



2022 香港帆船運動總會 - 青少年風帆入門及基本技巧課程 2022 HKSF Dinghy Level 1- 2 Youth Courses

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 12 至 16 歲之青少年參加 Suitable for youth in age of 12 to 16

成功完成本課程的參加者，將能掌握駕駛風帆的基本技術及應注意之安全事項，並能在輕微至和緩的風力下，無須教練在旁指導而能夠駕駛風帆，及可申請香港帆船總會之小帆船二級證書。

By the end of the course the successful sailor will be safety conscious, have a basic knowledge of sailing and be capable of sailing a dinghy without an instructor on board in light medium winds. Sailors who passed the exam may apply HKSF dinghy level 2 certificate.

帆船課程 Dinghy Course	課程編號 Course Code	課程日期 Course Date	接受報名日期 Application Date
第一級及第二級(合併) Level 1 & 2 (Combined)	HKSF-DYS-22-01	6,7,9,10,13 June 2022	18 May 2022
	HKSF-DYS-22-02	4,5,7,8,11 July 2022	
風帆入門及基本技巧 Intro to Sailing & Basic Skills	HKSF-DYS-22-03	15,16,18,19,20 August 2022	1 June 2022
	HKSF-DYS-22-04	10,11,12,17,18 September 2022	
	HKSF-DYS-22-05	1,2,4,8,9 October 2022	1 August 2022
	HKSF-DYS-22-06	23,24,25,26,27 December 2022	

參加資格：任何能游泳最少 50 公尺的 12 至 16 歲青少年

Eligibility: Any youth in age of 12 to 16 who can swim at least 50 m

上課地點：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

Course Venue: Hong Kong Sailing Federation Little Palm Beach Sailing Centre
Little Palm Beach, 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)

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

報名辦法

課程費用為每班每人港幣 500 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。

名額以先到先得方式分配，額滿即止。過去**未曾報讀**的人士，將可享有首天優先報名安排。

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

本會將保留對上述條款之最後修訂權。

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: sa@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

Course fee is HK\$500 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. Enrollment will be accepted on a "First Come First Served" basis. Applicants who have **not completed** the course before will be given priority in their application. 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.

Hong Kong Sailing Federation reserves its rights to revise the above procedures as appropriate.

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 Sex: 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: _____

Course previously completed and passed

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

(第二選擇 Second Choice) _____

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 course instructor or centre staff.

日期 Date: _____ 簽署 Signature: _____