

Organised by the Hong Kong Mountaineering Union (HKMU)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme — Sports Climbing
Event Information

Type of Activity Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme		
			Level I Course	Advanced Practical Course	Level II Course
Target Group	Primary and secondary students	Primary 3 to Form 2 students	Students aged 12 or above		Students aged 14 or above
Content	Coaches assigned by the HKMU (and elite athletes if possible) will demonstrate sports climbing skills and some students can take part in the sport for fun.	<p>The training covers:</p> <ul style="list-style-type: none"> · Introduction to sports climbing · Introduction to climbing wall · Introduction to the equipment · Code of safety · Simple climbing skills · Top rope climbing (coaches/ assistant coaches will assist in belay) <p>Schools are advised to provide 5 consecutive training courses for the same group of students. At the end of the course, coaches will arrange badge skills assessment for students. Those who meet the required standard will be awarded certificates and badges under the Easy Badges Award Scheme as a token of encouragement.</p>	<p>Participants will be taught the basic skills of climbing, knotting methods, code of safety and belay skills.</p> <p>Coaches will assess participants' skills at the end of the course. Those who pass the assessment can apply to the HKMU for level I certificate at their own expense.</p>	<p>The course is tailor-made for students who wish to enrol in level II course. Participants must possess level I certificate of sports climbing.</p> <p>The practical course will provide participants with intensive training on the use of equipment and belay skills.</p> <p>Schools can arrange students to practise under the guidance of qualified coaches or apply for this course. Coaches should sign on students' logbook to certify that they meet the requirements for applying for level II course.</p>	<p>To enrol in this course, participants should be holders of the <u>level I certificate of sports climbing</u> and have <u>a minimum of 12 hours</u> of experience as indicated in their record books. The course is divided into: (A) Stage 1; and (B) Stage 2</p> <p>The course will cover advanced climbing skills and knowledge of safety to help participants to master general climbing skills.</p> <p>Students must complete the 2 stages before undergoing the assessment for level II certificate. Coaches will arrange skills assessment for students upon the completion of the course. Those who meet the required standard can apply to the HKMU for level II certificate at their own expense.</p>

Type of Activity Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme				
			Level I Course	Advanced Practical Course	Level II Course		
Venue Requirement	<p>1. The LCSD venues (school should arrange transport to and from the venues for their students):</p> <p>a. <u>Venues arranged by the LCSD</u> Shun Lee Tsuen Sports Centre and Shek Kip Mei Park Sports Centre</p> <p>b. <u>Venues booked and hired by schools</u> (please contact the respective venues for the hiring charges) Lei Yue Mun Sports Centre (Tel. No.: 2349 3954) and Kai Tak East Sports Centre (Tel. No. 2326 9940)</p> <p>2. Approved school venues for sports climbing (schools must buy insurance for the safety of students) (For schools whose venues for sports climbing has not yet been approved by the HKMU, please contact the HKMU at 2504 8124 for enquiries about the procedures of approving sports climbing walls and the charges involved.)</p>						
Fee	\$360 per session	\$564 per course	\$1,116 per course	\$924 per course	\$2,376 per stage \$4,752 for 2 stages		
Equipment to be Provided by Schools	<p>1. If the activity is conducted in school, schools should arrange all sports climbing equipment such as climbing ropes and harnesses, karabiner, and chalk bag and chalk, quick-draw (for level II course) and climbing shoes (for level II course). For the safety measures at other venues, schools are advised to contact the coaches concerned / the HKMU.</p> <p>2. If the activity is conducted in the LCSD venues, the equipment will be arranged by the HKMU.</p>						
Course Arrangement	3 hours per session	3 hours per lesson, 6 hours in total (2 lessons)	3 hours for 1st lesson, 4 hours for 2nd and 3rd lessons, 11 hours in total (3 lessons)	4 hours per lesson, 12 hours in total (3 lessons)	5 hours per lesson, 15 hours per stage, (3 lessons in total) 6 lessons for 2 stages, 30 hours in total		
Estimated No. of Participants per Session / Course	About 30-50 persons	12 persons	12 persons	12 persons	12 persons		
Proposed Date / Time	Monday to Friday: 9 am – 5 pm	Monday to Saturday: 9 am – 5 pm (It is preferable to arrange training on different days)					
Badge Award Scheme	Not applicable	<p>Participants of sports climbing of the Easy Sport Programme and Outreach Coaching Programme under the School Sports Programme will be assessed by registered coaches of the HKMU in accordance with the test items of different badges level at the end of the course. Those who meet the required standard can apply for the badge and certificate as a token of encouragement.</p> <table border="1" style="width: 100%;"> <tr> <td>Participants of the Easy Sport Programme can apply for the badge and certificate from the LCSD free of charge.</td> </tr> <tr> <td>Participants of the Outreach Coaching Programme can apply for the badge and certificate from the HKMU at their own expense.</td> </tr> </table>				Participants of the Easy Sport Programme can apply for the badge and certificate from the LCSD free of charge.	Participants of the Outreach Coaching Programme can apply for the badge and certificate from the HKMU at their own expense.
Participants of the Easy Sport Programme can apply for the badge and certificate from the LCSD free of charge.							
Participants of the Outreach Coaching Programme can apply for the badge and certificate from the HKMU at their own expense.							

Type of Activity Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme		
			Level I Course	Advanced Practical Course	Level II Course
		For details, please refer to the School Sports Programme - Handbook on Badges Award Scheme for Sports Climbing			
Enrolment Form	Sport Demonstration Enrolment Form	Easy Sport Programme Enrolment Form	Outreach Coaching Programme Enrolment Form (Please specify the level of course applied for in the enrolment form)		
Enrolment Method	Fill in the enrolment form, which can be downloaded from the LCSD homepage. The duly completed form, together with a cheque or cheques for payment of the enrolment fee (a separate cheque for \$360 for each session applied) payable to the "Hong Kong Mountaineering Union Ltd" and with the school name marked on the back, should be sent to the following address by post.	<ol style="list-style-type: none"> Fill in the enrolment form, which can be downloaded from the LCSD homepage. The duly completed form for each course/activity, together with a cheque (payable to the "Hong Kong Mountaineering Union Ltd" and with the school name marked clearly on the back) for full payment of the course/activity fee, should be sent to the following address by post. Should any school cancel the activity after the HKMU has arranged coaches according to its application, the HKMU will deduct an administrative fee of \$236 from the payment of the enrolment fee and return the balance to the school direct. 			
	<ul style="list-style-type: none"> Please send the completed form(s) together with the cheque(s) to: School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin. Schools should submit their enrolment forms before the respective deadlines, otherwise their applications may not be processed on time. If the activity cannot be arranged, 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				

- Notes:
- The HKMU will hold the "Inter-school Sports Climbing Competition" each year for participants to enhance their interest and skills in sports climbing by exposing them to contests and exchanges in the Competition. Students who have joined the School Sports Programme are welcome to participate in the Competition. Enrolment details will be announced later.
 - Schools are advised to delegate a person-in-charge aged 18 or above or a teacher to oversee the activity.
 - Students should put on sportswear and sports shoes in the activity.
 - Schools should arrange their own transport to and from the venues.