

The Facilities

Indoor Sports Facilities

- S. H. HO Sports Hall - for badminton, basketball, handball and volleyball, etc.
- Multi-purpose Rooms - for table-tennis, aerobic dance, social dance, fencing, martial arts, indoor archery and other exercise
- Fitness Center (LG4) - *Aerobic equipment*
treadmills, bicycle, stepper, elliptical trainer and rowing ergometers
- *Weight Training equipment*
a set of multi-gym equipment and weight training stations
- Gymnasium in UG Hall 9 - *Aerobic and weight training equipment*
- Climbing Wall - 8-meter high wall with 2 climbing lanes
- Table-Tennis Room - 6 tables
- Squash Courts - 3 courts with glass back wall
- Indoor Swimming Pool - a 25-meter heated pool
- TSANG Shiu Tim Sports Center - an arena for badminton, basketball and volleyball, etc.
- a multi-purpose room for table-tennis, aerobic dance, social dance, fencing, martial arts and other exercise
- an exercise room for aerobic fitness training
- an exercise zone for both aerobic and weight training

Outdoor Sports Facilities

- Outdoor Swimming Pool - a floodlit 50-meter pool with a 1 meter diving board
- FOK Ying Tung Sports Center - an all-weather artificial turf soccer pitch (floodlit)
- a 400-meter athletic track (floodlit for jogging only)
- spectators stand and changing facilities
- Tennis Courts - a total of 8 courts (floodlit except court No. 3)
- Mini-Soccer Pitch - for 5-a-side soccer (floodlit)
- Outdoor Basketball Court - seafront (floodlit)
- Lawn Area - for archery, athletic throwing events, woodball, golf practice range, and other activities

Opening Hours of Sports Facilities

	Daily
Indoor Sports Facilities	
S. H. HO Sports Hall	9:00 am -10:00 pm*
Table-Tennis Room	8:00 am -10:00 pm*
Squash Courts	8:00 am -10:00 pm*
Fitness Center (LG4)	7:15 am -10:00 pm*
Gymnasium in UG Hall 9	7:15 am -10:00 pm*
Climbing Wall	8:00 am -10:00 pm*
Multi-Purpose Room	8:00 am -10:00 pm*
TSANG Shiu Tim Sports Center	7:15 am -10:00 pm*
Outdoor Sports Facilities	
FOK Ying Tung Sports Center	7:00 am -10:00 pm*
Tennis Courts No. 1, 2	7:00 am -10:00 pm
Tennis Court No. 3	7:00 am -6:00 pm
Tennis Courts No. 4, 7 and 8	7:00 am -9:00 pm
Tennis Courts No. 5 and 6	7:00 am -11:00 pm
Outdoor Basketball Court	7:00 am -10:00 pm
Mini-Soccer Pitch	7:00 am -10:00 pm
Lawn Area	7:00 am -6:00 pm
Swimming Pools	
Outdoor Swimming Pool (April/May to November)	7:30 am -9:30 pm*
Indoor Swimming Pool (November to April/May)	7:30 am -9:30 pm*

* Facilities will be closed on the following Public Holidays: Chinese New Year Holidays (3 days), Dragon Boat Festival, the day following Mid-Autumn Festival and Christmas; and at 6:00 pm on the following days: Mid-Autumn Festival, Winter Solstice and Chinese New Year Eve.

Time Allocation for Activities

(S. H. HO Sports Hall only)

	MON	TUE	WED	THU	FRI	SAT	SUN
9:00 am						(open)	(open)
10:00 am							
11:00 am	BMT/BBL/VBL (open)						
12:00 noon						(open)	(open)
1:00 pm							
2:00 pm	BMT/BBL/VBL (student)						
3:00 pm						(open)	(open)
4:00 pm							
5:00 pm	BMT/BBL/VBL (open)						
6:00 pm						(open)	(open)
7:00 pm							
8:00 pm							
9:00 pm						(open)	(open)
10:00 pm							

BMT - Badminton
BBL - Basketball
VBL - Volleyball

student : for use by students only
open : for all eligible users

Allocation of Courts

	Location	Allocation
Tennis Courts	Courts No. 1 & 2	Seafront
	Courts No. 3	LG7 Carpark
	Court No. 4	Senior Staff Quarters
	Courts No. 5 & 6	South Gate
Squash Courts	Courts No. 7 & 8	Senior Staff Quarters (Site B)
	Courts No. 3, 4 & 5	LG4

Eligible Users

User Identification required

- Full-time Students, Part-time Students and Full-time Staff
 - Family members of full-time staff *
 - Other approved users
- HKUST Staff/Student Card
HKUST Staff Family Card (white)
Sports Facilities User Card

* As defined in the terms of appointment of the staff member.

Privilege for use of the facilities are normally granted to persons who are officially associated with the university. Application forms are obtainable from the Dean of Students' Office, LG4 Counter or download from Dean of Students' Office web site: https://sao.ust.hk/upload/facilities/FAC_Sports.pdf. A User Identification Card will be issued to those granted user privilege.

Guests & Visitors

- To facilitate eligible users to play with their regular partners who are not otherwise eligible users, full-time students, staff and eligible family members, and alumni may bring along guests under the following conditions:
 - Guests must be accompanied by the eligible user concerned at the time of admitting into and when using the sports facilities;
 - Guests under 12 must be accompanied by an adult user preferably either of their parents when using the sports facilities.
 - Payment for a guest ticket charge of HK\$20.00 per guest per visit;
 - Except alumni, a maximum of 4 paying guests may be brought in at one time;
 - Alumni members may bring in a maximum of 2 paying guests at one time in some sports facilities with limitations with details in <https://sao.ust.hk/eng/detail.php?catid=14&sid=120>;
 - The ticket is not valid for use of the Gymnasium in Hall 9 and Weight Training Zone inside LG4 Fitness Centre by the guest;
- Guests tickets are available for sale at various Sports Counters. Tickets sold are not refundable.
- Guests tickets should be presented for validation at the time of admission into the facilities.
- Guests and visitors who are not using the sports facilities are welcome to stay in the public spectator areas, i.e. the balcony of the S. H. Ho Sports Hall and the spectator stand in the FOK Ying Tung Sports Center and Squash Courts.

Booking Procedures

For Individual Recreation

Advance and On-the-day Booking

- Booking must be made online at <https://w6.ab.ust.hk/fbs>.
- Booking will be accepted at or after 8:00 am one week (seven calendar days) before the date of booking.
- For any one type of facility, a user can only make one booking per day unless otherwise specified.
- Family members of HKUST staff have to be activated through the system by the staff before they can make a booking online.
- Sports Facilities User Card holders have to be registered through the system before they can make a booking online. The registration may take ten working days to complete.
- First time user are encouraged to read the FAQ or User Guide on the menu bar before they make a booking.

For Organized Competitions

Bookings for competitions must be made at least one month in advance. A prepared fixture and equipment list must be submitted together with the application in a prescribed form. Sample application can be obtained at the Dean of Students' Office.

Use of Weight Training Equipment in the Fitness Center

For safety reasons, only qualified users may use the weight training equipment in the Fitness Center.

- Qualified users are those who have attended the Video Viewing Session offered by the Dean of Students' Office or a similar training course elsewhere. For the latter case, production of evidence may be required.

Others

- Courses and activities organized by the Dean of Students' Office will have priority in using the various sports facilities.
- Facilities not taken up 10 minutes after scheduled time will be allocated to other users on first-come-first served basis.
- Information related to types of booking not listed above are available at the Dean of Students' Office.

Rules and Regulations

To ensure that users can enjoy using the facilities in a safe and convenient environment, rules and regulations are required. A full set of the rules and regulations are displayed in appropriate locations and can be consulted in the Dean of Students' Office. **Users may wish to take note of the following before using the facilities:**

1. Children under age 12 must be accompanied by eligible adult user when using the sports facilities.
2. Appropriate sports attire must be worn. Bare foot is not allowed except sand pit and swimming pool. Footwear requirements are as follows:
 - a. Footwear for all indoor sports facilities must be NON-MARKING rubber-soled sports shoes.
 - b. Shoes with spikes or metal studs are not allowed on the artificial turf soccer pitch.
 - c. Shoes with spikes longer than 6 mm are not allowed on the synthetic surface of the athletic track.
3. Smoking is not permitted in any part of the sports facilities.
4. No food or drinks except water is permitted within the sports facilities.
5. No pets are allowed to be brought into the sports facilities.
6. Users with shoulder length or longer hair must wear bathing caps or tie up their hair while using the swimming pool (This is to avoid blockage of the filtration plant by loose long hair).
7. Except kickboards inflatable arm bands, no other inflatable swimming aids are permitted to be used in the swimming pool.
8. Except goggles, swimmers should not wear spectacles, face masks or flippers in the swimming pool.
9. Persons who have put on sun-tan lotion are required to take a shower before entering the swimming pool.



THE HONG KONG UNIVERSITY OF
SCIENCE AND TECHNOLOGY

DEAN OF STUDENTS' OFFICE

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