Organised by the Hong Kong Canoe Union (HKCU)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme－Canoe
Prospectus

<table>
<tr><td colspan="2">Type of Activity
Key Information</td><td colspan="6">Easy Sport Programme – Junior Kayak Training Course</td></tr>
<tr><td colspan="2"></td><td>Starfish Award</td><td>Sea Horse Award</td><td>Seal Award</td><td>Sea Lion Award</td><td>Walrus Award</td><td>Junior Racing Kayak Certificate</td></tr>
<tr><td colspan="2">Target Participants</td><td colspan="6">Primary and secondary school students
(aged 8 to 11)
(See Remark 1 for eligibility requirements.)</td></tr>
<tr><td colspan="2">Venue</td><td colspan="6">(a) Water sports centres of LCSD
(b) Sha Tin Training Centre of HKCU
(c) Venues of Dolphin Canoe Club and Tuen Mun Canoe Club (community sports clubs affiliated to HKCU)

* See Remark 2 and 3 for the opening hours and contacts of the venues.
* The Junior Racing Kayak Certificate Course will be held only at Sha Tin Training Centre of HKCU, Dolphin Canoe Club or Tuen Mun Canoe Club.
* If a course of interest is held at Sha Tin Training Centre of HKCU, Dolphin Canoe Club or Tuen Mun Canoe Club, the school shall initiate contact with the Training Centre or the canoe club concerned to reserve the venue before submitting an application to LCSD, regardless of whether the venue is designated by HKCU/LCSD or the school.</td></tr>
<tr><td rowspan="2">Fee</td><td>(i) Courses held at water sports centres of LCSD</td><td colspan="5" rowspan="2">$624 per course</td><td>Not applicable</td></tr>
<tr><td>(ii) Courses held at Sha Tin Training Centre of HKCU, Dolphin Canoe Club or Tuen Mun Canoe Club</td><td>$1,488 per course</td></tr>
</table>

Type of Activity / Key Information	Easy Sport Programme – Junior Kayak Training Course					
	Starfish Award	Sea Horse Award	Seal Award	Sea Lion Award	Walrus Award	Junior Racing Kayak Certificate
Duration	Each course runs for a day (7 hours in total).					The course runs for 3 days for 7 hours a day (21 hours in total).
Estimated No. of Participants per Course	6					
Proposed Time of Activity	To be scheduled by the school, preferably on school holidays or Saturdays					
Skills Assessment	Badges Award Scheme					
Enrolment Form	Easy Sport Programme－Canoe Enrolment Form (P.185) * The school may enrol in courses at more than one level.					

<table>
<tr><td colspan="2" rowspan="3">Type of Activity

Key Information</td><td colspan="10">Outreach Coaching Programme</td></tr>
<tr><td colspan="9">Non-School Team Training</td><td rowspan="2">School Team Training</td></tr>
<tr><td colspan="3">Kayak Elementary Training Course</td><td rowspan="2">Racing Kayak Elementary Certificate</td><td colspan="3">Kayak Intermediate Training Course</td><td colspan="2">Canoe Polo Training Course</td></tr>
<tr><td>One-star Award</td><td>Two-star Award</td><td>Three-star Award</td><td>Bronze Award</td><td>Silver Award</td><td>Gold Award</td><td>Stage 1</td><td>Stage 2</td></tr>
<tr><td colspan="2">Target Participants</td><td colspan="11">Secondary school students
(aged 12 or above)
(See Remark 1 for eligibility requirements.)</td></tr>
<tr><td colspan="2">Venue</td><td colspan="11">(a) Water sports centres of LCSD
(b) Sha Tin Training Centre of HKCU
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* See Remark 2 and 3 for the opening hours and contacts of the venues.
* The Racing Kayak Elementary Certificate Course will be held at Sha Tin Training Centre of HKCU, Dolphin Canoe Club or Tuen Mun Canoe Club, while the Canoe Polo Training Course will be held at Sha Tin Training Centre or Sai Kung Tsam Chuk Wan Training Centre of HKCU.
* If a course of interest is held at Training Centre of HKCU, Dolphin Canoe Club or Tuen Mun Canoe Club, the school shall initiate contact with the Training Centre or the canoe club concerned to reserve the venue before submitting an application to LCSD, regardless of whether the venue is designated by HKCU/LCSD or the school.</td></tr>
<tr><td rowspan="2">Fee</td><td>(i) Courses held at water sports centres of LCSD</td><td colspan="3" rowspan="2">$736 per course</td><td>Not applicable</td><td rowspan="2">$856 per course</td><td rowspan="2">$1,518 per course</td><td>Not applicable</td><td rowspan="2">12-hour course: $1,342

16-hour course: $1,694</td></tr>
<tr><td>(ii) Courses held at Sha Tin Training Centre of HKCU, Dolphin Canoe Club or Tuen Mun Canoe Club</td><td>$1,728 per course</td><td>$742 per award course
(The course will be held at Sha Tin Training Centre or Sai Kung Tsam Chuk Wan Training Centre of HKCU.)</td></tr>
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<tr><td>Duration</td><td colspan="3">Each course runs for a day (7 hours in total).</td><td>The course runs for 3 days (2 days for training and 1 day for assessment) for 7 hours a day (21 hours in total).</td><td>The course runs for 1 day (7 hours in total).</td><td colspan="2">Each course runs for 2 days for 7 hours a day (14 hours in total).</td><td colspan="2">Each course runs for a day (7 hours in total).</td><td>The course runs for 4 days for 3 to 4 hours a day. (The total training time should not add up to more than 16 hours.)</td></tr>
<tr><td>Estimated No. of Participants per Course</td><td colspan="9">8</td></tr>
<tr><td>Proposed Time of Activity</td><td colspan="9">To be scheduled by the school, preferably on school holidays or Saturdays</td></tr>
<tr><td>Skills Assessment</td><td colspan="9">Badges Award Scheme</td></tr>
<tr><td>Enrolment Form</td><td colspan="9">Outreach Coaching Programme－Canoe, Dragon Boat and Windsurfing Enrolment Form
(P.189)
* The school may enrol in courses at more than one level.</td></tr>
<tr><td>How to Enrol</td><td colspan="9">1. Please send the completed enrolment form together with a cheque for the payment of activity fee (a separate cheque for each course, made payable to “Hong Kong Canoe Union Limited” with the school name written on the back) by mail to the School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin within the enrolment period (please refer to “Application” (P.7) of this Guide for the dates).</td></tr>
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<tr><td>Points to Note</td><td colspan="10">1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.
2. Participants should be able to swim for 50 metres without a life jacket/buoyancy aid.
3. The school shall arrange for its own transportation to and from the venue.
4. The Kayak Elementary and Intermediate Training Courses and School Team Training under the Outreach Coaching Programme form a progressive series. Participants must complete the courses at lower levels and pass the relevant assessment before they can move on to higher level courses. After its students have completed the Three-star Award level in the Kayak Elementary Training Course, each school may nominate up to 16 of the students to form a school team, which will receive training for a period of 4 to 6 months as well as regular skills assessment.
5. Upon completion of kayak training course under the Easy Sport Programme or Outreach Coaching Programme, an assessment will be conducted by the coach according to various levels of badges standards of canoe. Participants who meet the required standard may obtain the badges and certificates according to their achieved levels from the HKCU at their own cost. Please refer to the "School Sports Programme－Handbook on Canoe Badges Award Scheme"
6. Participants shall purchase certificates and/or logbooks for the kayak training courses from the coach. For each level of the Junior Kayak Training Course (Starfish, Sea Horse, Seal, Sea Lion or Walrus Award, or Junior Racing Kayak Certificate), a set of certificate and logbook costs $25; for each level of the Kayak Elementary Training Course (One-star, Two-star or Three-star Award), a set of certificate and logbook costs $30; for each level of the Kayak Intermediate Training Course (Bronze, Silver or Gold Award), a certificate costs $40; for each level of the Canoe Polo Training Course (Stage 1 or 2), a certificate costs $25 and a logbook $20; and for the Racing Kayak Elementary Certificate Course, a certificate costs $60 and is obtainable from HKCU on application by the participants.
7. Schools that have had canoe training under the Outreach Coaching Programme enjoy priority in signing up for the "Outreach Coaching Canoe Competition" to be organised by HKCU in 2019. Details will be announced in due course.
8. If NSA has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, NSA will deduct from the fee for each activity an administrative fee ($348 per training course under the Easy Sport Programme or Outreach Coaching Programme) and refund the balance to the school
9. If NSA/LCSD fails to arrange the activity, the fees paid will be refunded.</td></tr>
<tr><td>Enquiry no./ Website</td><td colspan="10">2601 7602 / http://www.lcsd.gov.hk/en/ssp/index.html</td></tr>
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Remarks:

1. The eligibility requirements for different courses are as follows:

Course		Duration	Eligibility Requirement(s)	
Junior Kayak Training Course	Starfish Award	1 day	8 to 11 years old	Able to swim for 50 metres without a life jacket/buoyancy aid
	Sea Horse Award			Holder of Starfish Award
	Seal Award			Holder of Sea Horse Award
	Sea Lion Award			Holder of Seal Award
	Walrus Award			Holder of Sea Lion Award
	Junior Racing Kayak Certificate	3 days		Holder of Walrus Award
Kayak Elementary Training Course	One-star Award	1 day	12 years old or above	Able to swim for 50 metres without a life jacket/buoyancy aid
	Two-star Award			Holder of One-star Award/Sea Horse Award in Junior Kayak Training Course
	Three-star Award			Holder of Two-star Award/Sea Lion Award in Junior Kayak Training Course
Racing Kayak Elementary Certificate		3 days		Holder of Three-star Award/Kayak Elementary Certificate/Completed Junior Kayak 3-star Award Training Course
Kayak Intermediate Training Course	Bronze Award	1 day		Holder of Three-star Award/Kayak Elementary Certificate/Completed Junior Kayak 3-star Award Training Course
Kayak Intermediate Training Course (Skill & Sea Trip)	Silver Award	2 days		Holder of Bronze Award in Kayak Intermediate Training Course
	Gold Award			Holder of Silver Award in Kayak Intermediate Training Course
Canoe Polo Training Course	Stage 1	1 day		Able to swim for 50 metres without a life jacket/buoyancy aid
	Stage 2			Holder of Stage 1 Award in Canoe Polo Training Course
School Team Training		4 days		Holder of Three-star Award/Kayak Elementary Certificate/Completed Junior Kayak 3-star Award Training Course

2. The opening hours of the venues are as follows:

(a) Water sports centres of LCSD: 9 am to 5 pm

Please note that:

- The Jockey Club Wong Shek Water Sports Centre and St. Stephen's Beach Water Sports Centre close on Tuesdays
  Tai Mei Tuk Water Sports Centre, Tai Po and Stanley Main Beach Water Sports Centre close on Wednesdays
  Chong Hing Water Sports Centre, Sai Kung closes on Thursdays
- All water sports centres close on the first, second and third days of the Lunar New Year

(b) Sha Tin Training Centre of HKCU: 9 am to 8 pm, Monday to Saturday
9 am to 5 pm, Sunday

(c) Venues of Dolphin Canoe Club and Tuen Mun Canoe Club: 9 am to 5 pm, Monday to Sunday

3. Contact information of venues of HKCU and affiliated community sports club are as follows:

	Sha Tin Training Centre of HKCU	Dolphin Canoe Club venue	Tuen Mun Canoe Club venue
Tel. no.	2504 8186	9128 5061	2430 0330/9654 5598
Fax. no.	2838 9037	2714 1171	2430 0330
Address	Area 51E, On King Street, Sha Tin	Tai Wan Village, Sai Kung	Bathing Shed 5, Cafeteria Old Beach, Tuen Mun