

**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**

| Type of Activity<br><br>Key Information | 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"> <li>- A tour of the BMX Park with the registered BMX coaches introducing the facilities of the Park, as well as safety rules for using the Park</li> <li>- Briefing on BMX cycling and protective gears</li> <li>- Demonstration and teaching of BMX skills</li> <li>- Play-in session</li> </ul> | <p><u>Training at schools</u></p> <ul style="list-style-type: none"> <li>- Briefing on protective gears and bike parts</li> <li>- Flatland skills training</li> <li>- Riding in the standing position</li> <li>- Steering through S-shaped routes on parallel pedals</li> </ul> <p><u>Training at the BMX Park</u></p> <ul style="list-style-type: none"> <li>- Riding on an obstacle track</li> <li>- Techniques of crossing obstacles</li> <li>- Techniques of turning</li> <li>- Mock races</li> </ul> | <p><u>Training at schools (Flatland skills)</u></p> <ul style="list-style-type: none"> <li>- Quick obstacle crossing on parallel pedals</li> <li>- Flatland jump</li> <li>- Improvement of riding moves</li> <li>- Track stand competition</li> <li>- Sharp turning drill</li> <li>- Obstacle games for paired up players</li> </ul> <p><u>Training at the BMX Park</u></p> <ul style="list-style-type: none"> <li>- Riding on a standard track</li> <li>- Techniques of crossing obstacles</li> <li>- Techniques of sharp turning</li> </ul> |
| 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)<br>(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)<br>(to be arranged by the CAHK)  |   |
| Fee                                     | \$1,800 per session (and \$630 for each extended session on the same day)   | \$850 per session  | \$3,300 per course  | \$4,300 per course  |

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|--|---|---|---|-----------------------------|--|
|  | At School   | At the Hong Kong Jockey Club International BMX Park   | Non-School Team Training  | School Team Training        |  |
| 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)   |   |   |                             |  |
| Duration   | 3 hours per session   | 2 to 3 hours per lesson (12 hours in total)<br><br>(Schools should arrange training totalling 2 to 6 hours at the Hong Kong Jockey Club International BMX Park.)<br><br>(The course should preferably be completed within 3 months) | 2 to 3 hours per lesson (16 hours in total)<br><br>(Schools should arrange training totalling 2 to 8 hours at the Hong Kong Jockey Club International BMX Park.)<br><br>(The course should preferably be completed within 3 months) |                             |  |
| Estimated No. of Participants per Session/Course | 50<br>(30 for each play-in session)   | 50  | 20  |                             |  |
| Proposed Time of Activity                        | Monday to Sunday:<br>9 am to 6 pm   | Tuesday to Friday:<br>2 pm to 6 pm<br>Saturday and Sunday:<br>10 am to 6 pm   | Training at school:<br>Monday to Sunday: 9 am to 6 pm<br><br>Training at the Hong Kong Jockey Club International BMX Park:<br>Tuesday to Friday: 2 pm to 6 pm<br>Saturday and Sunday: 10am to 6 pm                                  |                             |  |
| Enrolment Form                                   | Sport Demonstration Enrolment Form (P.185-186)  | Sport Demonstration (Hong Kong Jockey Club International BMX Park) Enrolment Form (P.187)   | Outreach Coaching Programme Bicycle moto cross (BMX) Enrolment Form (P.207)   |                             |  |
| 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>  |   |   |                             |  |

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|                           | At School   | At the Hong Kong Jockey Club International BMX Park | Non-School Team Training | School Team Training        |  |
|                           | <p>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 (\$194 per Sport Demonstration; \$388 per training course under the Outreach Coaching Programme) and refund the balance to the school.</p> <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>   |   |                          |                             |  |