

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

Key Information	Type of Activity	Sport Demonstration		Outreach Coaching Programme	
		At School	At the Hong Kong Jockey Club International BMX Park	Non-School Team Training	School Team Training
Target Participants	Students of primary 3 or above and secondary school students				
Outline	During the demonstration held at schools, coaches will introduce BMX cycling, protective gears and competition events. They will give demonstration of skills and lead play-in sessions for students.	<ul style="list-style-type: none"> - A tour of the BMX Park with the registered BMX coaches introducing the operation and management of the Park, as well as safety rules for using the Park - Briefing on BMX cycling and protective gears - Demonstration and teaching of BMX skills - Play-in session 	<p><u>Training at schools</u></p> <ul style="list-style-type: none"> - Briefing on protective gears and bike parts - Flatland skills training - Riding in the standing position - Steering through S-shaped routes on parallel pedals <p><u>Training at the BMX Park</u></p> <ul style="list-style-type: none"> - Riding on an obstacle track - Techniques of crossing obstacles - Techniques of turning - Mock races 	<p><u>Training at schools (Flatland skills)</u></p> <ul style="list-style-type: none"> - Quick obstacle crossing on parallel pedals - Flatland jump - Improvement of riding moves - Track stand competition - Sharp turning drill - Obstacle games for paired up players <p><u>Training at the BMX Park</u></p> <ul style="list-style-type: none"> - Riding on a standard track - Techniques of crossing obstacles - Techniques of sharp turning 	
Venue	1 basketball court and hall	The Hong Kong Jockey Club International BMX Park (Address: No. 91, Kwai Hei Street, Gin Drinkers Bay, Kwai Chung, N.T., Hong Kong) (to be arranged by the CAHK)	1 basketball court, hall or covered playground (to be arranged by school) and the Hong Kong Jockey Club International BMX Park (Address: No. 91, Kwai Hei Street, Gin Drinkers Bay, Kwai Chung, N.T., Hong Kong) (to be arranged by the CAHK)		
Fee	\$1,500 per session (and \$718 for each extended session on the same day)	\$650 per session	\$3,000 per course	\$3,500 per course	
Equipment to be provided by the school	Notebook computer, display screen, projector and 2 portable loudspeakers	Not applicable			
Sports Equipment	BMXs, helmets and protective gears (to be provided by the CAHK)				

Key Information	Type of Activity	Sport Demonstration		Outreach Coaching Programme	
	At School	At the Hong Kong Jockey Club International BMX Park		Non-School Team Training	School Team Training
Duration	3 hours per session		2 to 3 hours per lesson (12 hours in total) (Schools should arrange training totalling 2 to 6 hours at the Hong Kong Jockey Club International BMX Park.) (The course should preferably be completed within 3 months)	2 to 3 hours per lesson (16 hours in total) (Schools should arrange training totalling 2 to 8 hours at the Hong Kong Jockey Club International BMX Park.) (The course should preferably be completed within 3 months)	
Estimated No. of Participants per Session/Course	50 (30 for each play-in session)	50		20	
Proposed Time of Activity	Monday to Sunday: 9 am to 6 pm	Tuesday to Friday: 2 pm to 6 pm Saturday and Sunday: 9 am to 6 pm		Training at school: Monday to Sunday: 9 am to 6 pm Training at the 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 (P.180)	Sport Demonstration (Hong Kong Jockey Club International BMX Park) Enrolment Form (P.182)		Outreach Coaching Programme Bicycle moto cross (BMX) Enrolment Form (P.198)	
How to Enrol	<ol style="list-style-type: none"> 1. Please submit the completed electronic application form within the enrolment period (please refer to “Application” (P.7) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk. For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide. 2. For training courses under the Outreach Coaching Programme, please specify in the application whether the course is intended for a school team or non-school team. 				
Points to Note	<ol style="list-style-type: none"> 1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities. 2. Participants should wear proper sportswear and sports shoes. 3. The school shall arrange for its own transportation to and from the venue. 4. If the NSA has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, the NSA will deduct from the fee for each activity an administrative fee (\$190 per Sport Demonstration; \$380 per training course under the Outreach Coaching Programme) and refund the balance to the school. 5. If the request to cancel a Sport Demonstration is made by the school on the day of the activity, no re-scheduling or make-up session will be arranged. All fees paid will not be refunded. 6. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded. 				
Enquiry Phone No./ Website	2601 7602 / http://www.lcsd.gov.hk/en/ssp/index.html				