



2023 香港帆船運動總會梯隊培訓計劃 - 青少年帆船課程 2023 HKSF Feeder Scheme - Youth Learn to Sail Scheme

康樂及文化事務署資助 及 香港帆船運動總會主辦
Subvented by the LCSD and organized by the Hong Kong Sailing Federation

歡迎 8 至 12 歲之青少年參加 Suitable for youth in age of 8 to 12

少年帆船級別 Junior Sailing Course Level		課程編號 Course Code	日期 Date	上課地點及詳情 Course Venue and Details
少年帆船第一級 Junior Sail 1	入門訓練 Introduction to Sailing	FS-OP1-23-3	13-14 May 2023	香港帆船運動總會小棕林訓練中心 清水灣 坑口永隆路 小棕林海灘 <u>Hong Kong Sailing Federation</u> <u>Little Palm Beach Sailing Centre</u> Hang Hau Wing Lung Road, Clear Water Bay 訓練時間：0930 - 1730 (午飯時間大約是 1230 - 1330 · 請 自備午餐)
		FS-OP1-23-5	3-4 Jun 2023	
		FS-OP1-23-8	1-2 Jul 2023	
		FS-OP1-23-9	17-18 Jul 2023	
		FS-OP1-23-10		
		FS-OP1-23-14	31 Jul-1 Aug 2023	
		FS-OP1-23-15		
少年帆船第二級 Junior Sail 2	舵手訓練 Helmsman	FS-OP2-23-4	26-27 May 2023	Training Time: 0930 - 1730 (Lunch break at around 1230 - 1330, please bring your own lunch) 每班人數：6 人 Class Capacity: 6 students
		FS-OP2-23-6	10-11 Jun 2023	
		FS-OP2-23-11	20-21 Jul 2023	
		FS-OP2-23-12		
		FS-OP2-23-17	7-8 Aug 2023	
少年帆船第三級 Junior Sail 3	舵手進階 Skipper	FS-OP2-23-18	17-18 Aug 2023	
		FS-OP3-23-2	6-7 May 2023	
		FS-OP3-23-13	27-28 Jul 2023	
		FS-OP3-23-16	3-4 Aug 2023	
少年帆船第四級 Junior Sail 4	競賽入門 Start Racing	FS-OP3-23-19	10-11 Aug 2023	
		FS-OP4-23-1	22-23 Apr 2023	
		FS-OP4-23-7	17-18 Jun 2023	
		FS-OP4-23-24	24-25 Aug 2023	
		FS-OP4-23-25		

參加資格 Eligibility

少年帆船第一級 Junior Sail 1	任何能游泳最少 50 公尺的 8 至 12 歲青少年 Any youth in age of 8 to 12 who can swim at least 50 m
少年帆船第二級 Junior Sail 2	任何 8 至 12 歲青少年, 曾經完成香港帆船運動總會少年帆船第一級 Any youth in age of 8 to 12 who have completed HKSF Junior Sail 1
少年帆船第三級 Junior Sail 3	任何 8 至 12 歲青少年, 曾經完成香港帆船運動總會少年帆船第二級並考試合格 Any youth in age of 8 to 12 who have completed and passed HKSF Junior Sail 2
少年帆船第四級 Junior Sail 4	任何 8 至 12 歲青少年, 曾經完成香港帆船運動總會少年帆船第三級並考試合格 Any youth in age of 8 to 12 who have completed and passed HKSF Junior Sail 3

報名辦法

報讀不同級別的課程須遞交個別報名表申請。每位報名人士只可就每個課程級別遞交一張報名表。

課程費用為每班每人港幣 200 元正，須用支票繳交。支票抬頭請寫「香港帆船運動總會」，支票背後請寫上學員姓名及聯絡電話。請將填妥的報名表連同報名費支票以郵遞方式寄到：

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

報名日期由 **2023 年 4 月 4 日上午 11 時** 開始。名額將以先到先得方式分配 (過去未曾報讀/未曾考試及格的人士在首三天報名將優先處理)，額滿即止。**同日收到之郵寄報名表將獲優先處理**。本會將保留對上述條款之最後修訂權。

資料不全的申請，將一概不予受理。

課程確認通知

課程開班前會以電郵寄出「確認通知書」以作核實，一經核實，學員不可轉班或轉讓名額，退出者所繳交費用一概不會退回。如課程未能如期舉行，香港帆船運動總會將以電郵通知參加者。

若開班前三天尚未收到任何通知，請致電我們查詢。

惡劣天氣安排

如香港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課程將會取消。

強烈季候風信號或雷暴警告，課程將會如常舉行，教練將會根據當日天氣情況作出安排。

如因惡劣天氣而取消當日課程，將安排補堂，詳情請向教練查詢。

聯絡查詢 Enquiry

電話 Tel: 2504 8159

電郵 Email: aa@sailing.org.hk

地址 Address: 香港銅鑼灣掃桿埔大球場徑一號奧運大樓一〇〇九室

Room 1009, Olympic House, 1 Stadium Path So Kon Po, Causeway Bay, Hong Kong

Application Procedures

Each applicant shall only submit one application form for each course level. Separate application forms shall be submitted for different course levels.

Course fee is HK\$200 per person per course. Payment of course fee should be made in cheque payable to the "Hong Kong Sailing Federation". Please write down applicant's name and contact number at the back of the cheque. Please submit the completed application form together with a cheque for the course fee **in mail** to, Hong Kong Sailing Federation

Room 1009, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong.

Enrolment commences at **11am on 4 April 2023**. Enrolment will be accepted on a "First Come First Served" basis (applicants who have not

completed/ passed the assessment of that level will be given priority to enroll in the first 3 days).

Application form received by mail on the same day will be given priority. Hong Kong Sailing Federation reserves its rights to revise the above

procedures as appropriate.

Applications with incomplete information will not be processed.

Course Confirmation

A confirmation notification will be sent by email before the commencement of the course. Once the confirmation is sent, no changing of course, transferring or refund will be entertained. In case a course cannot be held as scheduled, Hong Kong Sailing Federation will inform applicants by email. Please contact us if no notification is received 3 days before the commencement of the course.

Arrangement under Inclement Weather

Courses will be cancelled 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, the course will be held as usual.

Instructor will arrange suitable tasks regard to the prevailing weather conditions

If course cancelled due to inclement weather, makeup class will be arranged. Please contact the course instructor for further information.

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報名表 Application Form

(請以正楷清楚填寫 Please complete clearly in block letters)

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 enrollment, 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's staff.

申請人中文姓名: _____ 性別 Gender: 男 M / 女 F

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

地址 Address: _____

聯絡電話: _____ 香港身份證 / 護照號碼: _____

Contact Phone No. HKID / Passport No.

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: _____

緊急聯絡人姓名 (關係): _____ () 緊急聯絡人電話: _____

Emergency contact name (Relationship) Emergency contact phone number

曾經完成並考試合格的課程 (需提供證明): _____

Course previously completed and passed (Please provide copies to verify)

報名課程級別 Course Level applied: Junior Sail 1 / 2 / 3 / 4 (請於方格內填✓, Please tick "✓" in appropriate box)

課程編號 Course Code: (第一選擇 First Choice) _____

(第二選擇 Second Choice) _____

(第三選擇 Third Choice) _____

(第四選擇 Four Choice) _____

*申請不同級別課程須以另一張報名表申請

Apply course of different level should be submitted separately

聲明 Declaration

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訓練班教練及中心職員的指示及中心的附例。

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 course instructors and centre staff. (請於方格內填✓, Please tick "✓" in appropriate box)

本人 能游泳最少 50 公尺

患有哮喘

I can swim at least 50m

requires special medical care for asthma

身體健康

患有糖尿病

am in good health

requires special medical care for diabetes

有特殊健康情況 (請注明):

have special medical condition (please specify): _____

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。本人明白參加帆船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 course instructor or centre staff.

日期 Date: _____ 簽署 Signature: _____