

**Organised by the Hong Kong China Dragon Boat Association (HKCDBA)**  
**Subvented by the Leisure and Cultural Services Department (LCSD)**  
**Co-organised by the Education Bureau**  
**School Sports Programme – Dragon Boat**  
**Prospectus**

Type of Activity  Key Information	Sport Demonstration	Outreach Coaching Programme		
		Non-School Team Training		
		Indoor Dragon Boat Training Certificate	Elementary Dragon Boat Training Certificate	Intermediate Dragon Boat Training Certificate
Target Participants	Primary 5 or above & Secondary school students	Secondary school students (aged 12 or above)		
Outline	Sport Demonstration includes video show on dragon boat, skill demonstration, play-in session and conducting fitness tests for students, etc.	<u>Theories</u> <ol style="list-style-type: none"> <li>1. Proper procedures of using Ergometre</li> <li>2. Actions and techniques of paddle gripping and paddling</li> <li>3. Proceed a fitness test through interface of the Ergometre</li> <li>4. Acknowledge the rules of HKCDBA's indoor dragon boat race and participate in race</li> </ol>	<u>Theories</u> <ol style="list-style-type: none"> <li>1. The history and development of dragon boat in Hong Kong</li> <li>2. A brief introduction to Hong Kong China Dragon Boat Association</li> <li>3. Types, structure and necessary gears of dragon boats</li> <li>4. Water safety guidelines</li> <li>5. Difference between lifejacket and buoyancy aid</li> </ol> <u>Techniques</u> <ol style="list-style-type: none"> <li>1. Warm-up exercise</li> <li>2. Proper procedures to put on buoyancy aids and/or lifejackets</li> <li>3. Safety rules when embarking and disembarking the boat</li> <li>4. Sitting posture and paddle gripping</li> <li>5. Embarking in deep water</li> <li>6. Basic strokes               <ol style="list-style-type: none"> <li>i) Forward stroke</li> <li>ii) Backward stroke</li> <li>iii) Emergency stop</li> <li>iv) Brace to balance</li> </ol> </li> </ol>	<u>Theories</u> <ol style="list-style-type: none"> <li>1. Updates on the Hong Kong China Dragon Boat Association</li> <li>2. Basic first aid knowledge</li> <li>3. Navigation rules for dragon boating</li> <li>4. Introduction to competition regulations and racing rules</li> </ol> <u>Techniques</u> <ol style="list-style-type: none"> <li>1. Warm-up and cool-down exercises</li> <li>2. Physical training</li> <li>3. Strengthen sitting posture and paddling techniques</li> <li>4. Position adjustment and movement in the boat</li> <li>5. Draw and pry stroke</li> <li>6. Race techniques               <ol style="list-style-type: none"> <li>i) Start</li> <li>ii) Endurance</li> <li>iii) Finish</li> </ol> </li> <li>7. Swamped boat recovery</li> <li>8. Understand racing rules and complete a minimum of 500 meters race</li> </ol>
Venue	Covered playground or school hall	a) Chong Hing Water Sports Centre, Sai Kung of LCSD b) The Shatin Shek Mun Training Centre of the Hong Kong China Dragon Boat Association (See the remark for details)		

Key Information	Type of Activity	Sport Demonstration	Outreach Coaching Programme			
			Non-School Team Training			
			Indoor Dragon Boat Training Certificate	Elementary Dragon Boat Training Certificate		Intermediate Dragon Boat Training Certificate
Fee	\$1,200 per session (and \$600 for each extended session on the same day)	\$1,100 per course	\$1,225 per course	\$1,400 per course	\$2,625 per course	\$3,000 per course
Equipment to be provided by the school	Wireless microphone, Audio-visual equipment for video broadcasting		Not applicable			
Duration	2 hours per session		1-Day Course (7 hours in total)	4 lessons per course, 2 hours per lesson (8 hours in total)	2-Day Course 7 hours per day (14 hours in total)	8 lessons per course, 2 hours per lesson (16 hours in total)
Estimated No. of Participants per Session/Course	60	10 / team				
Proposed Time of Activity	Monday to Saturday: 9 am to 6 pm		It is preferable to be conducted in school holidays, on Saturdays or Sundays.			
Skill Assessment	Not applicable		Badges Award Scheme (See Points to Note 4)			
Enrolment Form	Sport Demonstration Enrolment Form (P.193-194)	Outreach Coaching Programme Canoe, Dragon Boat, Windsurfing and Life Saving Enrolment Form (P.213-214)				
How to Enrol	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: <a href="mailto:applicationssp@lcsd.gov.hk">applicationssp@lcsd.gov.hk</a> . For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide.					
Points to Note	<ol style="list-style-type: none"> <li>1. If the NSA has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, the NSA will deduct from the fee for each activity an administrative fee (\$210 per Sport Demonstration; \$420 per training course under the Outreach Coaching Programme) and refund the balance to the school.</li> <li>2. 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.</li> <li>3. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded.</li> <li>4. Upon completion of training Certificate under Outreach Coaching Programme, an assessment will be conducted by the coach according to Badges Award.</li> </ol>					

Key Information	Type of Activity	Outreach Coaching Programme		
	Sport Demonstration	Non-School Team Training		
		Indoor Dragon Boat Training Certificate	Elementary Dragon Boat Training Certificate	Intermediate Dragon Boat Training Certificate
Enquiry Phone No./ Website	2601 7602 / <a href="http://www.lcsd.gov.hk/en/ssp/index.html">http://www.lcsd.gov.hk/en/ssp/index.html</a>			

Remark:

1. Opening hour of Chong Hing Water Sports Centre, Sai Kung of LCSD: 8:30am to 5 pm  
(Close on Thursday and the first, second and third days of the Lunar New Year)
2. If a course of interest is held at the Sha Tin Shek Mun Training Centre of the Hong Kong China Dragon Boat Association, the schools shall initiate contact with the Training Centre to resume the venue regardless of whether the venue is designated by HKCDBA / LCSD or the school before submitting an application to LCSD for instructor arrangement. Details of contact and activity venue are as follows:

Venue	The Shatin Shek Mun Training Centre of the Hong Kong China Dragon Boat Association	
Tel. No.	3618 7510	
Fax No.	2577 1873	
Address	On King Street, Sha Tin (near Pictorial Garden Phase 3)	
Opening Hours	Monday	Closed
	Tuesday to Friday	2 pm to 9:30 pm
	Saturday, Sunday and Public Holidays	8:30 am to 6 pm

Type of Activity Key Information	Joint Schools Sports Training Programme	
	Advanced Dragon Boat Training Certificate	Level 1 Dragon Boat Helm Certificate
Target Participants	Secondary school students (aged 12 or above)	Secondary school students (aged 15 or above with Intermediate Certificate of Dragon Boat Training or above and achievement record in swimming test of HKCDBA)
Outline	<p><u>Theories</u></p> <ol style="list-style-type: none"> <li>1. Updates on the Hong Kong China Dragon Boat Association</li> <li>2. The impact of wind, tide, current and waves</li> <li>3. The use of nautical chart and compass</li> <li>4. Weather conditions</li> <li>5. Basic Physical Fitness</li> <li>6. Competition regulations</li> <li>7. Contingency measures in case of accidents</li> <li>8. Planning and preparation for long distance sea journey</li> </ol> <p><u>Techniques</u></p> <ol style="list-style-type: none"> <li>1. Pre-race warm-up exercises</li> <li>2. Coordination and mastering skills of paddling posture, power and frequency</li> <li>3. Sculling draw stroke</li> <li>4. Drum rhythm and how drummer act in concert with paddlers</li> <li>5. Capsize recovery</li> <li>6. Expedition: Complete a 20 km journey</li> </ol>	<p><u>Theories</u></p> <ol style="list-style-type: none"> <li>1. Basic steering skills</li> <li>2. Basic navigation</li> <li>3. knowledge on dragon boat races</li> <li>4. Types, structure and necessary gears of dragon boats</li> <li>5. Responsibilities and key issues to note for helm</li> <li>6. Weather conditions</li> <li>7. The impact of wind, tide, current and waves</li> <li>8. Water safety guidelines</li> </ol> <p><u>Techniques</u></p> <ol style="list-style-type: none"> <li>1. General Techniques <ol style="list-style-type: none"> <li>i) Individual paddling and control in launching a boat; preparation of boats at beach, pier or pontoon and after use arrangements</li> <li>ii) Basic controls including static turning; keeping the course (forward and backward); turning when moving (forward and backward); and leaving and returning to the beach, pier or potoon etc.</li> </ol> </li> <li>2. Racing Techniques <ol style="list-style-type: none"> <li>i) Paddle backwards to the starting point</li> <li>ii) Complete a simulated race for at least 192 meters</li> </ol> </li> <li>3. Basic knotting</li> <li>4. Capsize recovery</li> <li>5. Overboard rescue</li> </ol>
Venue	The Shatin Shek Mun Training Centre of the Hong Kong China Dragon Boat Association	
Fee	\$150 per person	\$450 per person
Equipment to be provided by the school	Not applicable	
Duration	2-Day Courses 7 hours per day (14 hours in total)	2-Day Courses 7 hours per day (14 hours in total) with 3 hours of assessment (17 hours in total)

Type of Activity  Key Information	Joint Schools Sports Training Programme	
	Advanced Dragon Boat Training Certificate	Level 1 Dragon Boat Helm Certificate
Estimated No. of Participants per Session/Course	20 / team (Enrolled by school or individual basis)	11 / team (Enrolled by school or individual basis)
Proposed Time of Activity	Please refer to the respective prospectus.	
Skill Assessment	Badges Award Scheme (See Points to Note 8)	
Enrolment Form	Joint School Dragon Boat Training Programme Enrolment Form (Please refer to the respective prospectus.)	
How to Enrol	The respective prospectus will be sent to schools by the LCSD in due course.	
Points to Note	<ol style="list-style-type: none"> <li>1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.</li> <li>2. Participants are being able to swim with clothes for 50 metres when participating in dragon boat activities; Applicants of the level 1 Dragon Boat Helm Certificate training course is required to pass the swimming test organised by the NSA.</li> <li>3. Schools can arrange their own training schedules.</li> <li>4. The school shall arrange for its own transportation to and from the venue.</li> <li>5. Training courses of Elementary, Intermediate and Advanced Dragon Boat Training Certificate are a series of progressive courses. Participants must pass the assessment at the elementary level before proceeding to the next higher level.</li> <li>6. Only holders of Intermediate Certificate of Dragon Boat or above are eligible to take part in the Level 1 Dragon Boat Helm Certificate training course.</li> <li>7. Dragon Boat is available under the Sport Captain Programme. Please refer to the respective prospectus for details. (P.192).</li> <li>8. Upon completion of dragon boat training course under the Outreach Coaching Programme or Joint Schools Sports Training Programme, an assessment will be conducted by the coach according to various levels of badges standards of dragon boat. Participants who meet the required standard may obtain the badges and certificates according to their achieved levels from the NSA at their own cost. For details, please visit <a href="https://www.lcsd.gov.hk/en/ssp/badges.html">https://www.lcsd.gov.hk/en/ssp/badges.html</a>.</li> <li>9. Participants may purchase certificates or with dragon boat logbook from the NSA. (Indoor, Elementary, Intermediate and Advanced Dragon Boat Training Certificate cost \$50 respectively; Level 1 Dragon Boat Helm Certificate cost \$100; Logbook for dragon boat training courses cost \$50.)</li> <li>10. A participant who takes part in the Elementary, Intermediate and Advanced Dragon Boat Training Certificate or Level 1 Dragon Boat Helm Certificate must be aged 12 or above and aged 15 or above respectively as at the event date. If any participant whose age is found under the specified age range, the LCSD will disqualify his/her participation and the enrolment fee will not be refunded.</li> <li>11. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded.</li> </ol>	
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