



Hong Kong  
Sailing Federation  
香港帆船運動總會

# 少年帆船課程計劃 Youth Sailing Program

## About the HKSF

The Hong Kong Sailing Federation (HKSF) is the national authority for the sport of sailing in Hong Kong. Its aim is to develop and grow the sport and encourage a passion for sailing among the people of Hong Kong.

## Sailing in Hong Kong

Surrounded by sea, Hong Kong has beautiful scenery and a great environment for all to venture into. It allows all Hong Kong's watersports and sailing to flourish, with open access for all. There are currently 16 HKSF approved sailing centres spread across Hong Kong, and these offer a unique opportunity for anyone who would like to sail to attend introduction courses and training activities.

## 關於香港帆船運動總會

香港帆船運動總會是香港帆船運動的管理機構。為了可以讓老少青年也能參與帆船運動，本總會一直致力發展本地帆船運動，希望培育出更多相關人才之餘，能引起大眾對帆船運動的關注和興趣。

## 在香港海上航帆

香港四面沿海，有著美麗風景和優質水上環境適合大家航海活動及水上探索。優秀的條件讓香港水上運動和帆船運動得以蓬勃發展，同時亦公開予大眾一同享用。香港現時有16間獲香港帆船運動總會認可的帆船訓練中心，為有興趣出航人士提供日間課程及訓練活動。

### Sailing Opportunities & Sailing Centres in Hong Kong:

### 香港帆船訓練中心位置及出航機遇:



## HKSF Junior Dinghy Programme | 少年帆船訓練計劃

Dinghy Sailing is a simple and inexpensive way to get started in the sport, and the HKSF has developed the junior training scheme to offer young beginners the chance to progress from the basics to eventually become skilled at sailing and dinghy racing. Upon completing this scheme, the successful participants will be eligible to join club training squads or an HKSF regional training squad. They can also continue to learn in the main dinghy scheme (for teenagers and adults) which allows them to take up other forms of sailing - including larger keelboats, high performance craft, and multihull sailing.

The scheme is progressive and consists of 4 levels:

1. HKSF Junior Sail 1: Introduction to Sailing
2. HKSF Junior Sail 2: Helm
3. HKSF Junior Sail 3: Skipper
4. HKSF Junior Sail 4: Start Racing

## HKSF Feeder Scheme - Youth Learn to Sail | 梯隊培訓計劃—青少年風帆課程

The Feeder Scheme is a subsidised grass-roots learn-to-sail programme for children in age of 8 to 12, run by the HKSF and subvented by Hong Kong Leisure and Cultural Services Department (LCSD). It aims to be accessible to those from any backgrounds, and the course fee is HK\$200 per person, offering an economical choice for interested youngsters to begin sailing.

The programme is progressive and consists of courses of 4 levels, with its structure based upon the HKSF Junior Dinghy Sail Training Scheme. Students need to be able to pass the assessment in order to continue to the course of next level.

小帆船對於帆船初學者來說是簡單、較便宜和容易學習的入門船種。因此香港帆船運動總會 (HKSF) 特意設立少年帆船訓練計劃，讓年輕新手們可以從基礎學起，一步步的邁向進階帆船技巧及競賽級別。在完成訓練計劃後，少年船手會獲得申請參加遊艇會訓練隊及HKSF區域梯隊的資格。他們亦可以選擇進修參加主要的小船計劃課程 (適合青年及成人參與)，學習航駛或操作其他船種、帆船項目如較大型的龍骨帆船、高性能船和雙體船。

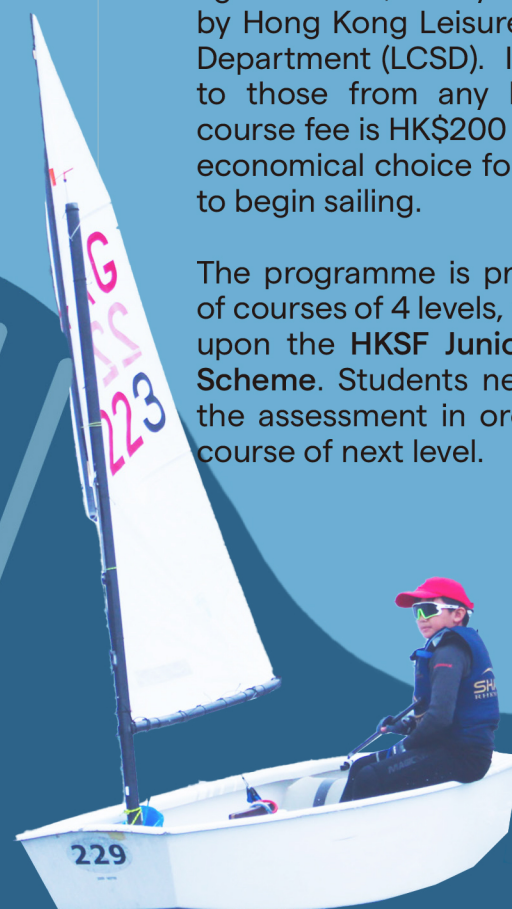
整個少年風帆證書訓練計劃分為以下4個級別:

1. HKSF少年帆船第一級: 入門訓練
2. HKSF少年帆船第二級: 舵手訓練
3. HKSF少年帆船第三級: 舵手進階
4. HKSF少年帆船第四級: 競賽入門

梯隊培訓計劃—青少年風帆課程是一項獲康文署資助及由HKSF主理的8至12歲基層兒童帆船課程。課程成立目的是為了讓不同背景年輕人士也能學習帆船，課程費用為每人200港元正，為感興趣學習帆船的年輕人提供一個經濟合宜的選擇。

課程以循序漸進的架構模式進行，參照HKSF少年風帆證書訓練計劃，分為4個對應計劃的級別，學員必須要先通過考核評估才獲取報名進階級別的資格。

Sign up to receive latest info of  
HKSF Feeder Scheme:  
獲得「少年帆船訓練計劃」最新資訊:



## Development after Youth Program

Upon completing the HKSF junior scheme, either through the HKSF Feeder Scheme or other courses offered by approved sailing centres, sailors will be then eligible to apply for other courses or training squads at clubs or centres. They can also apply to join the HKSF Regional Squad Program, which allows sailors to participate in formal regular training aimed at competitive sailing at national or even international levels.

Alternatively, sailors can advance their skills by enrolling in the main sail training scheme, with the opportunity to eventually become sailing instructors themselves.

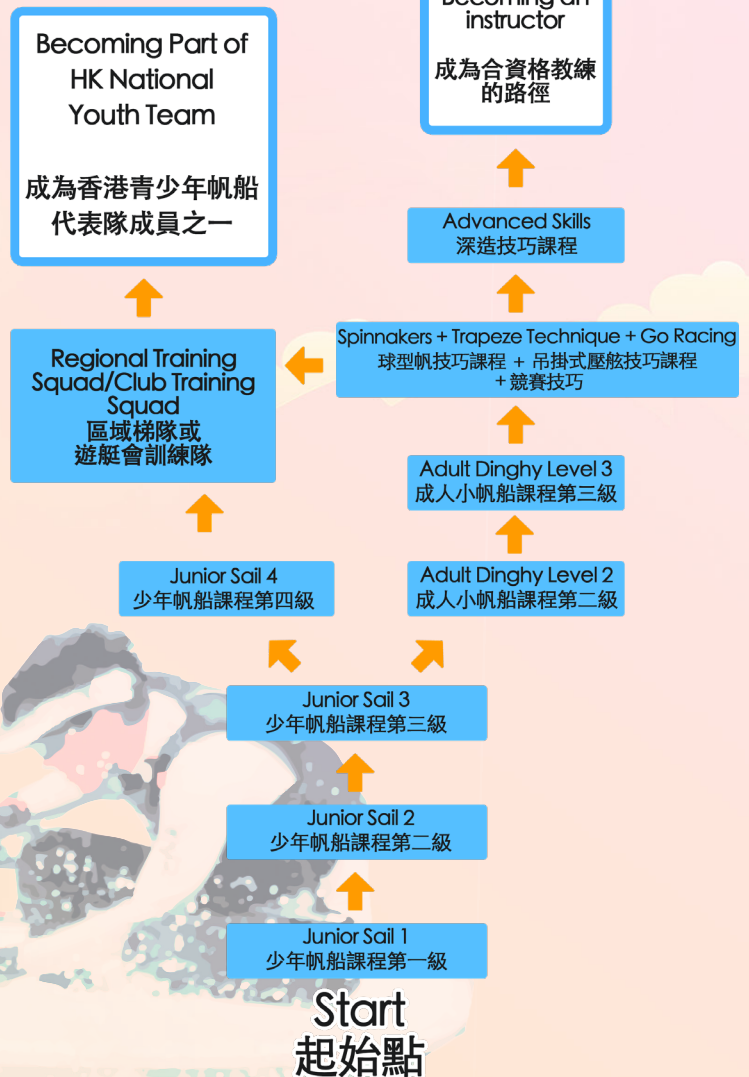
## 少年帆船訓練計劃後發展

不論是HKSF梯隊培訓計劃－青少年風帆課程或是其他受認可訓練中心的青少年課程，在完成符合少年帆船訓練計劃的課程以後，少年帆船運動員便擁有可申請參與其他遊艇會、中心的課程及訓練隊的資格。他們更可選擇申請成為HKSF區域梯隊成員，參加定期訓練以挑戰全國級，甚至國際級賽事。

另外，學員可選擇報名參與主要的小船課程，繼續進修，邁向成為合資格教練的路徑。

## HKSF Youth Sail Training Pathway

### 少年帆船訓練發展路徑



It is our mission that everyone can have the experience of sailing; we welcome the idea of organizing private or tailor-made sailing courses for schools, organizations and community or private groups. Please feel free to contact us for more details.

我們致力讓不同的大眾人士都能感受航帆體驗，因此，任何院校、社會機構、社區及私人團體也可聯絡我們合作。我們能因應該組織或團體的情況，而提供適合的特定帆船課程。

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