

**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—Track Cycling**  
**Prospectus**

Key Information	Type of Activity	Outreach Coaching Programme				Joint Schools Sports Training Programme
	Sport Demonstration	Non-School Team Training				
	Cycling Trainer	Cycling Trainer Programme	Track Cycling Level I	Track Cycling Level II	Track Cycling Level III	
Target Participants	Primary and secondary school students	Secondary school students (aged 12 or above, at least 146 cm in height and are proficient in riding a 2-wheeled bike)	Secondary school students (passed the practical test of the Track Cycling Level I Course)	Secondary school students (passed the practical test of the Track Cycling Level II Course)	Secondary school students (aged 12 or above and at least 146 cm in height)	
Outline	<p>The demonstration covers the introduction of different types of bikes (including road bike, track bike, mountain bike and BMX), bike accessories and competition events.</p> <p>There will be demonstration of skills and play-in sessions which feature:</p> <p><u>Cycling Trainer play-in</u></p> <p>Students will experience the fun of indoor cycling through riding competitions on a cycling trainer connected to a projector showing the race course.</p>	<p>Cycling trainer is a convenient and user-friendly training tool. With its aid, students may train for full speed riding and races to enhance track cycling techniques.</p> <p>Theory lessons:</p> <ol style="list-style-type: none"> <li>1. Introduction to cycling trainer</li> <li>2. Safety rules for using cycling trainer</li> <li>3. Introduction to cycling competition</li> </ol> <p>Practical lessons:</p> <ol style="list-style-type: none"> <li>1. Proper posture and movement for riding a cycling trainer</li> <li>2. Long and short distance training</li> <li>3. Mock Trial Competition</li> </ol>	<p>Theory lessons:</p> <ol style="list-style-type: none"> <li>1. Rules and regulations of track and points to note</li> <li>2. Basic theory of track bike</li> </ol> <p>Practical lessons:</p> <ol style="list-style-type: none"> <li>1. Warm-up exercise</li> <li>2. Starting technique</li> <li>3. Deceleration technique</li> <li>4. Braking practice</li> <li>5. Practice for crossing obstacles</li> <li>6. Cool-down exercise</li> <li>7. Practice for safety zone</li> </ol> <p>Practical Test:</p> <ol style="list-style-type: none"> <li>1. Theory written test</li> <li>2. Obstacles crossing test</li> <li>3. Safety zone riding test</li> </ol> <p>Students who pass the practical test may enrol in the Track Cycling Level II Course.</p>	<p>Theory lessons:</p> <ol style="list-style-type: none"> <li>1. Size and material of the track</li> <li>2. Lines and zone on the track</li> </ol> <p>Practical lessons:</p> <ol style="list-style-type: none"> <li>1. Warm-up exercise</li> <li>2. Starting technique</li> <li>3. Deceleration technique</li> <li>4. Braking practice</li> <li>5. Blue band trial</li> <li>6. Practice for measuring line</li> <li>7. Practice for speed handling</li> <li>8. Practice for distance control</li> </ol> <p>Practical Test:</p> <ol style="list-style-type: none"> <li>1. Blue band riding test</li> <li>2. Obstacles riding test</li> </ol> <p>Students who pass the practical test may enrol in the Track Cycling Level III Course and</p>	<p>Theory lessons:</p> <ol style="list-style-type: none"> <li>1. Introduction to Track Cycling Competition</li> </ol> <p>Practical lessons:</p> <ol style="list-style-type: none"> <li>1. Flying lap</li> <li>2. Changing position on stayer's line in a group</li> <li>3. Practice for Individual Time Trial (500m, 1km, 2km)</li> <li>4. Mock Scratch race trial</li> <li>5. Cool-down exercise</li> </ol> <p>Practical test:</p> <ol style="list-style-type: none"> <li>1. Flying lap</li> <li>2. Changing position on stayer's line in a group</li> </ol> <p>Students who pass the practical test are qualified to apply for a Track Pass of Hong Kong Velodrome.</p>	<p>The registered Track Cycling coaches from the CAHK will conduct continuous and systematic training for talented students to enhance their skill level</p> <p>Training including:</p> <ol style="list-style-type: none"> <li>1. Theory of Track Cycling (including size and material of the track, lines and zone on the track)</li> <li>2. Basic skills of Track Cycling</li> <li>3. Physical fitness training</li> <li>4. Trial Competition</li> <li>5. Practical test</li> </ol>

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	Cycling Trainer	Non-School Team Training					
		Cycling Trainer Programme	Track Cycling Level I	Track Cycling Level II	Track Cycling Level III		
				have a qualification for using Whitehead Velodrome			
Venue	1 basketball court, hall or covered playground	Activity room, covered playground or hall	Hong Kong Velodrome (to be arranged by the CAHK)				
Fee	\$1,300 per session (\$846 for each extended session on the same day)	\$,2,800 per course	\$1,280 per course			\$250 per person	
Equipment to be provided by the school	Notebook computer, display screen, projector and 2 portable loudspeakers	Notebook computer, projector and display screen	Not applicable				
Sports Equipment	4 cycling trainers and 4 track bikes (to be provided by the CAHK)		20 track bikes, helmets and protective gears (to be provided by the CAHK)			Track bikes (to be provided by the CAHK or by participants)	
Duration	2 hours per session	12 hours per course	4 hours per course			8 lessons per course, 3 hours per lesson (24 hours in total)	
Estimated No. of Participants per Session/Course	100	20					
Proposed Timing	Monday to Sunday: 9 am to 6 pm					Please refer to the respective prospectuses for details.	
Enrolment Form	Sport Demonstration Enrolment Form (P.180)	Outreach Coaching Programme Enrolment Form (P.194)				Please refer to the respective prospectuses for details.	
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: applicationsp@lcsd.gov.hk. 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. 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.</li> </ol>						

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	<p>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.</p> <p>6. 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>						