# School Sports Programme (Special School)－Application Guide 2026/27
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# Organised by the Leisure and Cultural Services Department
# Application Guide to School Sports Programme (Special School)

## Introduction

The School Sports Programme (Special School) 2026/27 (SSPSS) is mainly implemented by the Leisure and Cultural Services Department (LCSD), with some of the activities being coordinated and subvented by the Department. The SSPSS is conducted in line with the daily schedule of schools to enable students of special schools across Hong Kong to participate in diverse sports activities at schools during leisure time.

## I. Objectives

The objectives of the SSPSS are:

- To nurture students' interests in sports so as to foster a sporting culture on school campuses;
- To encourage students to participate in sports on a regular basis and develop a healthy and active lifestyle;
- To raise the sporting standards among students; and
- To identify students with sporting talent for further training.

## II. Contents

The SSPSS consists of three subsidiary programmes/schemes:

### A. Sport Education Programme

Students are provided with updated sports information through the following activities:

(1) Sport Demonstration

Instructors from the National Sports Associations (NSAs) will demonstrate the basic skills of individual sports and introduce the relevant rules to students. Play-in sessions will be held to allow students to experience a taste of sports.

(2) Sport Exhibition

The LCSD will produce display panels on sports for free use during roving exhibitions at schools.

(3) Visits to Sports Venues and Participation in Day Camp Recreation and Sports Activities

Trips will be arranged for students to visit the sports facilities under the management of the LCSD, including the Chong Hing Water Sports Centre, Hong Kong Stadium, Hong Kong Velodrome, Sports Centres and Tuen Mun Recreation and Sports Centre. Meanwhile, play-in sessions will be included in some of such visits. In addition, students may participate in the various day camp recreation and sports activities offered by the LCSD's four holiday camps, namely Lei Yue Mun Park, Sai Kung Outdoor Recreation Centre, Tso Kung Tam Outdoor Recreation Centre and Lady MacLehose Holiday Village.

(4) Hiking

Hiking activities will be arranged for students under the guidance of hiking leaders, in a bid to develop students' interest in hiking.

(5) Guided Tour of Sports Events

Students will be invited to watch high-level sports competitions, pre-match practices and demonstrations in Hong Kong. Representatives from the NSAs will, on occasions, give a briefing to students to enrich their knowledge of sports and enhance their appreciation of the competitions.

**B. Sports Experience Programme (formerly know as "Easy Sport Programme")**

The programme aims to enable students to experience the joy of sports and cultivate their interest in sports through simplified sports skills, modified introductory courses and simple equipment.

**C. Outreach Coaching Programme**

The coaches from the NSAs will conduct sports training programmes in a systematic manner for students.

## III. Venues

Participating schools will conduct activities **in school premises** or arrange other venues themselves at their own expenses. Alternatively, they may apply for use of the facilities under the management of the LCSD including main arenas and activity rooms in sports centres; squash courts (excluding table tennis tables provided inside squash courts); hockey pitches at King's Park Hockey Ground and Happy Valley Recreation Ground (Pitch No.11); outdoor bowling greens; and Shek O Obstacle Golf Course under the LCSD Free Use Scheme. Under the Free Use Scheme for Schools, venues will be available for free use by schools from the opening time of the venues up to 5:00 pm from Monday to Friday (except Saturdays, Sundays, public holidays, maintenance days and the months of July and August). For details of the Free Use Scheme, please refer to Appendix I (P.52) or contact the relevant District Leisure Services Offices, the enquiry numbers of which can be found on the LCSD website (https://www.lcsd.gov.hk/en/facilities/facilitiesbooking/freeusescheme.html).

## IV. Equipment

For the arrangement of sports gear and equipment, please refer to the prospectuses of the respective sports activities. If necessary, schools may borrow certain sports gear and equipment from the LCSD for a period of three to six months.

## V. Application

Applications for activities under the SSPSS are accepted in three phases. The application deadlines for the three phases are as follows:

| Phase | Activity Period | Application Deadline* |
|---|---|---|
| I | From September 2026 to January 2027 | By 26 June 2026 (Friday) |
| II | From February to June 2027 | By 13 November 2026 (Friday) |
| III | From July to August 2027 | By 9 April 2027 (Friday) |

* Should schools fail to submit activity application forms before deadlines, their applications will only be entertained in exceptional circumstances. If the number of applications exceeds the quotas available, allocation of places among the participating schools will be determined by ballot.

Schools interested in enrolling in the SSPSS may complete application forms which can be downloaded from the LCSD's website and should then be submitted to the LCSD by email before deadline. (email: applicationssp@lcsd.gov.hk)

## VI. Conflict of Interest

Teachers-in-charge of SSPSS should strive to avoid either any conflict of interest (i.e. their private interest conflicts with the interest of the NSAs) or any perception of such a conflict when they are assigned by schools to organise events under the SSPSS. They must not abuse their position or authority in the school to pursue their own private interests. Such private interests generally refer to both financial and personal interests of the teacher-in-charge and those of his/her connections including family and other relations, personal friends, the clubs and societies to which he/she belongs, and any person to whom he/she owes a favour or is obligated in whatsoever way. In case of an actual or potential conflict of interest, the teacher-in-charge must make a declaration to the school principal/approving authority with the use of Declaration Form template set out at Appendix V. Failure to do so may result in accusations of favouritism or abuse of authority, and even amount to the offence of corruption. Upon completion of declaration, schools must maintain the declaration forms properly, while allowing at all times the LCSD and its authorised representative(s) to conduct random on-site checks, have access to and make copies of all of the records as and when necessary for the purposes of inspection and verification.

## VII. Activity Arrangements

**1.** The LCSD will issue a "Confirmation Letter" to participating schools by email in respect of the activities to be held as scheduled. After printing out the Letter and verifying details of the activities listed thereon, the schools must sign and stamp the school chops on the letter, which must be returned to the School Sports Programme Unit of the LCSD within the specified period. In case there is potential conflict of interest between teachers-in-charge and coaches assigned by the NSAs such as the former having family relations to the latter or the NSAs responsible for organising the event, the teachers-in-charge must make a declaration to the school principal or approving authority with the use of Declaration Form template set out at Appendix V. For details, please refer to item VI "Conflict of Interest".

**2.** The teachers-in-charge should sign the "Attendance Record of Students/Coaches" (Attendance Record) for verification after each activity/training session. Upon completion of the whole activity/course, the teachers-in-charge are required to immediately verify all of the information as stated in the original of the Attendance Record, while putting the school's chop on it for confirmation. The school must keep a copy of the Attendance Record, and pass the original to the coach for onward submission to the respective NSA for follow-up action.

**3.** For details of various activities/courses, please refer to the respective prospectus. Information on the new sports included in the SSPSS, if any, and its subsequent updates will be uploaded onto the dedicated webpage of the SSPSS at www.lcsd.gov.hk/en/ssp/special_school_info/news.html and schools will be informed

accordingly. If there is a discrepancy between the prospectuses and the online version, the latter will prevail. For enquiries, please contact the staff of the School Sports Programme Unit of the LCSD on 2601 7602 or by email at enquiryssp@lcsd.gov.hk.

**4.** Flow Chart of Application Process for the SSPSS

***Application***

Step 1.1 — Choose the activities schools wish to take part in for the current school year by referring to the **Application Guide to the SSPSS**.

↓

Step 1.2 — Visit the **SSPSS's webpage** to download the **electronic application forms** for the respective activities by following the instructions as set out in the **Prospectuses** (https://www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html).

↓

Step 1.3 — Completed **electronic application forms should be submitted by email** at applicationssp@lcsd.gov.hk.

↓

***Confirmation***

Step 2 — Schools will normally receive a **"Confirmation Letter"** or **"Rejection/Cancellation Letter"** by email three weeks prior to commencement of an activity, which specifies the details of the activity for verification. The schools must verify the information detailed in the Letter, and, if all in order, sign and stamp the school chops thereon. The Letter must then be returned to the School Sports Programme Unit of the LCSD by email at applicationssp@lcsd.gov.hk. The teachers-in-charge must contact coaches two weeks prior to commencement of an activity/course to confirm both the dates and arrangements. Those schools having not received a **"Confirmation Letter"** or **"Rejection/Cancellation Letter"** by email three weeks prior to commencement of an activity should contact the LCSD direct on 2601 7602.

↓

(Please refer to the next page)

## ***Rescheduling***

Step 3.1

To reschedule or cancel an activity, schools are required to complete the Reply Slip for submission to the LCSD by email at applicationssp@lcsd.gov.hk or, alternatively, discuss the details involved with the coaches on their own. Schools are also required to notify LCSD of the changes by completing the Reply Slip in the **"Confirmation Letter"** by the specified date. Where no agreements are reached, the Department must be notified by means of a completed Reply Slip so that further arrangements can be made.

Step 3.2

Acceptance of Rescheduling

In case separate arrangements have been made by the NSAs concerned, the LCSD will issue a **"Letter of Confirmation Regarding Change of Activity"** to the schools. If such arrangements are accepted, the schools in question should make a reply by the specified date and contact the coaches for confirmation of the new arrangements.

Request for Cancellation

If a school requests cancellation of an activity prior to its scheduled date, but the LCSD and the relevant NSA(s) have already arranged a coach, rescheduling may not be possible.

If a school cancels a sport demonstration on the day of the event, no rescheduling or make-up sessions will be arranged.

## ***During and after the course/activity***

Step 4.1

The teachers-in-charge should pass the "Attendance Record of Students/Coaches" (Attendance Record) to the coaches to fill in during each activity/training session and sign for confirmation. The teachers-in-charge should also closely monitor the attendance of coaches and students as well as the attendance record of coaches, and sign the Attendance Record for confirmation after each activity/training session. Upon completion of the whole activity/course, the teachers-in-charge are required to immediately verify all of the information as set out in the original of the Attendance Record, while putting the school's chop on it for confirmation. The school must keep a copy of the Attendance Record and pass the original to the coach for onward submission to the respective NSA for follow-up action.

Step 4.2

The duly completed **Course Assessment Questionnaire** (please see P.55 to P.56 of Appendix IV) must be returned to us by fax on 2696 5391 or email at applicationssp@lcsd.gov.hk within one week upon completion of the activity.

# Index of Activities

| | Type of Sport | Target Participants | | | |
|---|---|---|---|---|---|
| | | Schools for Hearing Impairment | Schools for Intellectual Disability | Schools for Physical Disability | Schools for Visual Impairment |
| 1. | Badminton (for Hearing Impairment) | ✓ | | | |
| 2. | Body-Mind Stretch | ✓ | ✓ | ✓ | ✓ |
| 3. | Boxing | ✓ | ✓ | ✓ | |
| 4. | Chair Stretching | ✓ | ✓ | ✓ | ✓ |
| 5. | Duathlon | ✓ | ✓ | ✓ | ✓ |
| 6. | Fitness Exercise | ✓ | ✓ | ✓ | ✓ |
| 7. | Golf | ✓ | ✓ | | |
| 8. | Gymnastics for All | ✓ | ✓ | ✓ | |
| 9. | Handball* | ✓ | ✓ | ✓ | |
| 10. | Indoor Para-Rowing | ✓ | ✓ | ✓ | ✓ |
| 11. | Physical Fitness | ✓ | ✓ | ✓ | ✓ |
| 12. | Rhythmic Fitness Movement | | ✓ | ✓ | ✓ |
| 13. | Rhythmic Gymnastics* | | ✓ | | |
| 14. | Rugby | ✓ | ✓ | | |
| 15. | Tennis/Mini Tennis | ✓ | ✓ | ✓ | |
| 16. | Tenpin Bowling (for Hearing Impairment) | ✓ | | | |
| 17. | Guided Visit to Sports Venues<br>● Chong Hing Water Sports Centre (Play-in session: sailing/ windsurfing/ canoeing activities on land based simulators)<br>● Hong Kong Stadium<br>● Hong Kong Velodrome (Play-in session: track cycling simulators)<br>● Sports Centres<br>● Tuen Mun Recreation and Sports Centre (Play-in session: golf/ archery) | ✓ | ✓ | ✓ | ✓ |

- **For any enquiries about the Hospital Schools or School for Social Development, please contact 2601 7602.**

Note: * Newly introduced items

# Index of Activities

| **Other Recreation Activities** | | Duration | Estimated number of participants per session (including accompany carers) |
|---|---|---|---|
| 1. | Day Camp | Details refer to P.28 | 48 |
| 2. | Hiking | Details refer to P.30-P.36 | 24 |

| **Guided Visits to Sports Venues** | | | Duration | Estimated number of participants per session (including accompany carers) |
|---|---|---|---|---|
| 1. | Visit to Chong Hing Water Sports Centre | | 2.5 hours | 48 |
| 2. | Visit to Hong Kong Stadium | | 1 hour | 48 |
| 3. | Visit to Hong Kong Velodrome | Activity A | 2.5 hours | 40 |
| | | Activity B | 2 hours | 40 |
| 4. | Visit to Sports Centre | | 1.5 hours | 24 |
| 5. | Visit to Tuen Mun Recreation and Sports Centre | | 2 hours | 48 |

| **Sport Exhibitions** | | | Note |
|---|---|---|---|
| 1. | V* : | How to Make an Exercise Plan | Details refer to P.37 |
| 2. | W : | Sports and Health, Functions of Sports, Sports and Nutrition, and Sports Injury | |
| 3. | X : | Sports and Water (Special School) | |
| 4. | Y : | The Knowledge of Physical Fitness | |
| 5. | Z : | Introduction of Sports Activities under School Sports Programme (Special School) | |

Note: * Newly introduced items

**Organised by the Leisure and Cultural Services Department**

**School Sports Programme (Special School)**

**Badminton (for Hearing Impairment) – Prospectus**

| Type of Activity / Key Information | Sport Demonstration | Sports Experience Programme |
|---|---|---|
| Target Participants | Students with Hearing Impairment | |
| Outline | • Introduction to badminton<br>• Introduction to the equipment, venue facilities and safety rules<br>• Demonstration and play-in session | • Basic training on serving, basic stroke<br>• Training on receiving and practice match<br>• Training for basic footwork<br>• Mini-competitions |
| Venue Requirements | Indoor venue (about the size of 2 badminton courts with a minimum ceiling height of 8m) | |
| Fee | Free | |
| Equipment to be provided by NSAs | 16 rackets and 24 shuttlecocks | 16 rackets and 48 shuttlecocks |
| Equipment to be provided by School | Not Applicable | |
| Clothing of Participants | Sportswear and sports shoes | |
| Duration | 2 hours per session | 4 sessions;<br>2 hours per session |
| Estimated No. of Participants per Session | 16 | |
| Proposed Date/ Time of Activity | Monday to Friday: 9 am to 6 pm, Saturday: 9 am to 1 pm | |
| Enrolment Form | Sport Demonstration –<br>General Sport Enrolment Form | Sports Experience Programme –<br>General Sport Enrolment Form |
| How to Enrol | Please submit the completed e-form before the deadline (please refer to "Application" (P.4-5) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk. | |
| Points to Note | 1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.<br>2. Participants should wear proper sportswear and sports shoes.<br>3. If a school requests cancellation of an activity prior to its scheduled date, but the LCSD and the relevant NSA(s) have already arranged a coach, rescheduling may not be possible. If a school cancels a sport demonstration on the day of the event, no rescheduling or make-up sessions will be arranged.<br>4. The actual teaching content will be properly adjusted in accordance with participants' capabilities. | |
| Enquiry No./ Website | 2601 7602 /<br>www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html | |

**Organised by the Leisure and Cultural Services Department**
**School Sports Programme (Special School)**
**Body-Mind Stretch – Prospectus**

| Type of Activity / Key Information | Sport Demonstration | Sports Experience Programme | Outreach Coaching Programme |
|---|---|---|---|
| Target Participants | Students with Hearing Impairment/Intellectual Disability/ Physical Disability/Visual Impairment | | |
| Outline | • Introduction to body-mind stretching movements<br>• Demonstration and play-in session | • Introduction to body structures and functions<br>• Dynamic stretching training, including a range of exercises from those increasing joint spaces and mobility to enhancing body flexibility<br>• Muscle strength, core stability and body balance training | • Introduction to body structures and functions<br>• Dynamic stretching training, including a range of exercises from those increasing joint spaces and mobility to enhancing body flexibility<br>• Muscle strength, core stability and body balance training<br>• Aerobic exercise training<br>• Body coordination training |
| Venue Requirements | Indoor or covered venue | | |
| Fee | Free | | |
| Equipment to be provided by NSAs | Not Applicable | | |
| Equipment to be provided by School | Small fitness balls (if any) and fitness mats | | |
| Clothing of Participants | Sportswear and sports shoes | | |
| Duration | 2 hours per session | 2 to 4 sessions;<br>2 hours per session | 5 to 8 sessions;<br>2 hours per session |
| Estimated No. of Participants per Session | 30 | | |
| 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 | Sports Experience 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.4-5) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk. | | |
| Points to Note | 1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.<br>2. Participants should wear proper sportswear and sports shoes.<br>3. If a school requests cancellation of an activity prior to its scheduled date, but the LCSD and the relevant NSA(s) have already arranged a coach, rescheduling may not be possible. If a school cancels a sport demonstration on the day of the event, no rescheduling or make-up sessions will be arranged.<br>4. The actual teaching content will be properly adjusted in accordance with | | |

| Type of Activity / Key Information | Sport Demonstration | Sports Experience Programme | Outreach Coaching Programme |
|---|---|---|---|
| | participants' capabilities.<br>5. The school must arrange staff to maintain order to ensure smooth conduct of the activity.<br>6. School of hearing-impairment: the school is required to arrange a sign language interpreter during activities. | | |
| Enquiry No./ Website | 2601 7602 / www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html | | |

**Organised by the Leisure and Cultural Services Department**

**School Sports Programme (Special School)**

**Boxing – Prospectus**

| Type of Activity / Key Information | Sport Demonstration | Sports Experience Programme | Outreach Coaching Programme |
|---|---|---|---|
| Target Participants | Students with Hearing Impairment/ Mild or Moderate Grade Intellectual Disability/Physical Disability | | |
| | Primary 4 or above and Secondary Students | | |
| Outline | • Introduction to boxing<br>• Introduction to the equipment, and safety rules<br>• Demonstration and play-in session | • Introduction to the background and development of boxing<br>• Overview of the rules<br>• Basic boxing stances (guard position, jab, straight punch, footwork etc.)<br>• Hand coordination and reaction training | • Introduction to the background and development of boxing<br>• Briefing on and practice of basic boxing stances<br>• Briefing on the basic rules of competition<br>• Fitness training |
| Venue Requirements | Indoor venue | | |
| Fee | Free | | |
| Equipment to be provided by NSAs | Boxing target pads, boxing hand wraps and electronic virtual sports equipment | | |
| Equipment to be provided by School | Computer, television or projector and screen | | |
| Clothing of Participants | Sportswear and sports shoes | | |
| Duration | 2 hours per session | 4 sessions; 2 hours per session | 5-8 sessions; 2 hours per session |
| Estimated No. of Participants per Session | 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 | Sports Experience 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.4-5) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk. | | |
| Points to Note | 1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.<br>2. Participants should wear proper sportswear and socks.<br>3. If a school requests cancellation of an activity prior to its scheduled date, but the LCSD and the relevant NSA(s) have already arranged a coach, rescheduling may not be possible. If a school cancels a sport demonstration on the day of the event, no rescheduling or make-up sessions will be arranged.<br>4. The actual teaching content will be properly adjusted in accordance with participants' capabilities.<br>5. School of hearing-impairment: the school is required to arrange a sign language interpreter during activities. | | |
| Enquiry No./ Website | 2601 7602 / www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html | | |

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

| Type of Activity / Key Information | Sport Demonstration | Sports Experience Programme | Outreach Coaching Programme |
|---|---|---|---|
| Target Participants | Students with Hearing Impairment/Intellectual Disability/ Physical Disability/Visual Impairment | | |
| Outline | • Introduction to chair stretching<br>• Demonstration and play-in session | • Enhancing the mobility and flexibility of joints to lower the risk of injuries and falls<br>• Improving flexibility<br>• Strengthening muscles and reducing the risk of osteoporosis | |
| Venue Requirements | Indoor or covered venue | | |
| Fee | Free | | |
| Equipment to be provided by NSAs | Not Applicable | | |
| Equipment to be provided by School | Chairs with no armrest | | |
| Clothing of Participants | Sportswear and sports shoes | | |
| Duration | 2 hours per session | 2 to 4 sessions;<br>2 hours per session | 5 to 8 sessions;<br>2 hours per session |
| Estimated No. of Participants per Session | 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 | Sports Experience 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.4-5) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk. | | |
| Points to Note | 1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.<br>2. Participants should wear proper sportswear and sports shoes.<br>3. If a school requests cancellation of an activity prior to its scheduled date, but the LCSD and the relevant NSA(s) have already arranged a coach, rescheduling may not be possible. If a school cancels a sport demonstration on the day of the event, no rescheduling or make-up sessions will be arranged.<br>4. The actual teaching content will be properly adjusted in accordance with participants' capabilities.<br>5. The school must arrange staff to maintain order to ensure smooth conduct of the activity.<br>6. School of hearing-impairment: the school is required to arrange a sign language interpreter during activities. | | |
| Enquiry No./ Website | 2601 7602 / www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html | | |

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

| Type of Activity / Key Information | Sport Demonstration | Sports Experience 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 | • Introduction to the development and history of the sport, the equipment, and the content of competition<br>• Briefing on basic skills<br>• Demonstration and play-in session | 【Cycling and Running】 Students should be able to ride a bicycle.<br><br>Training on duathlon will be provided to teach basic skills, including training on cycling and running, transition between events, as well as time trials. | 【Cycling and Running】 Students should be able to ride a bicycle.<br><br>Training on duathlon will be provided to teach competition skills, including training on individual events for enhancement of personal skills. |
| Venue Requirements | Indoor or outdoor venue (about the size of 1 basketball court) | Indoor or outdoor venue (about the size of 1 to 2 basketball courts) | |
| 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.<br><br>(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 | 6 sessions;<br>2 hours per session | 10 sessions;<br>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 | Sports Experience 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.4-5) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk. | | |
| Points to Note | 1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.<br>2. Participants should wear proper sportswear and sports shoes.<br>3. If a school requests cancellation of an activity prior to its scheduled date, but the LCSD and the relevant NSA(s) have already arranged a coach, | | |

| Type of Activity / Key Information | Sport Demonstration | Sports Experience Programme | Outreach Coaching Programme |
|---|---|---|---|
| | rescheduling may not be possible. If a school cancels a sport demonstration on the day of the event, no rescheduling or make-up sessions will be arranged.<br>4. The actual teaching content will be properly adjusted in accordance with participants' capabilities.<br>5. School of hearing-impairment: the school is required to arrange a sign language interpreter during activities. | | |
| Enquiry No./ Website | 2601 7602 / www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html | | |

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

| Type of Activity / Key Information | Sport Demonstration | Sports Experience Programme | Outreach Coaching Programme |
|---|---|---|---|
| Target Participants | Students with Hearing Impairment/Intellectual Disability/ Physical Disability/Visual Impairment | | |
| Outline | • Introduction to Fitness Exercise<br>• Demonstration and play-in session | • To strengthening various muscles groups and lower the risk of injuries through fitness and aerobic exercises<br>• To enhance quality of life and functional abilities<br>• To improve cardiopulmonary functions | |
| Venue Requirements | Indoor or covered venue | | |
| Fee | Free | | |
| Equipment to be provided by NSAs | Not Applicable | | |
| Equipment to be provided by School | Not Applicable | | |
| Clothing of Participants | Sportswear and sports shoes | | |
| Duration | 2 hours per session | 2 to 4 sessions;<br>2 hours per session | 5 to 8 sessions;<br>2 hours per session |
| Estimated No. of Participants per Session | 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 | Sports Experience 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.4-5) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk. | | |
| Points to Note | 1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.<br>2. Participants should wear proper sportswear and sports shoes.<br>3. If a school requests cancellation of an activity prior to its scheduled date, but the LCSD and the relevant NSA(s) have already arranged a coach, rescheduling may not be possible. If a school cancels a sport demonstration on the day of the event, no rescheduling or make-up sessions will be arranged.<br>4. The actual teaching content will be properly adjusted in accordance with participants' capabilities.<br>5. The school must arrange staff to maintain order to ensure smooth conduct of the activity.<br>6. School of hearing-impairment: the school is required to arrange a sign language interpreter during activities. | | |
| Enquiry No./ Website | 2601 7602 / www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html | | |

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

| Type of Activity / Key Information | Sport Demonstration |
|---|---|
| Target Participants | Students with Hearing Impairment/Mild Grade Intellectual Disability |
| Outline | • Introduction to the rules and basic skills of golf (putting, chipping and pitching)<br>• Demonstration and play-in session |
| Venue Requirements | Indoor or outdoor venue (about the size of 1 basketball court) |
| Fee | Free |
| Equipment to be provided by NSAs | ShortGolf equipment (Including clubs and balls) |
| Equipment to be provided by School | Not Applicable |
| Clothing of Participants | Sportswear and sports shoes |
| Duration | 2 hours per session |
| Estimated No. of Participants per Session | 20 |
| Proposed Date/ Time of Activity | Monday to Friday: 9 am to 6 pm |
| Enrolment Form | Sport Demonstration – General Sport Enrolment Form |
| How to Enrol | Please submit the completed e-form before the deadline (please refer to "Application" (P.4-5) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk. |
| Points to Note | 1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.<br>2. Participants should wear proper sportswear and sports shoes.<br>3. If a school requests cancellation of an activity prior to its scheduled date, but the LCSD and the relevant NSA(s) have already arranged a coach, rescheduling may not be possible. If a school cancels a sport demonstration on the day of the event, no rescheduling or make-up sessions will be arranged.<br>4. The actual teaching content will be properly adjusted in accordance with participants' capabilities.<br>5. The school must arrange for at least 2 staff members to provide assistance during the activities.<br>6. School of hearing-impairment: the school is required to arrange a sign language interpreter during activities. |
| Enquiry No./ Website | 2601 7602 / www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html |

**Organised by the Leisure and Cultural Services Department**
**School Sports Programme (Special School)**
**Gymnastics for All – Prospectus**

| Type of Activity / Key Information | Sport Demonstration | Sports Experience Programme | Outreach Coaching Programme |
|---|---|---|---|
| Target Participants | Students with Hearing Impairment/Intellectual Disability/ Physical Disability | | |
| Outline | • Introduction to Gymnastics for All<br>• Introduction to the light equipment and safety rules<br>• Demonstration and play-in session | • Basic movement training<br>• Use of light equipment | • Basic movement training<br>• Use of light equipment<br>• Movement with music<br>• Learning of team work, performance |
| Venue Requirements | Indoor activity room or hall | | |
| Fee | Free | | |
| Equipment to be provided by NSAs | 10 each of rhythmic gymnastics balls, ribbons, scarves and hoops | | |
| Equipment to be provided by School | Not Applicable | | |
| Clothing of Participants | Sportswear and sport shoes | | |
| Duration | 2 hours per session | 2 to 4 sessions; 2 hours per session | 6 to 8 sessions; 2 hours per session |
| Estimated No. of Participants per Session | 15 – 20 | | |
| Proposed Date/ Time of Activity | Monday to Friday: 9 am to 4 pm; Saturday: 9 am to 1 pm | | |
| Enrolment Form | Sport Demonstration – General Sport Enrolment Form | Sports Experience 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.4-5) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk. | | |
| Points to Note | 1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.<br>2. Participants should wear proper sportswear and sports shoes.<br>3. If a school requests cancellation of an activity prior to its scheduled date, but the LCSD and the relevant NSA(s) have already arranged a coach, rescheduling may not be possible. If a school cancels a sport demonstration on the day of the event, no rescheduling or make-up sessions will be arranged.<br>4. The actual teaching content will be properly adjusted in accordance with participants' capabilities.<br>5. School of hearing-impairment: the school is required to arrange a sign language interpreter during activities. | | |
| Enquiry No./ Website | 2601 7602 / www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html | | |

**Organised by the Leisure and Cultural Services Department**

**School Sports Programme (Special School)**

**Handball – Prospectus**

| Type of Activity / Key Information | Sport Demonstration |
|---|---|
| Target Participants | Students with Hearing Impairment/Intellectual Disability/ Physical Disability |
| Outline | • Introduction to basic handball techniques<br>• Demonstration and play-in session |
| Venue Requirements | Indoor venue with a smooth floor surface (about the size of 1 basketball court) |
| Fee | Free |
| Equipment to be provided by NSAs | 10 handballs, 2 handball goal posts, 20 traffic cones,<br>10 hula hoops and 10 vests marked with numbers |
| Equipment to be provided by School | Not applicable |
| Clothing of Participants | Sportswear and sports shoes |
| Duration | 2 hours per session |
| Estimated No. of Participants per Session | 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 |
| How to Enrol | Please submit the completed e-form before the deadline (please refer to "Application" (P.4-5) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk. |
| Points to Note | 1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.<br>2. Participants should wear proper sportswear and socks.<br>3. If a school requests cancellation of an activity prior to its scheduled date, but the LCSD and the relevant NSA(s) have already arranged a coach, rescheduling may not be possible. If a school cancels a sport demonstration on the day of the event, no rescheduling or make-up sessions will be arranged.<br>4. The actual teaching content will be properly adjusted in accordance with participants' capabilities.<br>5. The school is required to assign at least 2 casual helpers to provide assistance during activities.<br>6. School of hearing-impairment: the school is required to arrange a sign language interpreter during activities. |
| Enquiry No./ Website | 2601 7602 /<br>www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html |

**Organised by the Hong Kong, China Rowing Association**
**Subvented by the Leisure and Cultural Services Department**
**School Sports Programme (Special School)**
**Indoor Para-Rowing – Prospectus**

| Type of Activity / Key Information | Sport Demonstration | Sports Experience Programme | Outreach Coaching Programme |
|---|---|---|---|
| Target Participants | Students with Hearing Impairment/Intellectual Disability/ Physical Disability/Visual Impairment | | |
| Outline | • Introduction to indoor para-rowing<br>• Introduction to equipment and safety rules<br>• Demonstration and play-in session | • Correct posture<br>• Fitness training | • Correct posture<br>• Fitness training<br>• Mini-competitions |
| Venue Requirements | Indoor or covered venue | | |
| Fee | Free | | |
| Equipment to be provided by NSAs | Indoor rowing machines and necessary equipment | Not Applicable | |
| Equipment to be provided by School | Not Applicable | Indoor rowing machines (Please contact the LCSD for enquiry if the school is unable to provide the rowing machines) | |
| Clothing of Participants | Sportswear and sports shoes | | |
| Duration | 2 hours per session | 4 sessions; 2 hours per session | 8 sessions; 2 hours per session |
| Estimated No. of Participants per Session | 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 | Sports Experience 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.4-5) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk. | | |
| Points to Note | 1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.<br>2. Participants should wear proper sportswear and sports shoes.<br>3. If a school requests cancellation of an activity prior to its scheduled date, but the LCSD and the relevant NSA(s) have already arranged a coach, rescheduling may not be possible. If a school cancels a sport demonstration on the day of the event, no rescheduling or make-up sessions will be arranged.<br>4. The actual teaching content will be properly adjusted in accordance with participants' capabilities.<br>5. School of hearing-impairment: the school is required to arrange a sign language interpreter during activities. | | |
| Enquiry No./ Website | 2601 7602 / www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html | | |

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

| Type of Activity / Key Information | Sport Demonstration | Sports Experience Programme | Outreach Coaching Programme |
|---|---|---|---|
| Target Participants | Students with Hearing impairment/Intellectual Disability/ Physical Disability/Visual Impairment<br>Physical requirements: Basic lower limb mobility, able to stand and walk | | |
| Outline | • Introduction to fitness games<br>• Demonstration and play-in session | • To train body stability and co-ordination ability through different forms of fitness games to improve balance, body co-ordination and agility<br>• Enhancing the quality of life and functional abilities | |
| Venue Requirements | Indoor or covered venue | | |
| Fee | Free | | |
| Equipment to be provided by NSAs | Not Applicable | | |
| Equipment to be provided by School | Chairs, balance boards, mini hurdles, speed ladders (if any) | | |
| Clothing of Participants | Sportswear and sports shoes | | |
| Duration | 2 hours per session | 2 to 4 sessions;<br>2 hours per session | 5 to 8 sessions;<br>2 hours per session |
| Estimated No. of Participants per Session | 10 | | |
| 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 | Sports Experience 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.4-5) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk. | | |
| Points to Note | 1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.<br>2. Participants should wear proper sportswear and sports shoes.<br>3. If a school requests cancellation of an activity prior to its scheduled date, but the LCSD and the relevant NSA(s) have already arranged a coach, rescheduling may not be possible. If a school cancels a sport demonstration on the day of the event, no rescheduling or make-up sessions will be arranged.<br>4. The actual teaching content will be properly adjusted in accordance with participants' capabilities.<br>5. The school must arrange staff to maintain order to ensure smooth conduct of the activity.<br>6. School of hearing-impairment: the school is required to arrange a sign language interpreter during activities. | | |
| Enquiry No./ Website | 2601 7602 /<br>www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html | | |

**Organised by the Leisure and Cultural Services Department**
**School Sports Programme (Special School)**
**Rhythmic Fitness Movement – Prospectus**

| Type of Activity / Key Information | Sport Demonstration | Sports Experience Programme | Outreach Coaching Programme |
|---|---|---|---|
| Target Participants | Students with Intellectual Disability/Physical Disability/Visual Impairment<br>Physical requirements: Basic upper limb mobility, ability to hold light objects with one hand or both hands and with normal hearing. | | |
| Outline | • Introduction to fitness movements<br>• Demonstration and play-in session | • Following the rhythm of music, participants will perform fitness movements rhythmically in a continuous effort to train the flexibility of major joints and muscular endurance<br>• Enhancing quality of life and functional abilities<br>• Cardiorespiratory functions will also be improved | |
| Venue Requirements | Indoor venue (available of using rainbow umbrella) | | |
| Fee | Free | | |
| Equipment to be provided by NSAs | Rainbow umbrella | | |
| Equipment to be provided by School | Chairs, big or small fitness balls, beanbags, etc. (if any) | | |
| Clothing of Participants | Sportswear and sports shoes | | |
| Duration | 2 hours per session | 2 to 4 sessions;<br>2 hours per session | 5 to 8 sessions;<br>2 hours per session |
| Estimated No. of Participants per Session | 10 | | |
| 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 | Sports Experience 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.4-5) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk. | | |
| Points to Note | 1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.<br>2. Participants should wear proper sportswear and sports shoes.<br>3. If a school requests cancellation of an activity prior to its scheduled date, but the LCSD and the relevant NSA(s) have already arranged a coach, rescheduling may not be possible. If a school cancels a sport demonstration on the day of the event, no rescheduling or make-up sessions will be arranged.<br>4. The actual teaching content will be properly adjusted in accordance with participants' capabilities.<br>5. The school must arrange staff to maintain order to ensure smooth conduct of the activity. | | |
| Enquiry No./ Website | 2601 7602 /<br>www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html | | |

**Organised by the Leisure and Cultural Services Department**

**School Sports Programme (Special School)**

**Rhythmic Gymnastics – Prospectus**

| Type ofActivity / Key Information | Sport Demonstration |
|---|---|
| Target Participants | Students with Mild Grade Intellectual Disability |
| Outline | • Introduction to rhythmic gymnastics<br>• Introduction to the equipment and safety rules<br>• Demonstration and play-in session |
| Venue Requirements | Indoor activity room or hall |
| Fee | Free |
| Equipment to be provided by NSAs | 10 each of rhythmic gymnastics balls, hoops, ribbons, ropes and floor exercise mats |
| Equipment to be provided by School | Not applicable |
| Clothing of Participants | Sportswear and sports shoes |
| Duration | 2 hours per session |
| Estimated No. of Participants per Session | 20 |
| Proposed Date/ Time of Activity | Monday to Friday: 9 am to 4 pm; Saturday: 9 am to 1 pm |
| Enrolment Form | Sport Demonstration – General Sport Enrolment Form |
| How to Enrol | Please submit the completed e-form before the deadline (please refer to "Application" (P.4-5) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk. |
| Points to Note | 1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.<br>2. Participants should wear proper sportswear and socks.<br>3. If a school requests cancellation of an activity prior to its scheduled date, but the LCSD and the relevant NSA(s) have already arranged a coach, rescheduling may not be possible. If a school cancels a sport demonstration on the day of the event, no rescheduling or make-up sessions will be arranged.<br>4. The actual teaching content will be properly adjusted in accordance with participants' capabilities.<br>5. The school must arrange for at least 2 physical education teachers to provide assistance during the activities. |
| Enquiry No./ Website | 2601 7602 / www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html |

**Organised by the Hong Kong China Rugby**
**Subvented by the Leisure and Cultural Services Department**
**School Sports Programme (Special School)**
**Rugby – Prospectus**

| Type of Activity / Key Information | Sport Demonstration | Sports Experience Programme | Outreach Coaching Programme |
|---|---|---|---|
| Target Participants | Students with Hearing Impairment/Intellectual Disability | | |
| Outline | • Introduction to Rugby<br>• Skill demonstration<br>• Safety point during try or pick up the ball from ground<br>• Group game | • Catch skill training<br>• Training on covers running<br>• Training on keep the ball in hands and run<br>• Mini-competitions (Touch Rugby) | • Training on covers skills<br>• Touch rugby competition<br>• Training for group defense<br>• Learning about teamwork, discipline and respect |
| Venue Requirements | Indoor or covered venue with a smooth floor surface (about the size of 2 badminton courts) | | |
| Fee | Free | | |
| Equipment to be provided by NSAs | 30 plastic marker disc cones, 6 rugby balls (size 3 or 4), 30 tag rugby bell sets | | |
| Clothing of Participants | Sportswear and sports shoes | | |
| Duration | 2 hours per session | 2 to 4 sessions; 2 hours per session | 5 to 8 sessions; 2 hours per session |
| Estimated No. of Participants per Session | 30 | | |
| Proposed Date/ Time of Activity | Monday to Friday: 9 am to 4 pm, Saturday: 9 am to 1 pm | | |
| Enrolment Form | Sport Demonstration – General Sport Enrolment Form | Sports Experience 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.4-5) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk. | | |
| Points to Note | 1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.<br>2. Participants should wear proper sportswear and sports shoes.<br>3. If a school requests cancellation of an activity prior to its scheduled date, but the LCSD and the relevant NSA(s) have already arranged a coach, rescheduling may not be possible. If a school cancels a sport demonstration on the day of the event, no rescheduling or make-up sessions will be arranged.<br>4. The actual teaching content will be properly adjusted in accordance with participants' capabilities.<br>5. School of hearing-impairment: the school is required to arrange a sign language interpreter during activities. | | |
| Enquiry No./ Website | 2601 7602 / www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html | | |

# Organised by the Leisure and Cultural Services Department
# School Sports Programme (Special School)
# Tennis/Mini-Tennis – Prospectus

| Type of Activity / Key Information | Sport Demonstration | Sports Experience Programme | Outreach Coaching Programme |
|---|---|---|---|
| Target Participants | Students with Hearing Impairment/Intellectual Disability/ Physical Disability | | |
| Outline | • Introduction to tennis<br>• Demonstration of skill<br>• Demonstration and play-in session | • Games for coordination<br>• Serve training<br>• Volley training | • Drive training<br>• Serve traininig<br>• Mini-competitions |
| Venue Requirements | Indoor or covered venue or hall (about the size of 1 basketball court) | | |
| Fee | Free | | |
| Equipment to be provided by NSAs | Mini rackets, mini tennis balls, tennis nets and plastic marker cones | | |
| Equipment to be provided by School | At least 1 badminton net with net stand | | |
| Clothing of Participants | Sportswear and sports shoes | | |
| Duration | 2 hours per session | 2 to 4 sessions;<br>1.5 to 2 hours per session | 5 to 8 sessions;<br>1.5 to 2 hours per session |
| Estimated No. of Participants per Session | 40 | 16 | 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 | Sports Experience 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.4-5) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk. | | |
| Points to Note | 1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.<br>2. Participants should wear proper sportswear and sports shoes.<br>3. If a school requests cancellation of an activity prior to its scheduled date, but the LCSD and the relevant NSA(s) have already arranged a coach, rescheduling may not be possible. If a school cancels a sport demonstration on the day of the event, no rescheduling or make-up sessions will be arranged.<br>4. The actual teaching content will be properly adjusted in accordance with participants' capabilities.<br>5. School of hearing-impairment: the school is required to arrange a sign language interpreter during activities. | | |
| Enquiry No./ Website | 2601 7602 /<br>www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html | | |

**Organised by the Leisure and Cultural Services Department**

**School Sports Programme (Special School)**

**Tenpin Bowling (for Hearing Impairment) – Prospectus**

| Type of Activity / Key Information | Sport Demonstration | Sports Experience Programme |
|---|---|---|
| Target Participants | Students with Hearing Impairment | |
| Outline | • Introduction to tenpin bowling<br>• Introduction to the equipment, venue facilities and safety rules<br>• Choosing the right bowling ball<br>• Demonstration and play-in session | • Training on holding and rolling a bowling ball<br>• Basic footwork<br>• Rules of competition |
| Venue Requirements | 6 bowling lanes (Depending on the actual number of participants) | |
| Fee | Free | |
| Equipment to be provided by NSAs | Bowling balls and bowling shoes will be provided by the venue | |
| Equipment to be provided by School | Not Applicable | |
| Clothing of Participants | Sportswear and socks | |
| Duration | 2 hours per session | 4 sessions;<br>2 hours per session |
| Estimated No. of Participants per Session | 24 | |
| 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 | Sports Experience Programme – General Sport Enrolment Form |
| How to Enrol | Please submit the completed e-form before the deadline (please refer to "Application" (P.4-5) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk. | |
| Points to Note | 1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.<br>2. Participants should wear proper sportswear and socks.<br>3. If a school requests cancellation of an activity prior to its scheduled date, but the LCSD and the relevant NSA(s) have already arranged a coach, rescheduling may not be possible. If a school cancels a sport demonstration on the day of the event, no rescheduling or make-up sessions will be arranged.<br>4. The actual teaching content will be properly adjusted in accordance with participants' capabilities.<br>5. The school may apply for coaches to transport participants to and from activities. In the event of insufficient number of participants, they must arrange their own means of transport. | |
| Enquiry No./ Website | 2601 7602 /<br>www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html | |

# Sport Education Programme – Day Camp
## Prospectus

| Venue | Lei Yue Mun Park | Lady MacLehose Holiday Village | Sai Kung Outdoor Recreation Centre | Tso Kung Tam Outdoor Recreation Centre |
|---|---|---|---|---|
| Check-in time | After 9:30 am | | | |
| Check-out time | Before 4:30 pm | | | |
| No. of Participants (Including accompany carers) | 48 maximum | | | |
| Activities / Facilities | Sports Activities:<br>American pool, archery, badminton, basketball, gateball, rope course, sport climbing, squash, table-tennis, tennis, etc.<br>Recreation Activities:<br>Air hockey, board games, Chinese billiard, children's playgrounds, floor curling, etc.<br>Activities are subject to change or cancellation without prior notice, depending on the composition and number of participating campers, weather conditions and actual circumstances. For details of venue facilities, please visit the LCSD website: www.lcsd.gov.hk/en/camp/index.html. | | | |
| Application Form | Sport Education Programme – Day Camp Enrolment Form | | | |

How to Enrol : Please submit the completed e-form 4 months before the proposed activity date by email at: applicationssp@lcsd.gov.hk. Otherwise, LCSD may not be able to handle the application in time.

Notes :

- Meals are not included. Those wishing to use the holiday camp's catering services should place meal orders with the camp's restaurant by email or fax at least 1 week before the check-in date and confirm the orders directly with the restaurant. For the latest information of the holiday camps, please visit the LCSD website:

| | |
|---|---|
| Lei Yue Mun Park | https://www.lcsd.gov.hk/en/camp/p_lymp.html |
| Lady MacLehose Holiday Village | https://www.lcsd.gov.hk/en/camp/p_lmhv.html |
| Sai Kung Outdoor Recreation Centre | https://www.lcsd.gov.hk/en/camp/p_skorc.html |
| Tso Kung Tam Outdoor Recreation Centre | https://www.lcsd.gov.hk/en/camp/p_tktorc.html |

- Day Camp will be cancelled if Typhoon Signal No. 3 or above remains hoisted or Red/ Black Rainstorm Warning Signal is still in force at 7:00 am. If typhoon signal No. 3 or above is hoisted after campers have checked in, the campers must leave the camp.
- The school may apply for coaches to transport participants to and from activities. In the event of insufficient number of participants, they must arrange their own means of transport.
- If a school requests cancellation of an activity prior to its scheduled date, but the LCSD has already arranged venue and transport, rescheduling may not be possible.

Enquiry No./ Website : 2601 7602 / www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html

# Sport Education Programme – Guided Visits to Sports Venues
## Prospectus

Objective : To enhance students' understanding of local sports facilities by introducing the operation and management of sports venues to them.

Activity : Visits to the LCSD's sports venues and water sports centre, and introduction to operation and management of sports venues by staff.

Target Participants : Students of special schools

| Venue | **Chong Hing Water Sports Centre** | **Hong Kong Stadium** | **Hong Kong Velodrome** | | **Sports Centre**[Note 2] | **Tuen Mun Recreation and Sports Centre** |
|---|---|---|---|---|---|---|
| | | | **Activity A**[Note 1] | **Activity B** | | |
| Date/Time Available for Selection | Monday to Friday 9:30 am to 12 nn; or 2 pm to 4:30 pm (except Thursday) | Tuesday to Thursday 9 am to 12 nn; or 2 pm to 5 pm | Monday to Friday 9 am to 6 pm (Except public holidays and maintenance day) The 1st and 3rd Tuesday each month from 7 am to 1 pm is the maintenance day. If a maintenance day falls on a public holiday, it will be rescheduled to the next working day. | | Monday to Friday 9 am to 5 pm (Except public holidays and maintenance day of the sports centre) | Monday, Thursday 1 pm to 6 pm; or Tuesday, Wednesday and Friday 9 am to 6 pm (except public holidays) |
| Duration | 2.5 hours per session | 1 hour per session | 2.5 hours per session | 2 hours per session | 1.5 hours per session | 2 hours per session |
| Estimated No. of Participants per Session (Including accompanying carers) | 48 | 48 | 40 (Each accompanying carer may take care of no more than 5 students) | | 24 | 48 |
| Play-in Session | Sailing/ windsurfing/ canoeing activities on land based simulators | Not Applicable | Track cycling (simulator) play-in | Not Applicable | Not Applicable | Golf and archery play-in |
| Enrolment Form | Sport Education Programme – Guided Visits to Sports Venues Enrolment Form | | | | | |

How to Enrol :
1. Please submit the completed e-form 3 months before the proposed activity date by email at: applicationssp@lcsd.gov.hk.
2. If a school requests cancellation of an activity prior to its scheduled date, but the LCSD has already arranged venue and transport, rescheduling may not be possible.

Notes :
1. Students participating in the visits to Hong Kong Velodrome must meet the following **two criteria** for eligibility to participate in the track cycling play-in sessions involved in Activity A:
   i) Aged 11 or above; and
   ii) With a height of 146 cm (4 feet 9 inches) or above.
2. LCSD will coordinate with school teachers to select an appropriate sports centre and make suitable arrangements according to the participants' capabilities.

Points to Note :
1. The school may apply for coaches to transport participants to and from activities. In the event of insufficient number of participants, they must arrange their own means of transport.

Enquiry No./ Website : 2601 7602 / www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html

# Sport Education Programme – Hiking
## Prospectus

| Route No. / Key Information | AA1 | AA2 | AA3 |
|---|---|---|---|
| Fee | Free | | |
| Level of Difficulty | Easy | | |
| Countryside Map | Hong Kong Island | North West New Territories | North West New Territories |
| Starting Point | Pok Fu Lam Public Riding School | Lok Ma Chau | Wah Fat Playground |
| Finishing Point | University Drive, Hong Kong University | Ho Sheung Heung | Miu Fat Buddhist Monastery |
| Brief | Start at Pok Fu Lam Reservoir Road and walk along the Peak Trail in a reverse direction. Enter Lugard Road at the Peak to take in the spectacular views of Victoria Harbour on the path skirting around the Peak. If you follow the trail in the opposite direction along Harlech Road, you will come across a splendid waterfall before arriving at a picnic area. Walk down Hatton Road to visit the relics of the century-old Pinewood Battery, where the traces of war are still evident. When walking on the Hong Kong Trail, you will find a wealth of historical attractions such as boundary stones and heritage buildings, and plenty of natural sights for the study of the history and geography of Hong Kong Island. | Start at Lok Ma Chau Path and proceed to Lok Ma Chau Garden. There is a viewing point in the garden, where you can overlook the vast area of fish ponds near Shenzhen River. Then take the concrete path leading to the villages which are no longer included in the closed area since 2013. Enjoy the scenery of the fishponds and farmlands along the way, which offers a stark contrast with the urban views of Shenzhen to the north of the tranquil ponds, and feel the distinctive rural flavor pervading the villages. Continue along the riverside of River Indus (Ng Tung River) and River Beas (Sheung Yue River) to arrive at Ho Sheung Heung. The route is generally smooth and easy to walk. | Start at Wah Fat Playground, climb up the stone steps and continue along Tuen Mun Fitness Trail (Section 10 of the MacLehose Trail). Then make a turn to Tuen Mun Trail. Proceed to Lam Tei Reservoir via Fu Tei. This gentle path of half earth half concrete offers an extensive view. As the middle section on Tuen Mun Trail is a slightly rugged path, so take care of your accompanying children. You can enjoy a big meal at Lam Tei Main Street in front of Miu Fat Buddhist Monastery at the end of the trip. |
| Length | about 7 km | about 8 km | about 8 km |
| Duration | about 4 hours | about 4 hours | about 3.5 hours |
| No. of Participants (Including accompanying carers) | 24 | | |
| Enrolment Form | Sport Education Programme – Hiking Enrolment Form | | |

| Route No. / Key Information | AA1 | AA2 | AA3 |
|---|---|---|---|
| How to Enrol | Please submit the completed e-form 3 months before the proposed activity date by email at: applicationssp@lcsd.gov.hk. | | |
| Points to Note | 1. Adequate accompanying carers aged 18 or above should be designated to oversee the activities.<br>2. Participants should wear proper sportswear and sports shoes.<br>3. The actual route may be changed subject to participants' ability.<br>4. The school should ensure participants' health condition is good for hiking and to seek medical consultation if necessary.<br>5. The activity will be cancelled if Typhoon Signal No.3 or above or Amber, Red or Black Rainstorm Warning Signal is hoisted by Hong Kong Observatory **3 hours before the activity.** The person in charge should pay attention to the latest weather condition during the activity. Change or cancel the activity plan if inclement weather is forecasted.<br>6. For further information of hiking route and safety guidelines, please visit www.lcsd.gov.hk/en/healthy/hiking/index.html.<br>7. The school may apply for coaches to transport participants to and from activities. In the event of insufficient number of participants, they must arrange their own means of transport.<br>8. If a school requests cancellation of an activity prior to its scheduled date, but the LCSD has already arranged venue and transport, rescheduling may not be possible. | | |
| Enquiry No./ Website | 2601 7602 / www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html | | |

# Sport Education Programme – Hiking
## Prospectus

| Route No. / Key Information | **AA4** | **AA5*** |
|---|---|---|
| Fee | Free | |
| Level of Difficulty | Easy | |
| Countryside Map | Lantau Island | Hong Kong Island |
| Starting Point | Shek Mun Kap | Lugard Road (near Peak Road) |
| Finishing Point | Ngong Ping Village | Harlech Road (near Peak Road) |
| Brief | Start at Shek Mun Kap and walk up to Ngong Ping via Tei Tong Tsai. This section comprises mainly uphill paths and steps. There are a number of old temples along the way. After going through Dongshan Famen, you may visit Wisdom Path, Po Lin Monastery, Tian Tan Buddha Statue and Ngong Ping Village. Take in the gorgeous views of Lantau Peak and Shek Pik Reservoir from afar. The entire route goes uphill. | Standing at 552 metres above sea level, Victoria Peak is the highest mountain on Hong Kong Island. This circular walk loops around The Peak, offering panoramic views of Victoria Harbour. Stretching from Lugard Road to Harlech Road, the tree-lined route has some of the island's lushest vegetation and is home to plenty of wildlife. The route is generally flat and easy to walk. |
| Length | about 5 km | about 3.5 km |
| Duration | about 4 hours | about 1-1.5 hours |
| No. of Participants (Including accompanying carers) | 24 | |
| Enrolment Form | Sport Education Programme – Hiking Enrolment Form | |
| How to Enrol | Please submit the completed e-form 3 months before the proposed activity date by email at: applicationssp@lcsd.gov.hk. | |
| Points to Note | 1. Adequate accompanying carers aged 18 or above should be designated to oversee the activities.<br>2. Participants should wear proper sportswear and sports shoes.<br>3. The actual route may be changed subject to participants' ability.<br>4. The school should ensure participants' health condition is good for hiking and to seek medical consultation if necessary.<br>5. The activity will be cancelled if Typhoon Signal No.3 or above or Amber, Red or Black Rainstorm Warning Signal is hoisted by Hong Kong Observatory **3 hours before the activity.** The person in charge should pay attention to the latest weather condition during the activity. Change or cancel the activity plan if inclement weather is forecasted.<br>6. For further information of hiking route and safety guidelines, please visit www.lcsd.gov.hk/en/healthy/hiking/index.html.<br>7. The school may apply for coaches to transport participants to and from activities. In the event of insufficient number of participants, they must arrange their own means of transport. | |

| Route No. / Key Information | AA4 | AA5* |
|---|---|---|
| | 8. If a school requests cancellation of an activity prior to its scheduled date, but the LCSD has already arranged venue and transport, rescheduling may not be possible. | |
| Enquiry No./ Website | 2601 7602 / www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html | |

*Newly introduced route

# Sport Education Programme – Hiking

## Prospectus

| Route No. / Key Information | BB1 | BB2 | BB3 | BB4 |
|---|---|---|---|---|
| Fee | Free | | | |
| Level of Difficulty | Moderate | | | |
| Countryside Map | North West New Territories | North East & Central New Territories | Hong Kong Island | Hong Kong Island |
| Starting Point | Tsuen Kam Au, Tai Mo Shan | Pineapple Dam, Shing Mun Reservoir | Wan Chai Gap | Greenery Mini-garden, Braemar Hill |
| Finishing Point | Fu Yung Shan Road | Pai Tau Village | Mount Butler Road, Jardine's Lookout | Tai Tam Tuk Reservoir |
| Brief | Walk along the Hiking Practice Trail in Tai Mo Shan before entering the Rotary Park Nature Trail. Walk down the trail until you reach the watercress fields at Chuen Lung Village. Then take the tranquil path in the south of Tai Mo Shan and visit the 4-faced Buddha at Chuk Lam Sim Yuen, Fu Yung Shan, before proceeding to Tsuen Wan. The route is largely downhill with a rugged section which takes about 25 to 30 minutes to walk. | Shing Mun Country Park, located south east of Tai Mo Shan, is full of intersecting footpaths and lyrical scenery. The Shing Mun Reservoir lying amid lush hills, reservoir walks, Tai Shing Stream, woodlands of paperbark trees and the arboretum are the major attractions. Walk along the woodland paths around the reservoir and head for Sha Tin via To Fung Shan after crossing the pass between Grassy and Needle Hills. Alternatively, you may take a footpath on the left leading to Pai Tau Village and visit the Ten Thousand Buddhas Monastery before proceeding to Sha Tin if you are physically fit for it. The early section of the route comprises uphill restricted access of the reservoir while the later section comprises downhill footpaths. | Start at Wan Chai Gap, walk along Middle Gap Road and then take the footpath at the end of the road to Middle Gap. Head east along Black's Link to Wong Nai Chung Gap. Take Sir Cecil's Ride, walk past Sir Cecil's Garden and proceed to Mount Butler Road. | Start at Braemar Hill and walk toward Quarry Gap via Sir Cecil's Ride. Then visit Tai Tam Reservoirs and enjoy the scenery and explore a century-old British style masonry arch bridges along the way. The route is mostly on the restricted access of the reservoir with a few sections of relatively gentle footpaths. |

| Route No. / Key Information | **BB1** | **BB2** | **BB3** | **BB4** |
|---|---|---|---|---|
| Length | about 4.5 km | about 10.5 km | about 6.5 km | about 9 km |
| Duration | about 4 hours | about 5 hours | about 4.5 hours | about 4.5 hours |
| No. of Participants (Including accompanying carers) | 24 | | | |
| Enrolment Form | Sport Education Programme – Hiking Enrolment Form | | | |
| How to Enrol | Please submit the completed e-form 3 months before the proposed activity date by email at: applicationssp@lcsd.gov.hk. | | | |
| Points to Note | 1. Adequate accompanying carers aged 18 or above should be designated to oversee the activities.<br>2. Participants should wear proper sportswear and sports shoes.<br>3. The actual route may be changed subject to participants' ability.<br>4. The school should ensure participants' health condition is good for hiking and to seek medical consultation if necessary.<br>5. The activity will be cancelled if Typhoon Signal No.3 or above or Amber, Red or Black Rainstorm Warning Signal is hoisted by Hong Kong Observatory **3 hours before the activity.** The person in charge should pay attention to the latest weather condition during the activity. Change or cancel the activity plan if inclement weather is forecasted.<br>6. For further information of hiking route and safety guidelines, please visit www.lcsd.gov.hk/en/healthy/hiking/index.html.<br>7. The school may apply for coaches to transport participants to and from activities. In the event of insufficient number of participants, they must arrange their own means of transport.<br>8. If a school requests cancellation of an activity prior to its scheduled date, but the LCSD has already arranged venue and transport, rescheduling may not be possible. | | | |
| Enquiry No./ Website | 2601 7602 / www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html | | | |

# Sport Education Programme – Hiking

## Prospectus

| Route No. / Key Information | BB5 | BB6 |
|---|---|---|
| Fee | Free | |
| Level of Difficulty | Moderate | |
| Countryside Map | North East & Central New Territories | North West New Territories |
| Starting Point | Hok Tau | Tai Tong Barbecue Area |
| Finishing Point | Fung Yuen | Ho Pui Tsuen |
| Brief | Follow Hok Tau Road and walk past Hok Tau Campsite to reach Hok Tau Reservoir. Proceed to Cheung Uk via the ancient path and visit Sha Lo Tung Valley before walking downhill to Ting Kok Road through a vehicular access or via Fung Yuen. The route covers ancient stone paths, hillside footpaths and vehicular access. | Visit the Sweet Gum Woods in Tai Tong and stroll along the tree-lined path. In winter, the woods become a popular attraction in Hong Kong when the leaves of the sweet gum trees turn red. Visit Kat Hing Bridge, take the forest track and the footpath on the right leading to Ho Pui Reservoir. The route finishes at Ho Pui Tsuen, with a slightly rugged uphill path in the latter section. |
| Length | about 5.5 km | about 8.5 km |
| Duration | about 3 hours | about 4.5 hours |
| No. of Participants (Including accompanying carers) | 24 | |
| Enrolment Form | Sport Education Programme – Hiking Enrolment Form | |
| How to Enrol | Please submit the completed e-form 3 months before the proposed activity date by email at: applicationssp@lcsd.gov.hk. | |
| Points to Note | 1. Adequate accompanying carers aged 18 or above should be designated to oversee the activities.<br>2. Participants should wear proper sportswear and sports shoes.<br>3. The actual route may be changed subject to participants' ability.<br>4. The school should ensure participants' health condition is good for hiking and to seek medical consultation if necessary.<br>5. The activity will be cancelled if Typhoon Signal No.3 or above or Amber, Red or Black Rainstorm Warning Signal is hoisted by Hong Kong Observatory **3 hours before the activity.** The person in charge should pay attention to the latest weather condition during the activity. Change or cancel the activity plan if inclement weather is forecasted.<br>6. For further information of hiking route and safety guidelines, please visit www.lcsd.gov.hk/en/healthy/hiking/index.html.<br>7. The school may apply for coaches to transport participants to and from activities. In the event of insufficient number of participants, they must arrange their own means of transport.<br>8. If a school requests cancellation of an activity prior to its scheduled date, but the LCSD has already arranged venue and transport, rescheduling may not be possible. | |
| Enquiry No./ Website | 2601 7602 / www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html | |

# Sport Education Programme – Sport Exhibition
## Prospectus

Objective : To enhance students' knowledge of and interest in sports

Target Participants : Students of special schools

Outline : To organise a series of exhibitions in which display panels will be used to present the information on sports, the relationship between sports and health, sport injuries, fitness knowledge, activities under the special school programme, etc.

Quota : No restriction

Venue : School halls, covered playgrounds or indoor facilities

Topics :

| | Set | Topics | Panel Size |
|---|---|---|---|
| 1. | V* | How to Make an Exercise Plan | 8 pieces (Approx.: 1m(W) x 2m(H) each) |
| 2. | W | Sports and Health, Functions of Sports, Sports and Nutrition, and Sports Injury | 8 pieces (Approx.: 1m(W) x 2m(H) each) |
| 3. | X | Sports and Water (Special School) | 8 pieces (Approx.: 1.1m(W) x 1.65m(H) each) |
| 4. | Y | The Knowledge of Physical Fitness | 8 pieces (Approx.: 1m(W) x 2m(H) each) |
| 5. | Z | Introduction of Sports Activities under School Sports Programme (Special School) | 5 pieces (Approx.: 1m(W) x 2m(H) each) |

Note: * Newly introduced topic

Fee : Free

Enrolment Form : Sport Education Programme – Sport Exhibition Enrolment Form

How to Enrol : Please submit the completed e-form 3 months before the proposed activity date by email at: applicationssp@lcsd.gov.hk. Otherwise, LCSD may not be able to handle the application in time.

Remarks :
1. Exhibition panels in English and of smaller sizes (0.45m(W) x 1.6m(H)) have been prepared for use by schools.
2. Exhibition panels on "Sports and Water" are enhanced with visual and audio effects, with reference materials available for use by schools.
3. Schools may if necessary apply to the LCSD for arranging school visits by physical fitness instructors to assist students in participating in the activities, such as water bottle lifting.

Enquiry No./ Website : 2601 7602 / www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html

Form No.:

| Application No.<br>(To be provided by the LCSD) |
|---|
| |

**School Sports Programme (Special School)**
**Sport Demonstration – General Sport**
**Enrolment Form**

Type of Sport: _____

Name of School: _____

Type of School: Special School (Please specify: _____) Tel No.: _____

Teacher-in-charge: _____ Teacher's E-mail Address: _____

School Address: _____

Venue [Note 1]:
1. ☐ School Campus
2. ☐ Others - Name of Venue (Please specify) [Note 2]: _____
3. ☐ U.S. Dacos Bowling Centre (Tsuen Wan) [Note 2]
(Only for those schools participating in Tenpin Bowling (for Hearing Impairment))

| | Date [Note 3] (dd/mm/yyyy) | Day of Week | No. of Demonstration Session | Time | No. of Participating Students | Grade | Venue (e.g. School Hall/ Covered Playground) |
|---|---|---|---|---|---|---|---|
| Example | 5/1/20XX | Mon | 1 | 1400-1600 | 20 | P1-P6 | School Hall |
| First Choice | | | 1 | | | | |
| Second Choice | | | 1 | | | | |

Remark: _____

**Transportation** [Note 1&2]

Transport arrangement by the LCSD for the **outbound** journey ☐ *is* / ☐ *is not required*
Estimated pick-up time: _____ (to arrive at the venue 15 minutes before the start of activity)
Estimated pick-up location: _____

Transport arrangement by the LCSD for the **inbound** journey ☐ *is* / ☐ *is not required*
Estimated return time: _____ (subject to change depending on actual traffic conditions)
Estimated drop-off location: _____

| Notes: | 1. Please put a "✓" in the appropriate box.<br>2. The school may apply for coaches to transport participants to and from activities. In the event of insufficient number of participants, they must arrange their own means of transport.<br>3. Please propose the date and time (except school holidays) according to the duration of the demonstration session(s). |
|---|---|

SAMPLE

| | |
|---|---|
| Remarks: | 1. A separate application form is required for each sport. If the number of applications exceeds the quota, the participating schools will be determined by balloting.<br>2. Please refer to the "Application" (P.4-5) of this guide for the dates of application.<br>3. If a school requests cancellation of an activity prior to its scheduled date, but the LCSD and the relevant NSA(s) have already arranged a coach, rescheduling may not be possible. If a school cancels a sport demonstration on the day of the event, no rescheduling or make-up sessions will be arranged.<br>4. The personal data provided by the applicant will only be used for enrolment, communication, announcement of results, compilation of statistics and opinion surveys related to activities under the School Sports Programme (Special School). Such data will be accessible only to authorised personnel of the Leisure and Cultural Services Department (LCSD) and relevant National Sports Associations. While the provision of personal data is voluntary, applications with insufficient information may not be processed. For access to or correction of the personal data submitted, please contact the School Sports Programme Unit of the LCSD on 2601 7602.<br>**5. Schools should ensure that all participants have obtained the consent of their parents/guardians or the persons authorised by their parents/guardians to participate in the above activity, and that the participants are not suffering from any illness that renders them unfit for the activity.**<br>6. In identifying actual or potential conflict of interest during organisation of the events under the School Sports Programme (Special School), the teachers-in-charge shall make a declaration to the school principal or approving authority with the use of the Conflict of Interest Declaration Form template at Appendix V. For details, please refer to item VI "Conflict of Interest" of the Prospectus of the Guide (P.5). |

LCS 1048b (Rev. 07/2026)

The completed e-form should be submitted to
the Leisure and Cultural Services Department
by email (email address: applicationssp@lcsd.gov.hk).

SAMPLE

Form No.:

| Application No.<br>(To be provided by the LCSD) |
|---|
| |

**School Sports Programme (Special School)**
**Sports Experience Programme – General Sport**
**Enrolment Form**

Type of Sport: _____

Name of School: _____

Type of School: Special School (Please specify: _____) Tel No.: _____

Teacher-in-charge: _____ Teacher's E-mail Address: _____

School Address: _____

Venue [Note 1]:
1. ☐ School Campus
2. ☐ Others - Name of Venue (Please specify) [Note 2]: _____
3. ☐ U.S. Dacos Bowling Centre (Tsuen Wan) [Note 2]
(Only for those schools participating in Tenpin Bowling (for Hearing Impairment))

| | | Date [Note 3] (dd/mm/yyyy) | Day of Week | No. of Session | Time | No. of Participating Students | Grade | Venue (e.g. School Hall/Covered Playground) |
|---|---|---|---|---|---|---|---|---|
| | Example | 5,12,19, 26/1/20XX | Mon | 4 | 1400-1600 | 20 | S2-S3 | Covered Playground |
| Course 1 | First Choice | | | | | | | |
| | Second Choice | | | | | | | |
| Course 2 | First Choice | | | | | | | |
| | Second Choice | | | | | | | |

Remark: _____

**Transportation** [Note 1&2]

Transport arrangement by the LCSD for the **outbound** journey ☐ *is* / ☐ *is not required*
Estimated pick-up time: _____ (to arrive at the venue 15 minutes before the start of activity)
Estimated pick-up location: _____

Transport arrangement by the LCSD for the **inbound** journey ☐ *is* / ☐ *is not required*
Estimated return time: _____ (subject to change depending on actual traffic conditions)
Estimated drop-off location: _____

| Notes: | 1. Please put a "✓" in the appropriate box.<br>2. The school may apply for coaches to transport participants to and from activities. In the event of insufficient number of participants, they must arrange their own means of transport.<br>3. Please propose the date and time (except school holidays) according to the number of sessions and duration required for the sports training course concerned. |
|---|---|

SAMPLE

| | |
|---|---|
| Remarks: | 1. A separate application form is required for each sport. If the number of applications exceeds the quota, the participating schools will be determined by balloting.<br>2. Please refer to the "Application" (P.4-5) of this guide for the dates of application.<br>3. If a school requests cancellation of an activity prior to its scheduled date, but the LCSD and the relevant NSA(s) have already arranged a coach, rescheduling may not be possible.<br>4. The personal data provided by the applicant will only be used for enrolment, communication, announcement of results, compilation of statistics and opinion surveys related to activities under the School Sports Programme (Special School). Such data will be accessible only to authorised personnel of the Leisure and Cultural Services Department (LCSD) and relevant National Sports Associations. While the provision of personal data is voluntary, applications with insufficient information may not be processed. For access to or correction of the personal data submitted, please contact the School Sports Programme Unit of the LCSD on 2601 7602.<br>**5. Schools should ensure that all participants have obtained the consent of their parents/guardians or the persons authorised by their parents/guardians to participate in the above activity, and that the participants are not suffering from any illness that renders them unfit for the activity.**<br>6. In identifying actual or potential conflict of interest during organisation of the events under the School Sports Programme (Special School), the teachers-in-charge shall make a declaration to the school principal or approving authority with the use of the Conflict of Interest Declaration Form template at Appendix V. For details, please refer to item VI "Conflict of Interest" of the Prospectus of the Guide (P.5). |

LCS 1050b (Rev. 07/2026)

The completed e-form should be submitted to
the Leisure and Cultural Services Department
by email (email address: applicationssp@lcsd.gov.hk).

SAMPLE

Form No.:

| Application No.<br>(To be provided by the LCSD) |
|---|
| |

**School Sports Programme (Special School)**
**Outreach Coaching Programme – General Sport**
**Enrolment Form**

Type of Sport: _____

Name of School: _____

Type of School: Special School (Please specify: _____) Tel No.: _____

Teacher-in-charge: _____ Teacher's E-mail Address: _____

School Address: _____

Venue [Note 1]: 1. ☐ School Campus

2. ☐ Others - Name of Venue (Please specify) [Note 2]: _____

| | | Date [Note 3] (dd/mm/yyyy) | Day of Week | No. of Session | Time | No. of Participating Students | Grade | Venue (e.g. School Hall/Covered Playground) |
|---|---|---|---|---|---|---|---|---|
| | Example | 7,14,21,28/1;4,11, 18,25/2/20XX | Wed | 8 | 1400-1600 | 20 | S2-S3 | Covered Playground |
| Course 1 | First Choice | | | | | | | |
| | Second Choice | | | | | | | |
| Course 2 | First Choice | | | | | | | |
| | Second Choice | | | | | | | |

Remark: _____

| Notes: | 1. Please put a "✓" in the appropriate box.<br>2. The school may apply for coaches to transport participants to and from activities. In the event of insufficient number of participants, they must arrange their own means of transport.<br>3. Please propose the date and time (except school holidays) according to the number of sessions and duration required for the sports training course concerned. |
|---|---|

SAMPLE

| | |
|---|---|
| Remarks: | 1. A separate application form is required for each sport. If the number of applications exceeds the quota, the participating schools will be determined by balloting.<br>2. Please refer to the "Application" (P.4-5) of this guide for the dates of application.<br>3. If a school requests cancellation of an activity prior to its scheduled date, but the LCSD and the relevant NSA(s) have already arranged a coach, rescheduling may not be possible.<br>4. The personal data provided by the applicant will only be used for enrolment, communication, announcement of results, compilation of statistics and opinion surveys related to activities under the School Sports Programme (Special School). Such data will be accessible only to authorised personnel of the Leisure and Cultural Services Department (LCSD) and relevant National Sports Associations. While the provision of personal data is voluntary, applications with insufficient information may not be processed. For access to or correction of the personal data submitted, please contact the School Sports Programme Unit of the LCSD on 2601 7602.<br>**5. Schools should ensure that all participants have obtained the consent of their parents/guardians or the persons authorised by their parents/guardians to participate in the above activity, and that the participants are not suffering from any illness that renders them unfit for the activity.**<br>6. In identifying actual or potential conflict of interest during organisation of the events under the School Sports Programme (Special School), the teachers-in-charge shall make a declaration to the school principal or approving authority with the use of the Conflict of Interest Declaration Form template at Appendix V. For details, please refer to item VI "Conflict of Interest" of the Prospectus of the Guide (P.5). |

LCS 1052b (Rev. 07/2026)

The completed e-form should be submitted to
the Leisure and Cultural Services Department
by email (email address: applicationssp@lcsd.gov.hk).

SAMPLE

Form No.:

| Application No.<br>(To be provided by the LCSD) |
|---|
| |

**School Sports Programme (Special School)**
**Sport Education Programme – Day Camp**
**Enrolment Form**

Name of School: _____

Type of School: Special School (Please specify: _____) Tel No.: _____

Teacher-in-charge _____ Teacher's E-mail Address: _____

School Address: _____

**Please select one of the following leisure camp** Note 1&4**:**

1. ☐ Lei Yue Mun Park
2. ☐ Lady MacLehose Holiday Village
3. ☐ Sai Kung Outdoor Recreation Centre
4. ☐ Tso Kung Tam Outdoor Recreation Centre

| | Date (dd/mm/yyyy) | Day of Week | Estimated Check-in Time | Estimated Check-out Time | Number of Students | Number of Accompanying Carers | Total |
|---|---|---|---|---|---|---|---|
| Example | 5/1/20XX | Mon | 1000 | 1600 | 43 | 5 | 48 |
| First Choice | | | | | | | |
| Second Choice | | | | | | | |

| Booking for the Facilities Note 3 | Facility | Time | Number of Participants (Including accompanying carers) |
|---|---|---|---|
| First Choice | | | |
| Second Choice | | | |
| Third Choice | | | |

Remark: _____

**Transportation** Note 1&2
Transport arrangement by the LCSD for the **outbound** journey ☐ *is* / ☐ *is not required*
Estimated pick-up time: _____ (to arrive at the venue 15 minutes before the check-in time)
Estimated pick-up location: _____

Transport arrangement by the LCSD for the **inbound** journey ☐ *is* / ☐ *is not required*
Estimated return time: _____ (subject to change depending on actual traffic conditions)
Estimated drop-off location: _____

| Notes: | 1. Please put a "✓" in the appropriate box(es).<br>2. The school may apply for coaches to transport participants to and from activities. In the event of insufficient number of participants, they must arrange their own means of transport.<br>3. On-site qualified instructor is required for specific facilities.<br>4. For the day camp capacity of each holiday camp, please visit the LCSD website: https://www.lcsd.gov.hk/en/camp/booking_guide/checkinout.html |
|---|---|

SAMPLE

| | |
|---|---|
| Remarks: | 1. A separate application form is required for each day camp. If the number of applications exceeds the quota, the participating schools will be determined by balloting.<br>2. Please refer to "Application" (P.4-5) of this guide for the dates of application.<br>3. Schools are required to submit their enrolment forms four months before the activity date, otherwise their applications may not be processed in a timely manner.<br>4. If a school requests cancellation of an activity prior to its scheduled date, but the LCSD has already arranged venue and transport, rescheduling may not be possible.<br>5. The personal data provided by the applicant will only be used for enrolment, communication, announcement of results, compilation of statistics and opinion surveys related to activities under the School Sports Programme (Special School). Such data will be accessible only to authorised personnel of the Leisure and Cultural Services Department (LCSD) and relevant National Sports Associations. While the provision of personal data is voluntary, applications with insufficient information may not be processed. For access to or correction of the personal data submitted, please contact the School Sports Programme Unit of the LCSD on 2601 7602.<br>**6. Schools should ensure that all participants have obtained the consent of their parents/guardians or the persons authorised by their parents/guardians to participate in the above activity, and that the participants are not suffering from any illness that renders them unfit for the activity.**<br>7. In identifying actual or potential conflict of interest during organisation of the events under the School Sports Programme (Special School), the teachers-in-charge shall make a declaration to the school principal or approving authority with the use of the Conflict of Interest Declaration Form template at Appendix V. For details, please refer to item VI "Conflict of Interest" of the Prospectus of the Guide (P.5). |

LCS 1056b (Rev. 07/2026)

The completed e-form should be submitted to
the Leisure and Cultural Services Department
by email (email address: applicationssp@lcsd.gov.hk).

SAMPLE

Form No.:

| Application No.<br>(To be provided by the LCSD) |
|---|
| |

**School Sports Programme (Special School)**
**Sport Education Programme – Guided Visits to Sports Venues**
**Enrolment Form**

Name of School: _____

Type of School: Special School (Please specify: _____) Tel No.: _____

Teacher-in-charge _____ Teacher's E-mail Address: _____

School Address: _____

**Please select one of the following locations to visit** Note 1:

1. ☐ Chong Hing Water Sports Centre
2. ☐ Hong Kong Stadium
3. ☐ Hong Kong Velodrome (Activity A)

   Students must meet the following two criteria for eligibility to participate in the track cycling play-in sessions:-
   (a) Aged 11 or above; and
   (b) With a height of 146 cm (4 feet 9 inches) or above
4. ☐ Hong Kong Velodrome (Activity B)
5. ☐ Sports centres managed by the LCSD Note 2
6. ☐ Tuen Mun Recreation and Sports Centre

| | Date (dd/mm/yyyy) | Day of Week | Time | Number of Participating Students | Number of Accompanying Carers | Total Attendance Note 2 |
|---|---|---|---|---|---|---|
| Example | 5/1/20XX | Mon | 1030-1230 | 43 | 5 | 48 |
| First Choice | | | | | | |
| Second Choice | | | | | | |

Remark: _____

**Transportation** Note 1&3

Transport arrangement by the LCSD for the **outbound** journey ☐ *is* / ☐ *is not required*
Estimated pick-up time: _____ (to arrive at the venue 15 minutes before the visit)
Estimated pick-up location: _____

Transport arrangement by the LCSD for the **inbound** journey ☐ *is* / ☐ *is not required*
Estimated return time: _____ (subject to change depending on actual traffic conditions)
Estimated drop-off location: _____

| Notes: | 1. Please put a "✓" in the appropriate box(es).<br>2. LCSD will coordinate with school teachers to select appropriate sports centre and make suitable arrangements according to the participants' capabilities.<br>3. The school may apply for coaches to transport participants to and from activities. In the event of insufficient number of participants, they must arrange their own means of transport. |
|---|---|

SAMPLE

| | |
|---|---|
| Remarks: | 1. A separate application form is required for each guided visit. If the number of applications exceeds the quota, the participating schools will be determined by balloting.<br>2. Please refer to "Application" (P.4-5) of this guide for the dates of application.<br>3. Schools are required to submit their enrolment forms **three months** before the activity date, otherwise their applications may not be processed in a timely manner.<br>4. If a school requests cancellation of an activity prior to its scheduled date, but the LCSD has already arranged venue and transport, rescheduling may not be possible.<br>5. The personal data provided by the applicant will only be used for enrolment, communication, announcement of results, compilation of statistics and opinion surveys related to activities under the School Sports Programme (Special School). Such data will be accessible only to authorised personnel of the Leisure and Cultural Services Department (LCSD) and relevant National Sports Associations. While the provision of personal data is voluntary, applications with insufficient information may not be processed. For access to or correction of the personal data submitted, please contact the School Sports Programme Unit of the LCSD on 2601 7602.<br>**6. Schools should ensure that all participants have obtained the consent of their parents/guardians or the persons authorised by their parents/guardians to participate in the above activity, and that the participants are not suffering from any illness that renders them unfit for the activity.**<br>7. In identifying actual or potential conflict of interest during organisation of the events under the School Sports Programme (Special School), the teachers-in-charge shall make a declaration to the school principal or approving authority with the use of the Conflict of Interest Declaration Form template at Appendix V. For details, please refer to item VI "Conflict of Interest" of the Prospectus of the Guide (P.5). |

LCS 1054b (Rev. 07/2026)

The completed e-form should be submitted to
the Leisure and Cultural Services Department
by email (email address: applicationssp@lcsd.gov.hk).

SAMPLE

Form No.:

| Application No.<br>(To be provided by the LCSD) |
|---|
| |

**School Sports Programme (Special School)**
**Sport Education Programme – Hiking**
**Enrolment Form**

Name of School: _____

Type of School: Special School (Please specify: _____) Tel No.: _____

Teacher-in-charge _____ Teacher's E-mail Address: _____

School Address: _____

**Please choose a route** [Note 1]**:**

Route No.: _____ *(For details, refer to P.30-36 of the prospectus)*

| | Date (dd/mm/yyyy) | Day of Week | Time | Number of Participating Students | Number of Accompanying Carers[Note 2] | Total Attendance |
|---|---|---|---|---|---|---|
| Example | 5/1/20XX | Mon | 0930-1230 | 21 | 3 | 24 |
| First Choice | | | | | | |
| Second Choice | | | | | | |

Remark: _____

**Transportation** [Note 3]

Transport arrangement by the LCSD for the **outbound** journey ☐ *is* / ☐ *is not required*
Estimated pick-up time: _____ (to arrive at the venue 15 minutes before the start of activity)
Estimated pick-up location: _____
Estimated drop-off location: _____

Transport arrangement by the LCSD for the **inbound** journey ☐ *is* / ☐ *is not required*
Estimated return time: _____ (subject to change depending on actual traffic conditions)
Estimated pick-up location: _____
Estimated drop-off location: _____

| Notes: | 1. For further information of hiking route and safety guidelines, please visit www.lcsd.gov.hk/en/healthy/hiking/index.html<br>2. Schools should arrange an adequate number of accompanying carers to participate in the activity. The LCSD has the right to cancel the activity for safety reasons if it considers the number of accompanying carers arranged by schools inadequate on the activity day.<br>3. The school may apply for coaches to transport participants to and from activities. In the event of insufficient number of participants, they must arrange their own means of transport.<br>4. Please put a "✓" in the appropriate box(es). |
|---|---|

SAMPLE

| | |
|---|---|
| Remarks: | 1. A separate application form is required for each hiking activity. If the number of applications exceeds the quota, the participating schools will be determined by balloting.<br>2. Please refer to "Application" (P.4-5) of this guide for the dates of application.<br>3. Schools are required to submit their enrolment forms **three months** before the activity date, otherwise their applications may not be processed in a timely manner.<br>4. If a school requests cancellation of an activity prior to its scheduled date, but the LCSD has already arranged venue and transport, rescheduling may not be possible.<br>5. For further information of hiking safety guidelines, please visit www.lcsd.gov.hk/en/healthy/hiking/safety.html<br>6. The personal data provided by the applicant will only be used for enrolment, communication, announcement of results, compilation of statistics and opinion surveys related to activities under the School Sports Programme (Special School). Such data will be accessible only to authorised personnel of the Leisure and Cultural Services Department (LCSD) and relevant National Sports Associations. While the provision of personal data is voluntary, applications with insufficient information may not be processed. For access to or correction of the personal data submitted, please contact the School Sports Programme Unit of the LCSD on 2601 7602.<br>**7. Schools should ensure that all participants have obtained the consent of their parents/guardians or the persons authorised by their parents/guardians to participate in the above activity, and that the participants are not suffering from any illness that renders them unfit for the activity.**<br>8. In identifying actual or potential conflict of interest during organisation of the events under the School Sports Programme (Special School), the teachers-in-charge shall make a declaration to the school principal or approving authority with the use of the Conflict of Interest Declaration Form template at Appendix V. For details, please refer to item VI "Conflict of Interest" of the Prospectus of the Guide (P.5). |

LCS 1055b (Rev. 07/2026)

The completed e-form should be submitted to
the Leisure and Cultural Services Department
by email (email address: applicationssp@lcsd.gov.hk).

SAMPLE

Form No.:

| Application No.<br>(To be provided by the LCSD) |
|---|
| |

**School Sports Programme (Special School)**
**Sport Education Programme – Sport Exhibition**
**Enrolment Form**

Name of School: _____

Type of School: Special school (Please specify: _____) Tel No.: _____

Teacher-in-charge: _____ Teacher's E-mail Address: _____

School Address: _____

Number of students in school: _____

| | Date of Exhibition (Last for about 7 days) (dd/mm/yyyy) – (dd/mm/yyyy) | No. of Participating Students | Theme of Exhibition Note 1-3 | Types of Panel | Remarks |
|---|---|---|---|---|---|
| Example | 6/1/20XX-12/1/20XX | 200 | Y | Large Panels, 8 pieces (Approx.: 1m(W) x 2m(H) each) | |
| First Choice | | | | | |
| Second Choice | | | | | |

Theme of Exhibition:
- Set V: How to Make an Exercise Plan
- Set W: Sports and Health, Functions of Sports, Sports and Nutrition, and Sports Injury
- Set X: Sports and Water (Special School)
- Set Y: The Knowledge of Physical Fitness
- Set Z: Introduction of Sports Activities under School Sports Programme (Special School)

**Venue:** **School Hall, Covered Playground or Indoor Facilities**

| Notes: | 1. Exhibition panels in English and of smaller sizes (0.45m(W) x 1.6m(H)) have been prepared for use by schools.<br>2. Exhibition panels on "Sports and Water" are enhanced with visual and audio effects, with reference materials available for use by schools.<br>3. Schools may if necessary apply to the LCSD for arranging school visits by physical fitness instructors to assist students in participating in the activities, such as water bottle lifting. |
|---|---|

SAMPLE

| | |
|---|---|
| Remarks: | 1. If the number of applications exceeds the quota, the participating schools will be determined by balloting.<br>2. Please refer to "Application" (P.4-5) of this guide for the dates of application.<br>3. The personal data provided by the applicant will only be used for enrolment, communication, announcement of results, compilation of statistics and opinion surveys related to activities under the School Sports Programme (Special School). Such data will be accessible only to authorised personnel of the Leisure and Cultural Services Department (LCSD) and relevant National Sports Associations. While the provision of personal data is voluntary, applications with insufficient information may not be processed. For access to or correction of the personal data submitted, please contact the School Sports Programme Unit of the LCSD on 2601 7602.<br>4. In identifying actual or potential conflict of interest during organisation of the events under the School Sports Programme (Special School), the teachers-in-charge shall make a declaration to the school principal or approving authority with the use of the Conflict of Interest Declaration Form template at Appendix V. For details, please refer to item VI "Conflict of Interest" of the Prospectus of the Guide (P.5). |

LCS 1053b (Rev. 07/2026)

The completed e-form should be submitted to
the Leisure and Cultural Services Department
by email (email address: applicationssp@lcsd.gov.hk).

SAMPLE

**LEISURE AND CULTURAL SERVICES DEPARTMENT**
**FREE USE SCHEME FOR SCHOOLS**

Schools may apply for free use of the following Leisure and Cultural Services Department (LCSD) facilities from **1 September 2026 to 30 June 2027** during non-peak hours between opening to 5:00pm on Monday to Friday (except Saturdays, Sundays, public holidays, and maintenance days):

A. Arenas and activity rooms of all sports centres ;
(Note: The arena and squash courts on the 12th floor in Sheung Wan Sports Centre of Central and Western District will be temporarily closed from October 2026 tentatively for renovation works.)

B. All squash courts (excluding the table tennis tables provided inside the courts);
(Note: Some squash courts, male and female toilets, as well as changing rooms in Hong Kong Squash Centre of Central and Western District will be temporarily closed in phases beginning in late February 2027.)

C. King's Park Hockey Ground (only bookings for sessions before 4:00pm will be accepted), and the hockey ground at Happy Valley Recreation Ground (Pitch No. 11);

D. Victoria Park Bowling Green, Siu Lek Yuen Road Playground Bowling Green, Wu Shan Bowling Green, Tai Po Waterfront Park Bowling Green, and Hang Hau Man Kuk Lane Park Bowling Green; and

E. Shek O Obstacle Golf Course

For details of the application for "Leisure and Cultural Services Department Free Use Scheme for Schools", please refer to the Circular Memorandum of "Use of Sports Facilities of the Leisure and Cultural Services Department, the Housing Department and Sites under Private Recreation Leases" by schools or visit LCSD's Website (https://www.lcsd.gov.hk/specials/facility/documents.htm).

# Arrangements for School Sports Activities under Inclement Weather Conditions

All activities will be immediately cancelled upon the Education Bureau's announcement on closure of schools. Unless otherwise stated, the following arrangements will apply if any of the following warning signals is issued by the Hong Kong Observatory **two hours before the commencement of the activity**:

| | Warning Signal | Arrangements (「✓」 denotes the activity to be held as scheduled under safety conditions; 「✗」 denotes cancellation of the activity) | | |
|---|---|---|---|---|
| | | Land Sports | | |
| | | Indoor Activity | Outdoor Activity | Outdoor Pursuit Activity |
| 1 | **Strong Monsoon Signal** | ✓ | ✓ | ✓ |
| 2 | **Thunderstorm Warning** | ✓ | ✓ (Subject to the weather conditions, participants and coaches still need to be present at the venue) | ✗ |
| 3 | **Amber Rainstorm Signal** | ✓ | ✗ (the activity may be held as scheduled if conducted indoors) | ✗ |
| 4 | **Tropical Cyclone Warning Signal No. 1** | ✓ | ✓ | ✗ |
| 5 | **Tropical Cyclone Warning Signal No. 3** | ✗ | ✗ | ✗ |
| 6 | **Red/Black Rainstorm Signal or Tropical Cyclone Warning Signal No. 8 or above** | ✗ | ✗ | ✗ |

Note:
1. The teacher-in-charge should note that for the safety of participants, the organiser may cancel the activity or change the place for holding the activity subject to the weather conditions.
2. Please stay alert and watch out for broadcasts and the weather change.
3. The teacher-in-charge may consider exchanging telephone numbers with the coach in advance so that they can keep contact at any time in case of emergency.
4. In case the above signal is cancelled two hours before an activity commences, above activities will be held as scheduled. But it should consider the actual weather and traffic condition in deciding whether or not to conduct the activity.
5. After cancellation of the warning signal(s), teachers may contact the School Sports Programme Unit if they have any questions about whether the activity will be held as scheduled or postponed.
6. If the event venue is not affected by thunderstorms, the teachers-in-charge/coaches and venue staff may decide whether to proceed the event as scheduled in light of weather conditions for safety concerns.

(Revised by the School Sports Programme Unit of the LCSD in December 2022)

# Arrangements for School Sports Activities corresponding to Air Quality Health Index (AQHI)

| Health Risk Category | AQHI | Arrangements<br>「✓」denotes the activity to be held as scheduled under safety conditions;<br>「✖」denotes cancellation of the activity) | |
|---|---|---|---|
| | | Land Sports | |
| | | Indoor Activity | Outdoor Activity / Outdoor Pursuit Activity |
| **High** | **7** | ✓ | ✓<br>● **Reduce** outdoor physical exertion<br>● **Reduce** the time of staying outdoors<br>● The intensity and duration of the activities could be at **moderate level** |
| **Very High** | **8-10** | ✓ | ✓<br>● **Reduce to the minimum** outdoor physical exertion<br>● **Reduce to the minimum** the time of staying outdoors<br>● The intensity and duration of the activities could be at **moderate-to-low level** |
| **Serious** | **10+** | ✓<br>● **Avoid indoor physical exertion**<br>– Arrangement for **non-physical exertion activities** (See Note 6)<br>– Arrangement for training course (See Note 7)<br>– Arrangement for competition (See Note 8-9) | ✖ |

Note:

1. When the AQHI reaches "High" or "Very high" level (band 7 or 8-10), all activities should be run as scheduled.
2. The tolerability to different levels of intensity of physical/sports activity varies among people. In general, it depends on health condition, previous exercise experience and level of physical fitness of individuals.
3. The medical advice for school children with pre-existing heart, respiratory or chronic illnesses should be followed, if any, for activities arrangement. Professional judgment for appropriate arrangement and adjustment should be exercised where necessary.
4. School children with heart, respiratory or chronic illnesses are advised to **reduce to the minimum** outdoor physical exertion and the time of staying outdoors, especially in areas with heavy traffic, and take more breaks during physical activities when the health risk category reaches high level, i.e. AQHI band is at 7; they should **avoid** physical exertion and staying outdoors, especially in areas with heavy traffic when the health risk category reaches very high level or above, i.e. AQHI band is at 8 or above.
5. When the AQHI reaches "Serious" (band 10+), school children are advised to **avoid** indoor, outdoor and outdoor pursuit physical exertion, and to **avoid** staying outdoors, especially in areas with heavy traffic.
6. Indoor activities without physical exertion such as sport talks, theoretical learning of training courses are held as scheduled.
7. All indoor training courses with physical exertion will be **suspended** when the AQHI reaches serious level at the affected district where the activities are organised. Alternatively, non-physical exertion activities such as sport talks, theoretical learning of training courses may be arranged during that period of time. Instructors can liaise with school teachers to **cancel or postpone** those physical exertion activities, if necessary.
8. Competitions held at indoor sports venues will be **stopped** immediately when the AQHI reaches serious level at the affected district where the activities are organised.
9. If the AQHI reaches serious level two hours before the commencement of the competition event at the affected district where the activities are organised, the activity will be **cancelled**.
10. Teachers and coaches are advised to keep posted of the latest weather information on the AQHI and take account of the advice from the above mentioned respective response actions.
11. This guideline should be read in conjunction with the letter issued by Education Bureau (EDB) dated 18 December 2013 on AQHI and EDB's "Guidelines on Outdoor Activities".

(Prepared by the School Sports Programme Unit of the LCSD in September 2021)

Appendix IV

To: Leisure and Cultural Services Department
School Sports Programme Unit
Fax No. : 2696 5391

## School Sports Programme (Special School) – Course Assessment

## Questionnaire

(To be provided by School)

Thank you for participating in the "School Sports Programme (Special School)" organised by the Leisure and Cultural Services Department. The purpose of this questionnaire is to hope that by the means you provide, let us make improvement for the school sports programmes in the future.

**Information of the programme participated:**

Application No: _____
Name of Programme: _____
Name of School: _____
Date of Programme: _____
Time of Programme: _____
Venue: _____
No. of Participants: _____

Please put a "✓" in the appropriate box.

| | Disagree | Fair | Agree | N.A. |
|---|---|---|---|---|
| **1. Communication between teacher and the organiser** | | | | |
| (a) Sufficient communication with the organizer | ☐ | ☐ | ☐ | ☐ |
| (b) Easy to contact the organizer | ☐ | ☐ | ☐ | ☐ |
| (c) Sufficient assistance provided by the organizer | ☐ | ☐ | ☐ | ☐ |
| **2. Performance of instructor(s)/speaker(s)** | | | | |
| (a) Detailed introduction and demonstration | ☐ | ☐ | ☐ | ☐ |
| (b) Clear presentation | ☐ | ☐ | ☐ | ☐ |
| (c) Able to enhance students' interest | ☐ | ☐ | ☐ | ☐ |
| **3. Content of programme/exhibition** | | | | |
| (a) Moderate length | ☐ | ☐ | ☐ | ☐ |
| (b) Diverse content | ☐ | ☐ | ☐ | ☐ |
| (c) Students have sufficient opportunity to join | ☐ | ☐ | ☐ | ☐ |
| (d) Proper arrangement | ☐ | ☐ | ☐ | ☐ |
| (e) Interesting | ☐ | ☐ | ☐ | ☐ |
| (f) Bringing sports knowledge to students | ☐ | ☐ | ☐ | ☐ |

4. What is the most satisfactory part in the programme?

_____

_____

5. Do you have any comment for improving the programme?

_____

_____

6. Please provide your other comment for this School Sports Programme (Special School)

_____

_____

7. Will you participate in the similar programme(s) in the future?
   (a) Yes
   (b) No (please specify you reason: _____)

Name of School: _____

Teacher-in-charge: _____

Telephone No.: _____

Thank you for your comment.

Appendix V

# Conflict of Interest Declaration Form Template

## **Part A** – **Declaration** *(To be completed by Declaring Staff)*

To: _____ (School Name) Principal / Approving Authority*

I would like to report the following *existing / potential** conflict of interest arising from the discharge of my official duty in organising the events under the School Sports Programme (Special School):

| **Detailed Information** *(Please put a tick in the appropriate box and fill in your specification in the space provided in this Form.)* | |
|---|---|
| Person(s) / National Sports Association (NSA)* with whom/which I have official dealings:<br>_____ | |
| Details of the conflict of interest involved | ☐ I am / was* an Executive Committee member / a staff member / an instructor / an assistant instructor / an official / others* (Please specify:_____) of the NSA concerned |
| | ☐ My relationship with the person(s) (e.g. a family member or relative)<br>(Please specify:_____) |
| | ☐ I have private interest(s)[#] with the person(s) / NSA* concerned<br>(Please specify:_____) |
| | ☐ Others (Please specify:_____) |
| Supplementary information (if any): | |

*# "Private interests" refer to both the financial and other interests of the teacher in question and those of his/her connections including family members, relatives, friends, clubs and societies to which he/she belongs, or any person to whom he/she owes a favour or is obligated in whatsoever way.*

** Please delete as appropriate.*

Signature of Declaring Staff : _____ Position of Declaring Staff : _____

Name of Declaring Staff : _____ Date : _____

---

## **Part B** – **Acknowledgement** *(To be completed by School Principal / Approving Authority)*

To: _____ (Declaring Staff)

The information contained herein of _____(Date) is noted. It has been decided that:

*(Please put a tick in the appropriate box ☐.)*

☐ You should refrain from discharging or getting involved in discharging the work as described in Part A, which may give rise to a conflict.

☐ You may continue to discharge the duty as described in Part A, provided that there is no change in the information declared above, and you must uphold the School's interest without being compromised by your own private interests.

☐ Other measures[#] (Please specify: _____)

*# Examples of other measures include: (a) relinquishing the personal / private interests (e.g. divestment of such interests involved); (b) continuing to handle the work in such a manner that an independent officer is assigned to participate in, oversee or review part or all of the decision-making process.*

Signature of Principal / Approving Authority* : _____ School Name and Chop : _____

Name of Principal / Approving Authority* : _____ Date : _____

*Remarks: Upon completion of declaration, schools must maintain this Declaration Form properly, while allowing at all times the LCSD and its authorised representative(s) to conduct random on-site checks, have access to and make copies of all of the records as and when necessary for the purposes of inspection and verification.*

(Source: Department of Health)

## Physical Activity for Health

Today, non-communicable diseases (NCD) such as cardiovascular diseases, cancers, diabetes and chronic respiratory diseases represent a leading threat to human health and development. Similar to many countries and regions, Hong Kong is facing an imminent threat of NCD with increasing mortality, morbidity and disability. Of more than 50,000 registered deaths in 2024, the four major NCD accounted for about 53% of the total deaths. Fortunately, a growing body of evidence shows that the leading causes and underlying risk factors for NCD can be effectively tackled through population-based interventions that promote healthy living, including healthy eating, regular physical activity, no smoking and reduced consumption of alcohol.

On 4th May 2018, the Government launched "Towards 2025: Strategy and Action Plan to Prevent and Control Non-communicable Diseases in Hong Kong" (SAP). Among the nine local targets to be achieved by 2025, Target 3 sets a 10% relative reduction in the prevalence of insufficient physical activity among adolescents and adults by 2025. For more details of Target 3, please refer to the SAP website which can be accessed at:
https://www.change4health.gov.hk/en/saptowards2025/target3.html

Physical inactivity is one of the leading behavioural risk factors for NCD. According to the "Global Recommendations on Physical Activity for Health" published by the World Health Organization (WHO) in 2010, physical inactivity contributed to approximately 21–25% of breast and colon cancers, 27% of diabetes and approximately 30% of ischaemic heart disease globally. Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure – including activities undertaken during class and work, carrying out household chores, travelling or engaging in recreational pursuits, of which has a broader scope than "sport" and "exercise". In 2020, WHO updated the previous recommendations and released the "WHO Guidelines on Physical Activity and Sedentary Behaviour". As recommended, children and adolescents aged 5-17 should do at least an average of 60 minutes per day of moderate- to vigorous-intensity physical activity (mostly aerobic) across the week. For adults, they should do at least 150-300 minutes of moderate-intensity aerobic physical activity or an equivalent amount of physical activity throughout the week. For information about the classification of physical activity and level of intensity, please refer to the SAP website which can be accessed at
https://www.change4health.gov.hk/en/physical_activity/facts/classification/index.html.

Engaging in high levels and intensities of physical activity since childhood and continuing into adult years will bring many health benefits, including increased physical fitness (both cardiorespiratory endurance and muscular strength), reduced body fatness, cut cardiovascular and metabolic disease risks, improved bone health, as well as reduced symptoms of depression. Physical activity also promotes self-esteem, builds resilience, boosts self-confidence, and promotes teamwork and social interaction.

Physical activity promoters and organisations are good partners of health sectors. Together we can assist the public to develop an active lifestyle and combat NCD!