

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

**Prospectus**

Type of Activity Brief Information	Sport Demonstration		Outreach Coaching Programme	
	School Venue	Hong Kong Jockey Club International BMX Park	Non-School Team Training	School Team Training
Target Group	Primary 3 or above and secondary school students			
Content	Coaches will introduce BMX bikes, protective gears and competition events. They will give demonstration of skills and lead Play-in sessions for students.	<p>Content covers:</p> <ul style="list-style-type: none"> <li>- A tour of the BMX Park and staff of CAHK will introduce the operation and management of the BMX Park</li> <li>- Introduction of safety rules for use of the BMX Park</li> <li>- Briefing on BMX sport and protective gears</li> <li>- Demonstration of BMX skills</li> <li>- Play-in session</li> </ul>	<p>Adhere to the prevailing BMX training programme of the CAHK.</p> <p><u>Training at schools</u></p> <ul style="list-style-type: none"> <li>- Briefing on protective gears and bike parts</li> <li>- Flatland skills training</li> <li>- Riding in the standing position</li> <li>- Steering through S-shaped routes on parallel pedals</li> </ul> <p><u>Training at the BMX Park</u></p> <ul style="list-style-type: none"> <li>- Riding on an obstacle track</li> <li>- Technique of crossing obstacles</li> <li>- Technique of turning</li> <li>- Mock races</li> </ul>	<p>Adhere to the prevailing BMX training programme of the CAHK.</p> <p><u>Training at schools</u></p> <p><u>(Flatland skills)</u></p> <ul style="list-style-type: none"> <li>- Crossing obstacles on parallel pedals</li> <li>- Flatland jump</li> <li>- Improvement of riding skills</li> <li>- Track stand competition</li> <li>- Sharp turning drill</li> <li>- Obstacle games for paired up players</li> </ul> <p><u>Training at the BMX Park</u></p> <ul style="list-style-type: none"> <li>- Riding on a standard track</li> <li>- Technique of crossing obstacles</li> <li>- Technique of sharp turning</li> </ul>
Venue Requirement	1 basketball court and hall	Hong Kong Jockey Club International BMX Park (To be arranged by the CAHK)	1 basketball court to be arranged by school and Hong Kong Jockey Club International BMX Park (To be arranged by the CAHK) (See Note 4 for details)	
Fee	\$1,198 per session (\$596 for an extension session on the same day)	\$1,128 per session (with transportation services) \$534 per session (without transportation services)	\$2,420 per course	\$2,920 per course
Equipment to be Provided by Schools	Computer, projector and 2 portable loudspeakers	Not applicable		
Other Sports Equipment	Not applicable		Bikes, helmets and protective gears (To be provided by the CAHK)	

Type of Activity Brief Information	Sport Demonstration		Outreach Coaching Programme	
	School Venue	Hong Kong Jockey Club International BMX Park	Non-School Team Training	School Team Training
Course Duration	3 hours per session		2-3 hours per lesson (12 hours in total)  (School should arrange 2 to 6 hours training at Hong Kong Jockey Club International BMX Park.)  (It is preferable to complete the course within 3 months.)	2-3 hours per lesson (16 hours in total)  (School should arrange 2 to 8 hours training at Hong Kong Jockey Club International BMX Park.)  (It is preferable to complete the course within 3 months)
Estimated No. of Participants per Course/ Session	50 persons (30 persons per play-in session)	50 persons	20 persons	
Proposed Date/ Time	Monday to Friday: 9 am to 5 pm	Tuesday to Friday: 2 pm to 6 pm Saturday and Sunday: 9 am to 6 pm	Training at school: Monday to Friday: 9 am to 6 pm  Training at Hong Kong Jockey Club International BMX Park: Tuesday to Friday: 2 pm to 6 pm Saturday and Sunday: 9 am to 6 pm	
Enrolment Form	Sport Demonstration Enrolment Form (141)	Sport Demonstration (Hong Kong Jockey Club International BMX Park) Enrolment Form (142)	Outreach Coaching Programme – Bicycle moto cross (BMX) Enrolment Form (155)	
Enrolment Method	<p>1. School should mail the completed enrolment form, together with a crossed cheque payable to the “The Cycling Association of Hong Kong, China Limited” with the school name marked clearly on the back, to the School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin.</p> <p>2. Should any school cancel the activity after the CAHK has arranged coaches for the Sport Demonstration and the Outreach Coaching Programme according to its application, the CAHK will deduct an *administrative fee from the payment of the enrolment fee and return the balance to the school directly. *Administrative fee: (a) Sport Demonstration \$160 (b) Outreach Coaching Programme \$320</p> <p>3. If the school requests to cancel the Sport Demonstration on the event day, no compensation such as refund or rescheduling of the programme would be arranged.</p> <ul style="list-style-type: none"> <li>● Please refer to the Enrolment Method (6) for the dates of application.</li> <li>● If the activity cannot be arranged by the CAHK or the LCSd, the cheque(s) for payment of the enrolment fee will be returned to the school concerned.</li> </ul>			
Enquiries/ Website	2601 7602 / <a href="http://www.lcsd.gov.hk/">http://www.lcsd.gov.hk/</a>			

- Note:
1. Schools are advised to delegate a person-in-charge aged 18 or above or a teacher to oversee the activity.
  2. Please specify on the application whether it is for school team or non-school team when applying for training courses under the Outreach Coaching Programme.
  3. Participants are requested to put on proper sportswear and sports shoes during lessons.
  4. Schools are required to arrange for their own transportation to and from the venues.