

Organised by the Leisure and Cultural Services Department
School Sports Programme (Special School)
Duathlon – Prospectus

Type of Activity Key Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme
Target Participants	Students with Hearing Impairment/Intellectual Disability/ Physical Disability/Visual Impairment		
	Primary and Secondary School	Primary 3 to Primary 6 Students	Above Primary 3 and Secondary Students
Outline	<ul style="list-style-type: none">• Introduction to the development and history of the sport, the equipment, and the content of competition• Briefing on basic skills• Play-in session	<p style="text-align: center;"><u>Duathlon</u></p> <p>【Cycling and Running】 Students should be able to ride a bicycle.</p> <p>Training on duathlon will be provided to teach basic skills, including training on cycling and running, transition between events, as well as time trials.</p>	<p style="text-align: center;"><u>Duathlon</u></p> <p>【Cycling and Running】 Students should be able to ride a bicycle.</p> <p>Training on duathlon will be provided to teach competition skills, including training on individual events for enhancement of personal skills.</p>
Venue Requirements	One basketball court/ School hall	One to two basketball courts/ School hall	
Fee	Free		
Equipment to be provided by NSAs	Bicycle machine	Not Applicable	
Equipment to be provided by school	Television, disc player, notebook computer, screen, projector, 2 portable amplifiers and 2 stopwatches	10 bicycles, 15 traffic cones, 2 portable amplifiers and 2 stopwatches. (Please contact the LCSd if the school is unable to provide the bicycles)	
Clothing of Participants	Sportswear and sports shoes		
Duration	2 hours per session	At least 6 sessions; At least 2 hours per session	At least 10 sessions; At least 2 hours per session
Estimated No. of Participants per Session	40	20	20
Proposed Date/ Time of Activity	Monday to Friday: 9 am to 6 pm, Saturday: 9 am to 1 pm		
Enrolment Form	Sport Demonstration – General Sport Enrolment Form	Easy Sport Programme – General Sport Enrolment Form	Outreach Coaching Programme – General Sport Enrolment Form
How to Enrol	Please submit the completed e-form before the deadline (please refer to “Application” (P.3-4) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk.		
Points to Note	<ol style="list-style-type: none">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. If a school requests for cancellation of an activity for which a venue and		

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	<p>a coach have been arranged by the LCSD, no re-scheduling of an activity will be arranged.</p> <p>4. The actual teaching content will be properly adjusted in accordance with participants' capabilities.</p> <p>5. School of hearing-impairment: the school is required to arrange a sign language interpreter during activities.</p>		
Enquiry No./ Website	<p>2601 7602 /</p> <p>www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html</p>		