for employees at work and, based on the identified risk factors, take necessary preventive and control measures, including rescheduling work periods, setting up shading covers, providing ventilation and heat dissipation equipment, and reminding employees to replenish water and rest in a timely manner.

The Heat Stress at Work Warning is formulated by the LD based on the Hong Kong Heat Index. There are three levels of the warning: Amber, Red and Black, which help employers and employees better understand the level of heat stress while working outdoors or indoors without air-conditioning systems.

A spokesman for the LD said that when the department issues the Heat Stress at Work Warning, employers must refer to the criteria and recommendations provided in the "[Guidance Notes on Prevention of Heat Stroke at Work](#)" to conduct risk assessments, according to the workloads and other relevant heat stress risk factors, for employees who work outdoors or in non-air-conditioned indoor workplaces. Appropriate rest breaks should be arranged

every hour, as far as reasonably practicable, based on various levels of the Heat Stress at Work Warning, to reduce employees' risk of heat stroke.

Employees must also follow instructions to rest on time. Whenever there are any symptoms of heat-related illnesses, such as headache, dizziness, thirst, and nausea, they should rest in a cool and shady place, drink water, and inform employers/supervisors to take appropriate action immediately.

The LD issued the "Guidance Notes on Prevention of Heat Stroke at Work", detailing the various risk factors that should be considered when conducting heat stress risk assessments and recommending corresponding control measures for identified risk factors for employers' and employees' reference. For the Heat Stress at Work Warning and related guidelines, please refer to the department's thematic webpage:

www.labour.gov.hk/eng/news/prevention_of_heat_stroke_at_work.htm.