

**Organised by the Hong Kong Triathlon Association (TriHK)**  
**Subvented by the Leisure and Cultural Services Department (LCSD)**  
**Co-organised by the Education Bureau**  
**School Sports Programme – Triathlon**  
**Prospectus**

Types of Activity  Key Information	Sport Demonstration			Easy Sport Programme Duathlon / Aquathlon Training	Outreach Coaching Programme (Non-School Team) Duathlon / Aquathlon / Triathlon Training
	School Venue	Swimming Gala: Triathlon Demonstration and Competition	Athletic Meet: Triathlon Demonstration and Competition		
Target Participants	Primary and secondary school students			Students of primary 3 to 6	Students of primary 3 or above and secondary school students
Outline	Coaches and athletes from the TriHK will introduce the history, equipment, competition events. Coaches will teach basic skills of triathlon and give demonstration and organise play-in session.	<p>To introduce triathlon to students through the swimming gala/ athletic meet. The activity will be conducted in two parts:</p> <p>1. <u>Sport Demonstration</u> Coaches and athletes from the TriHK will introduce the history, equipment, competition events. Coaches will teach basic skills of triathlon and give demonstration.</p> <p>2. <u>Mini-Triathlon Competition</u> Schools can choose up to 48 students to participate in a competition.</p> <p>Events include: Swim (50m), Bike (Block Type, 1km) and Push-Ups (30 times).</p> <p>Teachers may discuss the adjustment of swimming and cycling distances and number of push-ups with the coach.</p> <p>Students must be able to cycle and swim 100m without any aid.</p>	<p>2. <u>Mini-Duathlon Competition</u> Schools can choose up to 48 students to participate in a competition.</p> <p>Events include: Running (200m), Bike (Block Type, 1km) and Running (200m).</p> <p>Teachers may discuss the running and cycling distances with the coach.</p> <p>Students must be able to cycle.</p>	<p>1. <u>Duathlon Training</u> (cycling &amp; running) Students must be able to cycle.</p> <p>2. <u>Aquathlon Training</u> (swimming &amp; running) Students must be able to swim 100m without any aid.</p> <p>- Training covers basic technique on cycling and running/ swimming and running, triathlon training and timing, etc.</p>	<p>1. <u>Duathlon Training</u> (cycling &amp; running) Students must be able to cycle.</p> <p>2. <u>Aquathlon Training</u> (swimming &amp; running) Student must be able to swim 100m without any aid.</p> <p>3. <u>Triathlon Training</u> (cycling, swimming &amp; running) Students must be able to cycle and swim 100m without any aid.</p> <p>- Training covers competition skills, including reinforcement training on cycling, swimming and running, transition training and timing, etc.</p>
		A maximum of 6 competitions can be held per demonstration and a maximum of 8 students can take part in each competition.			

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Venue	1 basketball court	Swimming pool	Athletic field	– <u>Duathlon</u> : 1-2 basketball court should be arranged by school – <u>Aquathlon/Triathlon</u> : 1-2 basketball court and at least 1 swimming lane should be arranged by school To be arranged by the School	
Fee	\$790 per session (\$350 for each extended session on the same day)	\$1,080 per session (\$530 for each extended session on the same day)		\$2,050 per course	\$3,700 per course
Equipment to be provided by the school	TV set, 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	1. <u>Duathlon</u> : 6 bicycles, 15 cones, 2 portable loudspeakers and 2 stopwatches. 2. <u>Aquathlon/Triathlon</u> : Each student should bring along his/her own swimming equipment and 1 kickboard.	1. <u>Duathlon</u> : 6 bicycles, 15 cones, 2 portable loudspeakers and 2 stopwatches. 2. <u>Aquathlon/Triathlon</u> : Each student should bring along his/her own swimming equipment and 1 kickboard. 3. <u>Duathlon/Triathlon</u> : 6 bicycles and each student should bring along his/her own swimming equipment and 1 kickboard.
				(If schools cannot provide the bicycles for students, they may borrow it from the LCSD.)	
Other Sport Equipment	Bicycles (to be provided by the TriHK)			Not applicable	
Duration	2 hours per session			6 lessons per course, 2 hours per lesson (12 hours in total)	10 lessons per course, 2 hours per lesson (20 hours in total) <u>(Aquathlon/Triathlon</u> : 5 sessions for land drill, 5 sessions for Aquathlon Training)

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Estimated No. of Participants per Session/Course	50	Demonstration for whole school students, 48 of whom may take part in the competition		20	
Proposed Time of Activity	Monday to Saturday: 9 am to 6 pm				
Skill Assessment	Not applicable			Badges Award Scheme	Not applicable
Enrolment Form	Sport Demonstration Enrolment Form (P.180)			Easy Sport Programme Enrolment Form (P.191)	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: applicationssp@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. Schools participating in the training course under the Easy Sport Programme and Outreach Coaching Programme should provide an area of about 50 square feet for storing training equipment such as bicycles.</li> <li>4. Upon completion of duathlon training course under the Easy Sport Programme, an assessment will be conducted by the coach according to Gold, Silver and Bronze badges standard of duathlon. Participants who meet the required standard may obtain the badges and certificates from LCSD free of charge. Please refer to the “School Sports Programme – Handbook on Duathlon Badges Award Scheme” for details.</li> <li>5. 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 Easy Sport Programme or Outreach Coaching Programme) and refund the balance to the school.</li> <li>6. 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>7. 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>				