

Organised by The Cycling Association of Hong Kong, China (CAHK)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme – Cycling
Prospectus

| Key Information Type of Activity | Sport Demonstration | Outreach Coaching Programme | | | Joint Schools Sports Training Programme |
|-------------------------------------|---|--|--|---|---|
| | | Easy Sport Programme | Non-School Team Training | School Team Training | |
| | | Bronze Level | Silver Level | Gold Level | |
| Target Participants | Primary and secondary school students | Students of primary 3 or above and secondary school students | | | Primary or secondary school students aged 9 or above |
| Outline | <p>The demonstration covers the introduction of different types of bikes (including road bike, track bike, mountain bike and BMX), bike accessories and competition events.</p> <p>There will be demonstration of skills and play-in sessions which feature:</p> <p><u>Bike Trainer Play-in Session</u> Riding on stationary bikes are held for students to experience the fun of cycling.</p> <p><u>Cycling Skill Play-in session</u> Fun bike riding play-in session are held in various formats such as speedy rides on a straight or S-shaped route, or doing quick U-turns. The setting and length of the obstacle course can be adjusted.</p> | <p>The training covers the skills needed for attaining the bronze level of the CAHK's badges award scheme.</p> <p>The training includes:</p> <ol style="list-style-type: none"> 1. Safety rules of cycling 2. Cycling signals 3. Checking of bikes 4. Basic handling skills <p>Cycling skills:</p> <ol style="list-style-type: none"> 1. S-shaped roads 2. Narrow roads 3. Turning on a narrow road 4. Roundabouts | <p>The training covers the skills needed for attaining the silver level of the CAHK's badges award scheme.</p> <p>The training includes:</p> <ol style="list-style-type: none"> 1. Safety rules of cycling 2. Cycling signals 3. Checking, setting up and adjusting of bikes 4. Use of derailleurs 5. Basic handling skills <p>Cycling skills:</p> <ol style="list-style-type: none"> 1. S-shaped roads 2. U-turns 3. Stopping at a fixed point 4. Urgent braking 5. Riding in a group | <p>The training covers the skills needed for attaining the gold level of the CAHK's badges award scheme.</p> <p>The training includes:</p> <ol style="list-style-type: none"> 1. Safety rules of cycling 2. Cycling signals 3. Checking, setting up and adjusting of bikes 4. Use of derailleurs 5. Basic knowledge about competitions 6. Handling emergencies <p>Cycling skills:</p> <ol style="list-style-type: none"> 1. Turning routes and skills 2. Lifting the front or rear wheel 3. Basic jumping skills 4. Improvement of riding moves 5. Practice for competitions 6. Riding in a group, riding in sync | <p>Veteran coaches from the CAHK will conduct continuous and systematic training for talented students to enhance their skill level.</p> <p>Students with an attendance rate of 80% or above will be awarded an attendance certificate by the LCSD as a token of encouragement.</p> |

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| Venue | 1 basketball court, hall or covered playground | | | | The training venue will be arranged by the NSA. Please refer to the respective prospectuses for details. |
| Fee | \$1,600 per session (\$470 for each extended session on the same day) | \$2,750 per course | \$3,750 per course | \$6,100 per course | \$450 per person |
| Equipment to be provided by the school | Notebook computer, display screen, projector and 2 portable loudspeakers | 50 traffic cones | | | Not applicable |
| Sports Equipment | Not applicable | 20" or 24" mountain bikes and helmets (to be provided by the CAHK) | | | Road bikes and helmets (to be provided by the NSA or by participants) |
| Duration | 2 hours per session | At least 2 hours per lesson (8 hours in total) (The course should preferably be completed within 2 to 3 weeks) | At least 2 hours per lesson (12 hours in total) (The course should preferably be completed within 3 months) | At least 2 hours per lesson (24 hours in total) (The course should preferably be completed within 3 months) | 9 lessons per course, with the 1 st lesson for selection 3 hours per lesson (27 hours in total) |
| Estimated No. of Participants per Session/ Course | 100 (For each play-in session: <u>Bike Trainer Play-in Session</u> – 60; <u>Cycling Skill Play-in session</u> – 40) | 20 | | | |
| Proposed Time of Activity | Monday to Sunday: 9 am to 6 pm | | | | Please refer to the respective prospectuses for details. |
| Skills Assessment | Not applicable | Badges Award Scheme (See Points to Note 3) | | | Not applicable |

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| Enrolment Form | | Sport Demonstration Enrolment Form (P.188-189) | Easy Sport Programme Enrolment Form (P.203) | Outreach Coaching Programme Enrolment Form (P.206-207) | | Please refer to the respective prospectuses for details. |
| How to Enrol | | 1. Please submit the completed electronic application form within the enrolment period (please refer to “Application” (P.7) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk . For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide. 2. For training courses under the Outreach Coaching Programme, please specify in the application whether the course is intended for a school team or non-school team. | | | | The respective prospectus will be sent to schools by the LCSD in due course. |
| Points to Note | | 1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities. 2. Participants should wear proper sportswear and sports shoes. 3. Upon completion of a cycling training course under the Easy Sport Programme or the Outreach Coaching Programme, an assessment will be conducted by the coach according to the Gold, Silver and Bronze badges standards of cycling. Participants who meet the required standards may obtain the badges and certificates according to their achieved levels from the NSA at their own cost. Please refer to https://www.lcsd.gov.hk/en/ssp/badges.html for details. 4. If the NSA has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, NSA will deduct from the fee for each activity an administrative fee (\$210 per Sport Demonstration; \$420 per training course under the Easy Sport Programme or Outreach Coaching Programme) and refund the balance to the school. 5. If the request to cancel a Sport Demonstration is made by the school on the day of the activity, no re-scheduling or make-up session will be arranged. All fees paid will not be refunded. 6. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded. | | | | |
| Enquiry Phone No./Website | | 2601 7602 / http://www.lcsd.gov.hk/en/ssp/index.html | | | | |