



HKSF Development Squad Training Program (1st Block) 香港帆船運動總會培訓預備隊訓練計劃 (第一期)

香港帆船運動總會主辦
Organized by the Hong Kong Sailing Federation

香港帆船運動總會培訓預備隊旨在為有興趣繼續帆船運動之青少年提供持續及有系統的訓練。訓練包括熟識器材、航海技巧、航行規則和比賽相關知識等。表現優異的學生將會被推薦加入區域代表隊接受進一步培訓。

HKSF Development Squad aims to provide continuous and systematic training for young people who are interested in continuing sailing. Training includes equipment familiarization, sailing skills, rules and competition knowledge, etc. Students with outstanding performance will be recommended to join the regional squad for further training.

對象及參加資格 Target and Eligibility	1) 8 至 12 歲之青少年 For youth in age of 8 to 12 2) 持有 HKSF 少年帆船第三級 HKSF 小帆船第二級證書或同等資歷。 Holder of HKSF Junior Sail 3 or HKSF Level 2 certificate or equivalent experience.
訓練日期 Training Schedule	全期 8 課 Total of 8 training sessions 30/7, 5/8, 6/8, 12/8, 20/8, 26/8, 3/9, 10/9
訓練時間 Training Time	0900-1700 午膳時間：1 小時 - 學員須自備午餐 Lunch time: 1hr - students shall bring their own lunch
訓練地點 Training Venue	香港帆船運動總會小棕林帆船訓練中心 - 清水灣坑口永隆路小棕林海灘 HKSF Little Palm Beach Sailing Centre - Hang Hau Wing Lung Road, Clear Water Bay
訓練船種 Training Dinghies	樂天小帆船 Optimist
人數 Capacity	8
訓練費用 Training Fee	每人全期 \$2,200 元正 \$2,200 per person for one training block
報名辦法 Application Procedure	將填妥的報名表連同訓練費用支票以郵遞方式寄到「香港帆船運動總會」 地址：香港銅鑼灣掃桿埔大球場徑一號奧運大樓一〇〇九室 支票抬頭請寫「香港帆船運動總會」，支票背後寫上學員姓名及聯絡電話。 名額將以先到先得方式分配，額滿即止。資料不全的申請，將一概不予受理。 若報名人數不足，訓練計劃將會取消。本會將保留對上述條款之最後修訂權。 Please submit the completed application form together with a cheque for the course fee in mail to, "Hong Kong Sailing Federation" Address: Room 1009, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong. Payment should be made in cheque payable to the "Hong Kong Sailing Federation". Please write down applicant's name and contact number on the back of the cheque. Enrolment will be accepted on a "First Come First Served" basis. Applications with incomplete information will not be processed. Program will be cancelled if there are insufficient applicants. Hong Kong Sailing Federation reserves its rights to revise the above procedures as appropriate.
截止申請日期 Application Deadline	2023 年 7 月 17 日 17 July 2023

惡劣天氣安排:

如天文台於上午七時發出紅色暴雨警告信號、黑色暴雨警告信號、三號或以上颱風信號訓練將會取消或改期。

如天文台於上午七時發出強烈季候風信號或雷暴警告，請如常到達訓練場地，教練將因應天氣作出合適安排。

Arrangement under Inclement Weather:

Training will be cancelled or re-scheduled if the Hong Kong Observatory issued RED or BLACK rainstorm warning signal, typhoon signal No. 3 or higher at 7am.

For strong monsoon signal or thunderstorm warning, training will be held as usual. Instructor will arrange suitable training according to the weather.

香港帆船總會培訓預備隊報名表

HKSF Development Squad Training Application Form

申請人所提供的資料只作報名、統計、日後聯絡、宣傳本會與合辦機構的康體活動之用。所有個人資料將列作機密。除獲本會授權人士外，不會提供予其他人士。如欲查詢或更改申請人的個人資料，可與本會職員聯絡。

All information provided by the applicant will only be used for the enrolment, compilation of statistics, future correspondence and promotion of the activities organized by the Federation and co-organizers. All personal data will be treated as confidential and except authorized personnel of the Federation, no one will be given access to this information. If applicant wants to make access to and correction of any data, please contact the Federation staff.

申請訓練期數: _____

Training Block Applying

申請人中文姓名: _____ 性別 Gender: 男 M / 女 F 身高 Height: _____ 體重 Weight: _____

Applicant's name in English: _____ 出生日期 Date of Birth: _____

是否持有特區護照: 是 Yes / 否 No 居港年期: _____

Holder of HKSAR Passport No. of years resident in HK

聯絡電話: _____ 香港身份證號碼: _____

Contact Phone No. HKID Card No.

地址 Address: _____

電郵地址 Email Address: _____

(本會將以電郵通知申請人 Successful applicants will be notified by Email)

學校 School Name: _____

聲明: 本人明白此活動存在一定的危險性本人答允遵守中心一切有關安全的指引及服從教練及中心職員的指示及中心的附例。

Declaration: I am clearly aware that there is an element of danger in the sport. I promise to observe all safety requirements and obey the Centre Rules as well as all instructions given by the Instructors and centre staff.

本人 能游泳最少 50 公尺 身體健康
I can swim at least 50m am in good health
 有特殊健康情況 (請注明):
have special medical condition (please specify) : _____

緊急聯絡人電話: _____ 緊急聯絡人姓名 (關係): _____ ()

Emergency contact phone number Emergency contact name (Relationship)

過去帆船及有關經驗簡述 (請附上證書及訓練紀錄, 可另紙書寫)

Brief description of past sailing experience (Please attach copies of certificates and training logs, use separated sheet if needed)

日期 Date: _____ 申請人簽署 Applicant Signature: _____

申請人家長或監護人聲明 Parent or Guardian's Consent

本人 _____ 乃申請人之家長/監護人, 現同意申請人參加上述課程。本人明白參加風帆活動存在一定的危險, 本人會指示申請人遵從中心職員及教練的指示及遵守中心的一切守則。

I, _____, parent/guardian of the applicant hereby express my consent to this application. I am clearly aware that there is an element of danger in the sport of sailing and will instruct the applicant to follow the instructions as given by the instructor or centre staff.

日期 Date: _____ 簽署 Signature: _____

附註

- 支票抬頭請寫“香港帆船運動總會”
- 請寄回填妥之報名表到:
香港帆船運動總會
香港銅鑼灣掃桿埔大球場徑一號奧運大樓一〇〇九室

Notes

- Cheque payable to “Hong Kong Sailing Federation”
- Completed application form should be returned to:
Hong Kong Sailing Federation
Rm 1009, Olympic House, 1 Stadium Path, So Kon Po,
Causeway Bay, Hong Kong.