

Organised by the Hong Kong Triathlon Association (HKTriA)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme — Triathlon
Event Information

Type of Activity Brief Information	Sport Demonstration			Easy Sport Programme	Outreach Coaching Programme
	Demonstration in school	Swimming Gala: Triathlon Demonstration and Competition	Athletic Meet: Triathlon Demonstration and Competition		
Target Group	Primary and secondary students			Students of Primary 3 to 6	Students of Primary 3 or above and all secondary students
Content	Coaches and athletes assigned by the HKTriA will introduce the history, equipment, competition items and basic skills of triathlon and give demonstration and play-in session.	<p>Schools can introduce triathlon to students through the swimming gala / athletic meet. The activity will be conducted in two parts:</p> <p><u>Sport demonstration</u> Coaches and athletes assigned by the HKTriA will introduce the history, equipment, competition items and basic skills of triathlon and give demonstration to both teachers and students. Apart from briefing conducted by coaches and athletes in small groups, competitions will be held for students to enjoy the fun of triathlon.</p> <p><u>Mini triathlon competition</u> Competition items include: <u>swimming (50m)</u>, <u>cycling on fixed stand (1 km) and push-up (30 times)</u>. Schools can change the distances for swimming and cycling and the number of times for push-up according to the actual situation.</p> <p>Schools can select a maximum of 48 students of primary 3 or above to join the competition. Participants must <u>know how to swim and ride a bicycle</u>.</p>	<p><u>Mini duathlon competition</u> Competition items include: <u>running (200m)</u>, <u>cycling on fixed stand (1 km) and running (200m)</u>. Schools can change the distances for running and cycling according to the actual situation.</p> <p>Schools can select a maximum of 48 students of primary 3 or above to join the competition. Participants must <u>know how to ride a bicycle</u>.</p>	<p>(1) <u>Duathlon training course (cycling and running)</u></p> <ul style="list-style-type: none"> ◆ Students will be taught duathlon skills, including training on cycling and running, transition training and time tests etc. ◆ Coaches will assess participants' skills on completion of the course. Those who pass the assessment will be awarded certificates by the LCSD. <p>(2) <u>Aquathlon training course (swimming and running)</u></p> <ul style="list-style-type: none"> ◆ Students will be taught aquathlon skills, including training on swimming and running, transition training and time tests etc. ◆ Schools should arrange at least 1 swimming lane. 	<p><u>Duathlon training course (cycling and running)</u></p> <ul style="list-style-type: none"> ◆ Students will be taught duathlon and competition skills, including reinforcement training on cycling and running, transition training and time tests etc. ◆ Coaches will assess participants' skills at the end of the course. Those who pass the assessment will be awarded badges by the LCSD.

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		A maximum of 6 competitions can be held in each demonstration and a maximum of 8 students can take part in each competition. The best 3 participants will be awarded gold, silver and bronze badges respectively as a token of encouragement.			
Venue Requirement	Basketball court or school hall	Swimming pool	Athletic field	<u>Duathlon:</u> basketball court <u>Aquathon:</u> 1 swimming lane	Basketball Court
Fee	\$450 per session (\$190 for each 2-hour extension session on the same day)	\$685 (\$322 for each 2-hour extension session on the same day)		\$1,340 per course	\$2,500 per course
Equipment to be Provided by Schools	TV set, video recorder, notebook computer, display screen, projector, 2 portable loudspeakers and 2 stopwatches	8 stopwatches, 1 whistle and anti-slippery mats borrowed from the swimming pool	8 stopwatches and 1 whistle	<u>Duathlon:</u> 15 cones used in basketball court, 2 portable loudspeakers and 2 stopwatches	<u>Duathlon:</u> 15 cones used in basketball court, 2 portable loudspeakers and 2 stopwatches
Other Sports Equipment	Bicycles for training purpose to be provided by the LCSD			<u>Duathlon:</u> The LCSD will lend 6 bicycles to schools for training for 6 months.	<u>Duathlon:</u> The LCSD will lend 6 to 7 bicycles to schools for training for 6 months.
Course Arrangement	2 hours per session	2 hours per session	2 hours per session	2 hours per lesson, 12 hours in total (6 lessons)	2 hours per lesson, 20 hours in total (10 lessons)
Estimated No. of Participants per Session / Course	About 40 to 100 persons (About 40 to 60 persons per play-in session)	Demonstration for all students of the school, 48 of whom may take part in the competition	Demonstration for all students of the school, 48 of whom may take part in the competition	20 persons	20 persons
Proposed Date / Time	Monday to Saturday: 9 am – 6 pm	Monday to Saturday: 8 am – 5 pm	Monday to Saturday: 8 am – 5 pm	Monday to Saturday: 9 am – 6 pm	Monday to Saturday: 9 am – 6 pm
Badges Award Scheme	Not applicable			Gold, Silver or Bronze Badges available (See Note 6)	Not applicable
Enrolment Form	Sport Demonstration Enrolment Form			Easy Sport Programme Enrolment Form	Outreach Coaching Programme Enrolment Form

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Enrolment Method	Fill in the enrolment form, which can be downloaded from the LCSD homepage. The duly completed form, together with a cheque (payable to the “Hong Kong Triathlon Association” and with the school name marked clearly on the back) for payment of the enrolment fee, should be sent to the following address by post.			1. 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 Triathlon Association” 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. 2. Should any school cancel the activity after the HKTriA has arranged coaches according to its application, the HKTriA will deduct an administrative fee of \$236 from the payment of the enrolment fee and return the balance to the school direct.	
	Demonstration in school	A separate cheque for \$450 for each session applied (\$190 for the 2-hour extension session on the same day)			
	Swimming Gala / Athletic Meet Triathlon Demonstration and Competition:	A separate cheque for \$685 for each session applied (\$322 for the 2-hour extension session on the same day)			
	<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:
1. The HKTriA and the LCSD will jointly organise an Aquathon Competition in Chong Hing Water Sports Centre in July 2007 to enable participants to enhance their interest and skills in triathlon 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.
 2. Schools are advised to delegate a person-in-charge aged 18 or above or a teacher to oversee the activity.
 3. To encourage students' active and persistent participation in sports, schools are recommended to apply for continuous training covering a school term (about 6 months) for the same group of students in accordance with the set-up of the courses. Coaches will assess students' performance regularly.
 4. Schools participating in the training course under the Easy Sport Programme should provide an area of about 50 square feet for storing training equipment such as bicycles.
 5. Students should put on appropriate sportswear and sports shoes during lessons.
 6. At the end of the Duathlon training course under the School Sports Programme, coaches will assess participants' skills according to the test items. Those who meet the required standard will be awarded badges and certificates by the LCSD free of charge. For details, please refer to the “School Sports Programme – Handbook on Duathlon Badges Award Scheme” or visit the LCSD website (<http://www.lcsd.gov.hk>).