

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 – Cycling
Prospectus

Type of Activity Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme		Joint Schools Training Programme
			Non-School Team Training	School Team Training	
		Bronze Level	Silver Level	Gold Level	
Target Group	Primary and secondary school students	Students of primary 3 to 6	Primary 3 or above and secondary school students		
Content	<p>The programme covers the introduction of different types of bikes (including road bike, track bike, mountain bike and BMX), bike accessories, competitions and demonstration of skills and play-in sessions for students will be arranged.</p> <p>The play-in sessions include:</p> <p><u>Storm-bike Competition</u> On-site rides on stationary bikes and tests in specific competition formats for students to experience the fun of cycling.</p> <p><u>Cycling Skill Game</u> Fun bike rides cum time trials will be held in various formats such as speedy rides on a straight, S-shaped route or quick U-turns. The setting of obstacles course and distance can be adjusted in view of the school environment.</p>	<p>The training covers the skills of bronze level of the badges award scheme under the CAHK.</p> <p>The training includes:</p> <ol style="list-style-type: none"> 1. Safety rules of cycling 2. Cycling signals 3. Checking of bikes 4. Basic handling skills. <p>Cycling skills:</p> <ol style="list-style-type: none"> 1. S-shaped roads 2. Narrow roads 3. Turning on a narrow road 4. Roundabouts 	<p>The training covers the skills of silver level of the badges award scheme under the CAHK.</p> <p>The training includes:</p> <ol style="list-style-type: none"> 1. Safety rules of cycling 2. Cycling signals 3. Checking, setting up and adjusting of bikes 4. Use of derailleurs 5. Basic handling skills <p>Cycling skills:</p> <ol style="list-style-type: none"> 1. 8-shaped roads 2. U-turns 3. Stopping at a fixed point 4. Urgent braking 5. Riding in a group 	<p>The training covers the skills of gold level of the badges award scheme under the CAHK.</p> <p>The training includes:</p> <ol style="list-style-type: none"> 1. Safety rules of cycling 2. Cycling signals 3. Checking, setting up and adjusting of bikes 4. Use of derailleurs 5. Basic knowledge about competitions 6. Handling emergencies <p>Cycling skills:</p> <ol style="list-style-type: none"> 1. Turning routes and skills 2. Lifting the front or rear wheel up 3. Basic jumping skills 4. Improvement of riding skills 5. Practice for competitions 6. Riding in a group or a bunch 	<p>Veteran coaches from the CAHK will conduct continuous and systematic training to talented students in order to enhance their skill level.</p> <p>Students with an attendance rate of 80% or above will be awarded attendance certificates by the LCSD as a token of encouragement.</p>

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Venue Requirement	1 basketball court and hall	1 basketball court			Training venue to be arranged by the LCSD. Please refer to the respective prospectus for details.
Fee	\$933 per session (\$376 for an extension session on the same day)	\$1,800 per course	\$2,550 per course	\$4,230 per course	\$205 per person
Equipment to be Provided by Schools	Notebook computer, display screen, projector and 2 portable loudspeakers	Training in school: 50 traffic cones and 20 mountain bikes (If schools cannot provide mountain bikes to students, they may borrow it from the CAHK.)			Not applicable
Other Sports Equipment	Not applicable				Traffic cones and mountain bikes (To be provided by the CAHK)
Course Duration	2 hours per session	At least 2 hours per lesson (8 hours in total) (It is preferable to complete the course within 2 to 3 weeks)	At least 2 hours per lesson (12 hours in total) (It is preferable to complete the course within 3 months)	At least 2 hours per lesson (24 hours in total) (It is preferable to complete the course within 3 months)	8 sessions per course, 3 hours per session (24 hours in total)
Estimated No. of Participants per Course/ Session	100 persons (For play-in session: Storm-bike Competition – 60 persons; Cycling Skill Game – 40 persons)	20 persons			
Proposed Date/ Time	Monday to Friday: 9 am to 5 pm (Negotiable)	Monday to Friday: 9 am to 6 pm (Negotiable)			Please refer to the respective prospectus for details.
Skill Assessment	Not applicable	Badges Award Scheme (See Note 4 for details)			Not applicable

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Enrolment Form	Sport Demonstration Enrolment Form (141)	Easy Sport Programme Enrolment Form (150)	Outreach Coaching Programme Enrolment Form (153)		Joint School Cycling Training Programme (Please refer to the respective prospectus for details.)
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, the Easy Sport Programme 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.</p> <p>*Administrative fee:</p> <p>(a) Sport Demonstration \$160</p> <p>(b) Easy Sport Programme or 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>				The respective prospectus will be sent to schools by the LCSD in due course.
	<ul style="list-style-type: none"> • Please refer to the Enrolment Method (6) for the dates of application. • 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. 				
Enquiries/ Website	2601 7602 / http://www.lcsd.gov.hk/				

- Note:
- Schools are advised to delegate a person-in-charge aged 18 or above or a teacher to oversee the activity.**
 - 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.
 - Participants are requested to put on proper sportswear and sports shoes during lessons.
 - Upon completion of cycling training course under the Easy Sport Programme and Outreach Coaching Programme, coaches will conduct the assessment according to Gold, Silver and Bronze levels of badges. Those who reach the required standard will obtain badges and certificates according to their achieved levels from the CAHK at their own expense. The payment (\$20 for the badge and certificate of each level) should be centrally collected by schools and submitted to the CAHK together with the test results. The CAHK will inform schools of the arrangements for collection of certificates and badges direct. Please refer to the “School Sports Programme – Handbook on Cycling Badges Award Scheme” for details.