

**Organised by the China Hong Kong Mountaineering and Climbing Union (CHKMCU)**  
**Subvented by the Leisure and Cultural Services Department (LCSD)**  
**Co-organised by the Education Bureau**  
**School Sports Programme – Mountaineering and Climbing**  
**(i) Sport Climbing**  
**Prospectus**

| Type of Activity<br><br>Key Information | Sport Demonstration   | Easy Sport Programme   | Outreach Coaching Programme   |   |  |
|---|---|--|---|---|--|
|   |   |  | Non-School Team Training  |   | School Team Training   |
|   |   |  | Level I Course  | Advanced Practical Course   | Level II Course  |
| Target Participants                     | Primary and secondary school students   | Primary school students  | Secondary school students (aged 12 or above)  | Secondary school students (aged 12 or above with <u>Level I certificate of sport climbing</u> )   | Secondary school students (aged 14 or above with <u>Level I certificate of sport climbing and completed 12 hours of Advanced Practical Course training</u> )   |
| Outline                                 | Coaches from the CHKMCU will demonstrate sport climbing skills. Some students can take part in the play-in session to discover the fun of sport climbing. | The programme includes: <ul style="list-style-type: none"> <li>- Introduction to sport climbing</li> <li>- Introduction to climbing wall</li> <li>- Introduction to equipment</li> <li>- Safety rules</li> <li>- Simple climbing skills</li> <li>- Top rope</li> </ul> | The course outline is designed according to the contents of CHKMCU's Level I sport climbing training course.<br><br>Coaches will teach students basic | The course is tailor-made for students who wish to enrol for Level II training course. The course aims at: <ul style="list-style-type: none"> <li>-providing training on the use of belaying equipment and belaying skills</li> </ul> | The course outline is designed according to the contents of CHKMCU's Level II sport climbing training course.<br><br>The course is divided into two stages.<br><br>The course includes in-depth teaching of climbing skills, leading skills, |

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|-----------------|--|---------------------|--|---|--|---|
|                 |  |                     |  | Non-School Team Training  |  | School Team Training  |
|                 |  |                     |  | Level I Course  | Advanced Practical Course  | Level II Course   |
|                 |  |                     | <p>climbing (to be belayed by coaches/ assistant coaches)</p> <p>Application priority for the Young Athletes Training Scheme selection trail will be given to students who have completed this programme. Please approach the coach in charge for details.</p> | <p>climbing skills, knotting methods, safety rules, belaying skills, climbing instructions etc.</p> | <p>-enhancing climbing skills</p> <p>Students who have completed 12 hours of training will meet the entry requirements of Level II course.</p> | <p>dynamic belaying, lowering from the fixed anchor and safety knowledge. The course gives students a comprehensive mastery of the climbing skills.</p> <p>Upon completion of 2 stages of training, an assessment will be conducted by coach.</p> |
| Venue           | <p>1. Venues under the management of the LCSD:</p> <p>a) Venues arranged by the LCSD</p> <p>Shun Lee Tsuen Sports Centre<br/> Shek Kip Mei Park Sports Centre<br/> Po Wing Road Sports Centre<br/> Tin Fai Road Sports Centre<br/> Tiu Keng Leng Sports Centre</p> <p>b) Venues booked and hired by schools (please contact the respective venues for details of charges)</p> <p>Lei Yue Mun Sports Centre (Tel. No.: 2349 3954)<br/> Kai Tak East Sports Centre (Tel. No.: 2326 9940)<br/> Tai Kok Tsui Sports Centre (Tel. No.: 2393 1084)<br/> (See Remark 4 for details)</p> <p>2. Sport climbing venues in school approved by the CHKMCU<br/> (Schools must have insurance coverage to ensure safety of the students)</p> |                     |  |   |  |   |

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|--|---|---|---|--|---|----------------------|
|  |   |   |   | Non-School Team Training                                     |   | School Team Training |
|  |   |   |   | Level I Course   | Advanced Practical Course   | Level II Course      |
|  | (If sport climbing wall in school not yet certified, please contact the CHKMCU on 2504 8124 for details of certified procedures and charges.)   |   |   |  |   |                      |
| Fee  | \$785 per session   | \$1,130 per course  | \$2,170 per course  | \$1,860 per course   | \$4,340 per stage<br>\$8,680 for two stages   |                      |
| Equipment to be provided by the school           | <p>1. If the activity is conducted in schools, all sport climbing equipment such as climbing rope, harness for every student, karabiner, chalk bag with chalk, belaying equipment, quick-draw (for Level II course) and climbing shoes (for Level II course) should be arranged by schools. Schools are advised to contact the coaches concerned / the CHKMCU regarding the safety measures required for the venues and equipment.</p> <p>2. If the activity is conducted at venues under the management of the LCSD, the equipment will be arranged by the CHKMCU.</p> |   |   |  |   |                      |
| Duration   | 3 hours per session   | 2 lessons per course, 3 hours per lesson (6 hours in total) | 3 lessons per course, 3 hours for the 1 <sup>st</sup> lesson, 4 hours for the 2 <sup>nd</sup> and 3 <sup>rd</sup> lessons (11 hours in total) | 3 lessons per course, 4 hours per lesson (12 hours in total) | Divided into two stages, 3 lessons per stage, 5 hours per lesson (30 hours in total for two stages) |                      |
| Estimated No. of Participants per Session/Course | 40  | 12  |   |  |   |                      |
| Proposed Time of Activity                        | Monday to Friday: 9 am to 5 pm  | Monday to Saturday: 9 am to 5 pm                            |   |  |   |                      |
| Skill Assessment                                 | Not applicable  |   | Assessed by the CHKMCU  |  |   |                      |
| Enrolment Form                                   | Sport Demonstration Enrolment Form (P.180)  | Easy Sport Programme Enrolment Form (P.191)                 | Outreach Coaching Programme Enrolment Form (P.194)<br>(Please specify the course level in the enrolment form)                                 |  |   |                      |

| Key Information           | Type of Activity  | Sport Demonstration | Easy Sport Programme | Outreach Coaching Programme |                           |                      |
|---------------------------|---|---------------------|----------------------|-----------------------------|---------------------------|----------------------|
|                           |   |                     |                      | Non-School Team Training    |                           | School Team Training |
|                           |   |                     |                      | Level I Course              | Advanced Practical Course | Level II Course      |
| How to Enrol              | <p>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: <a href="mailto:applicationssp@lcsd.gov.hk">applicationssp@lcsd.gov.hk</a>. For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide.</p> <p>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.</p>   |                     |                      |                             |                           |                      |
| Points to Note            | <p>1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.</p> <p>2. Participants should wear proper sportswear and sports shoes.</p> <p>3. The school shall arrange for its own transportation to and from the venue.</p> <p>4. Upon completion of Level I or Level II sport climbing training courses under the Outreach Coaching Programme, an assessment will be conducted by coach. Participants who meet the required standard may obtain the certificate according to their achieved levels from the NSA at their own cost.</p> <p>5. Participants must meet the age requirement of the activity as on the event date. If any participant whose age is found under the specified age, the LCSD will disqualify his/her participation and the enrolment fee will not be refunded.</p> <p>6. 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 Easy Sport Programme or Outreach Coaching Programme) and refund the balance to the school.</p> <p>7. 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.</p> <p>8. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded.</p> |                     |                      |                             |                           |                      |
| Enquiry Phone No./Website | 2601 7602 / <a href="http://www.lcsd.gov.hk/en/ssp/index.html">http://www.lcsd.gov.hk/en/ssp/index.html</a>   |                     |                      |                             |                           |                      |

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**Subvented by the Leisure and Cultural Services Department (LCSD)**  
**Co-organised by the Education Bureau**  
**School Sports Programme – Mountaineering and Climbing**  
**(ii) Mountain Craft**  
**Prospectus**

| Type of Activity<br><br>Key Information | Sport Demonstration  |   | Outreach Coaching Programme  |
|---|--|---|--|
|   |  |   | Non-School Team Training   |
|   | Demonstration at School  | Outdoor Demonstration   | Level I Course   |
| Target Participants                     | Primary and secondary school students  | Students of Primary 4 or above and secondary school students  | Secondary school students (aged 12 or above)   |
| Outline                                 | Coaches will introduce the basic concepts and rules of mountain craft, environment and facilities of Hong Kong country parks and safety tips for hiking. Students will learn simple mountain craft skills through group games. | Coaches will lead students to experience hiking and enjoy the beautiful scenery of Hong Kong countryside. Concepts such as protection of country parks and “Leave No Trace” will be learned and put into practice.<br><br>Students who finish the trip may pay for the issuance of “Mountain Walk Certificate” from the CHKMCU. | The programme outline is designed according to the contents of CHKMCU’s Level I mountain craft training course. The programme includes lecture and hiking practice. As the routes are easy, students can enjoy the fun of hiking and learn about safety knowledge at the same time. Students will learn about map reading, grid coordinates, leading with the use of a compass, basic concept of wilderness first aid, co-operation between people seeking for help and rescuers, etc.<br><br>Course objectives:<br><ol style="list-style-type: none"> <li>1. Develop an interest in the sport of mountain walk;</li> <li>2. Teach basic knowledge, skills and safety concepts;</li> <li>3. Develop proper hiking attitude and encourage participants to protect the environment.</li> </ol> |

| Key Information                                  | Sport Demonstration   |                                  | Outreach Coaching Programme   |
|--|---|----------------------------------|---|
|  |   |                                  | Non-School Team Training  |
|  | Demonstration at School   | Outdoor Demonstration            | Level I Course  |
| Venue  | Covered playgrounds or activity rooms                             | Hiking trails near schools       | <u>Indoor lectures:</u><br>Covered playgrounds or activity rooms<br><br><u>Outdoor hiking practice:</u><br>Coaches will fix appropriate hiking routes after discussion with teachers on students' skill levels.   |
| Fee  | \$500 per session   | \$950 per session                | \$3,100 per course  |
| Equipment to be provided by the school           | Wireless microphone, PA equipment, computer, projector and screen | Not applicable                   | Wireless microphone, PA equipment, computer, projector and screen   |
| Duration   | 2 hours per session   | 4 hours per session              | The course consists of 2 parts:<br><u>Indoor lectures:</u><br>2 sessions x 2 hours/session (4 hours in total)<br><br><u>Outdoor hiking practice:</u><br>2 sessions x 7 hours/session (14 hours in total)  |
| Estimated No. of Participants per Session/Course | 40  | 30                               | 24  |
| Proposed Time of Activity                        | Monday to Friday: 9 am to 5 pm                                    | Monday to Saturday: 1 pm to 5 pm | <u>Indoor lectures:</u><br>Monday to Friday: 9 am to 5 pm<br><br><u>Outdoor hiking practice:</u><br>Monday to Saturday: 9 am to 4 pm<br>(Schools must arrange indoor lectures to take place before outdoor hiking practice. Outdoor hiking practice is recommended to take place within 45 days after the completion of indoor lectures.) |
| Skill Assessment                                 | Not applicable  |                                  | Assessed by the NSA   |

|   |   |                       |  |
|---|---|-----------------------|--|
| Type of Activity<br><br>Key Information | Sport Demonstration   |                       | Outreach Coaching Programme                        |
|   |   |                       | Non-School Team Training                           |
|   | Demonstration at School   | Outdoor Demonstration | Level I Course                                     |
| Enrolment Form                          | Sport Demonstration Enrolment Form (P.180)  |                       | Outreach Coaching Programme Enrolment Form (P.194) |
| How to Enrol                            | 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: <a href="mailto:applicationssp@lcsd.gov.hk">applicationssp@lcsd.gov.hk</a> . For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide.   |                       |  |
| Points to Note                          | <ol style="list-style-type: none"> <li>1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.</li> <li>2. Participants should wear proper sportswear and sports shoes.</li> <li>3. The school shall arrange for its own transportation to and from the venue.</li> <li>4. Upon completion of the mountain craft training course under the Outreach Coaching Programme, an assessment will be conducted by coaches according to the required standard. Participants who meet the required standard may obtain a “Level I Mountain Craft Training Certificate” from the NSA at their own cost.</li> <li>5. Participants must meet the age requirement of the activity as on the event date. If any participant whose age is found under the specified age, the LCSd will disqualify his/her participation and the enrolment fee will not be refunded.</li> <li>6. If the 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 (\$190 per Sport Demonstration; \$380 per training course under the Outreach Coaching Programme) and refund the balance to the school.</li> <li>7. 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.</li> <li>8. If the NSA/LCSd fails to arrange the activity, the fees paid will be refunded.</li> </ol> |                       |  |
| Enquiry Phone No./Website               | 2601 7602 / <a href="http://www.lcsd.gov.hk/en/ssp/index.html">http://www.lcsd.gov.hk/en/ssp/index.html</a>   |                       |  |