

**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 – Track Cycling**  
**Prospectus**

| Type of Activity<br><br>Key Information | Sport Demonstration   | Outreach Coaching Programme  |   |   |   | Joint Schools Sports Training Programme  |
|---|---|--|---|---|---|--|
|   | Cycling Trainer   | Non-School Team Training   |   |   |   |  |
|   |   | Cycling Trainer Programme  | Track Cycling Level I   | Track Cycling Level II  | Track Cycling Level III   |  |
| Target Participants                     | Primary 5 or above and secondary school students  | Secondary school students (aged 12 or above, at least 146 cm in height and are proficient in riding a 2-wheeled bike)  | Secondary school students (passed the practical test of the Track Cycling Level I Course)   | Secondary school students (passed the practical test of the Track Cycling Level II Course)  | Secondary school students (aged 12 or above and at least 146 cm in height)  |  |
| Outline                                 | <p>The demonstration covers the introduction of track bike accessories and competition events.</p> <p>There will be demonstration of skills and play-in sessions which feature:</p> <p>Arrange track cycling trainer challenges and play-in sessions to give students a taste of track cycling.</p> | <p>Cycling trainer is a convenient and user-friendly training tool. With its aid, students may train for full speed riding and races to enhance track cycling techniques.</p> <p>Theory lessons:</p> <ol style="list-style-type: none"> <li>1. Introduction to cycling trainer</li> <li>2. Safety rules for using cycling trainer</li> <li>3. Introduction to cycling trainer competition</li> </ol> | <p>Theory lessons:</p> <ol style="list-style-type: none"> <li>1. Rules and regulations of track and points to note</li> <li>2. Basic theory of track bike</li> </ol> <p>Practical lessons:</p> <ol style="list-style-type: none"> <li>1. Warm-up exercise</li> <li>2. Starting technique</li> <li>3. Deceleration technique</li> <li>4. Braking practice</li> <li>5. Practice for crossing obstacles</li> <li>6. Cool-down exercise</li> <li>7. Practice for safety zone</li> </ol> <p>Practical Test:</p> <ol style="list-style-type: none"> <li>1. Theory written test</li> <li>2. Obstacles crossing test</li> <li>3. Safety zone riding test</li> </ol> <p>Students who</p> | <p>Theory lessons:</p> <ol style="list-style-type: none"> <li>1. Size and material of the track</li> <li>2. Lines and zone on the track</li> </ol> <p>Practical lessons:</p> <ol style="list-style-type: none"> <li>1. Warm-up exercise</li> <li>2. Starting technique</li> <li>3. Deceleration technique</li> <li>4. Braking practice</li> <li>5. Blue band trial</li> <li>6. Practice for measuring line</li> <li>7. Practice for speed handling</li> <li>8. Practice for distance control</li> </ol> | <p>Theory lessons:</p> <ol style="list-style-type: none"> <li>1. Introduction to Track Cycling Competition</li> </ol> <p>Practical lessons:</p> <ol style="list-style-type: none"> <li>1. Flying lap</li> <li>2. Changing position on stayer's line in a group</li> <li>3. Practice for Individual Time Trial (500m, 1km, 2km)</li> <li>4. Mock Scratch race trial</li> <li>5. Cool-down exercise</li> </ol> <p>Practical test:</p> <ol style="list-style-type: none"> <li>1. Flying lap</li> </ol> | <p>The registered Track Cycling coaches from the CAHK will conduct continuous and systematic training for talented students to enhance their skill level</p> <p>Training including:</p> <ol style="list-style-type: none"> <li>1. Theory of Track Cycling (including size and material of the track, lines and zone on the track)</li> <li>2. Basic skills of Track Cycling</li> <li>3. Physical fitness training</li> <li>4. Trial</li> </ol> |

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|   | Cycling Trainer  | Non-School Team Training  |   |  |  |  |
|   |  | Cycling Trainer Programme   | Track Cycling Level I   | Track Cycling Level II   | Track Cycling Level III  |  |
|   |  | Practical lessons:<br>1. Proper posture and movement for riding a cycling trainer<br>2. Long and short distance training<br>3. Mock Trial Competition | pass the practical test may enrol in the Track Cycling Level II Course.   | Practical Test:<br>1. Blue band riding test<br>2. Obstacles riding test<br><br>Students who pass the practical test may enrol in the Track Cycling Level III Course and have a qualification for using Whitehead Velodrome | 2. Changing position on stayer's line in a group<br><br>Students who pass the practical test are qualified to apply for a Track Pass of Hong Kong Velodrome. | Competition<br>5. Practical test                             |
| Venue                                   | 1 basketball court, hall or covered playground                           | Activity room, covered playground or hall   | Hong Kong Velodrome (to be arranged by the CAHK)                          |  |  |  |
| Fee                                     | \$1,700 per session (\$846 for each extended session on the same day)    | \$3,550 per course  | \$1,450 per course  |  |  | \$300 per person   |
| Equipment to be provided by the school  | Notebook computer, display screen, projector and 2 portable loudspeakers | Notebook computer, projector and display screen   | Not applicable  |  |  |  |
| Sports Equipment                        | 4 cycling trainers and 4 track bikes (to be provided by the CAHK)        |   | 20 track bikes, helmets and protective gears (to be provided by the CAHK) |  |  | Track bikes (to be provided by the CAHK or by participants)  |
| Duration                                | 2 hours per session  | 12 hours per course   | 4 hours per course  |  |  | 8 lessons per course, 3 hours per lesson (24 hours in total) |

|   |   |  |                       |                        |  |   |
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|   |   | Cycling Trainer Programme                              | Track Cycling Level I | Track Cycling Level II | Track Cycling Level III                                  |   |
| Estimated No. of Participants per Session/ Course | 100   | 20   |                       |                        |  |   |
| Proposed Timing                                   | Monday to Sunday: 9 am to 6 pm  |  |                       |                        | Please refer to the respective prospectuses for details. |   |
| Enrolment Form                                    | Sport Demonstration Enrolment Form (P.193-194)  | Outreach Coaching Programme Enrolment Form (P.211-212) |                       |                        | Please refer to the respective prospectuses for details. |   |
| 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. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.</li> <li>2. Participants should wear proper sportswear and sports shoes.</li> <li>3. The school shall arrange for its own transportation to and from the venue.</li> <li>4. 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>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.</li> <li>6. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded.</li> </ol> |  |                       |                        |  |   |
| 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>   |  |                       |                        |  |   |