

**Organised by the Hong Kong, China Mountaineering and Climbing Union Limited  
(HKCMCU)**

**Subvented by the Leisure and Cultural Services Department (LCSD)**

**Co-organised by the Education Bureau**

**School Sports Programme – Mountaineering and Climbing**

**Sport Climbing**

**Prospectus**

<div> <div>Type of Activity</div> <div>Key Information</div> </div>	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme		
			Non-School Team Training		
			Level I Course	Level I 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 Level I Advanced Practical Course</u> )
Outline	Coaches from the NSA will demonstrate sport climbing skills. Some students can take part in the play-in session to discover the fun of sport climbing.	<p>The programme includes:</p> <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 climbing (to be belayed by coaches/ assistant coaches)</li> </ul> <p>Application priority for the Young Athletes Training Scheme selection trail will be given to students who</p>	<p>The course outline is designed according to the contents of HKCMCU's Level I sport climbing training course.</p> <p>Coaches will teach students basic climbing skills, knotting methods, safety rules, belaying skills, climbing instructions etc.</p>	<p>The course is tailor-made for students who wish to enrol for Level II training course. The course aims at:</p> <ul style="list-style-type: none"> <li>providing training on the use of belaying equipment and belaying skills</li> <li>enhancing climbing skills</li> </ul> <p>Students who have completed 12 hours of training will meet the entry</p>	<p>The course outline is designed according to the contents of HKCMCU's Level II sport climbing training course.</p> <p>The course is divided into two stages.</p> <p>The course includes in-depth teaching of climbing skills, leading skills, 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</p>

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			Level I Course	Level I Advanced Practical Course	Level II Course
		have completed this programme. Please approach the coach in charge for details.		requirements of Level II course. This course is mainly focus on practical training.	conducted by coach.
Venue	<p>1. Venues under the management of the LCSD:</p> <p>a) Venues arranged by the LCSD  Shun Lee Tsuen Sports Centre  Shek Kip Mei Park Sports Centre  Po Wing Road Sports Centre  Tin Fai Road Sports Centre  Tiu Keng Leng Sports Centre  Yuen Chau Kok Sports Centre  Siu Lun Sports Centre</p> <p>b) Venues booked and hired by schools (please contact the respective venues for details of charges)  Lei Yue Mun Sports Centre (Tel. No.: 2349 3954)  Kai Tak East Sports Centre (Tel. No.: 2326 9940)  Tai Kok Tsui Sports Centre (Tel. No.: 2393 1084)  (See Remark 4 for details)</p> <p>2. Sport climbing venues in school approved by the NSA  (Schools must have insurance coverage to ensure safety of the students)  (If sport climbing wall in school not yet certified, please contact the NSA on 2504 8125 for details of certified procedures and charges.)</p>				
Fee	\$805 per session	\$1,130 per course	\$2,290 per course	\$1875 per course	\$4,810 per stage \$9,620 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 NSA 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 NSA.</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			

Key Information	Type of Activity	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme		
				Non-School Team Training		
				Level I Course	Level I Advanced Practical Course	Level II Course
Proposed Time of Activity	Monday to Friday: 9 am to 5 pm	Monday to Saturday: 9 am to 5 pm				
Skill Assessment	Not applicable			Badges Award Scheme (See Points to Note 4)		
Enrolment Form	Sport Demonstration Enrolment Form (P.188-189)	Easy Sport Programme Enrolment Form (P.203)	Outreach Coaching Programme Enrolment Form (P.206-207) (Please specify the course level in the enrolment form)			
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 a sport climbing training course under the Easy Sport Programme or Outreach Coaching Programme, an assessment will be conducted by the coach according to various levels of badges standards of sport climbing. Participants who meet the required standard may obtain the badges and certificates by LCSD free-of-charge. Please refer to <a href="https://www.lcsd.gov.hk/en/ssp/badges.html">https://www.lcsd.gov.hk/en/ssp/badges.html</a> for details.</p> <p>5. 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>6. 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>7. 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 (\$210 per Sport Demonstration; \$420 per training course under the Easy Sport Programme or Outreach Coaching Programme) and refund the balance to the school.</p> <p>8. 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>9. 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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Type of Activity  Key Information	Outreach Coaching Programme					
	School Team Training					
	Level I Competition Climbing		Level II Competition Climbing		Level I Competition Climbing	Level II Competition Climbing
	Bouldering	Lead	Bouldering	Lead	Speed	Speed
Target Participants	Primary and secondary school students Aged 7 or above					
Outline	<p>The Level I Competition Climbing Certificate Course (Lead Climbing) and Level I Competition Climbing Certificate Course (Bouldering) are set by HKCMCU.</p> <p>Lead climbing and bouldering are two independent disciplines and require separate registration.</p> <p>Lead Climbing: Introduction to artificial climbing walls, safety rules, personal equipment, equipment introduction and usage, knot application, basic physical training, basic climbing techniques, self-protection during falls, basic knowledge of lead climbing competition rules, and simulated</p>		<p>The Level II Competition Climbing Training Certificate Course (Lead Climbing) and Level II Competition Climbing Certificate Course (Bouldering) are set by HKCMCU .</p> <p>Lead climbing and bouldering are two independent disciplines and require separate registration.</p> <p>Participants must complete the Level I Competition Climbing Training Certificate Course and obtain a qualified certificate issued by HKCMCU before enrolling in this course.</p> <p>Lead Climbing: Advanced physical training, advanced climbing techniques, advanced lead</p>		<p>The Level I Competition Climbing Certificate Course (Speed) is set by HKCMCU.</p> <p>Participants must complete the Level II Competition Climbing Training Certificate Course (Lead Climbing) and (Bouldering), and obtain a qualified certificate issued by HKCMCU before enrolling in this course.</p> <p>Speed climbing: Introduction to speed climbing venues, safety rules, personal equipment, basic physical training, speed climbing techniques, and basic knowledge of speed climbing competition rules.</p> <p>Those who complete the course and meet the</p>	<p>The Level II Competition Climbing Certificate Course (Speed) is set by HKCMCU.</p> <p>Participants must complete the Level I Competition Climbing Training Certificate Course (Speed) and obtain a qualified certificate issued by HKCMCU before enrolling in this course.</p> <p>Speed climbing: Introduction to speed climbing venues, safety rules, personal equipment, advanced physical training, advanced speed climbing techniques, advanced mental training, and advanced knowledge of speed climbing competition rules.</p> <p>Those who</p>

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	School Team Training					
	Level I Competition Climbing		Level II Competition Climbing		Level I Competition Climbing	Level II Competition Climbing
	Bouldering	Lead	Bouldering	Lead	Speed	Speed
	competitions.  Bouldering: Venue introduction, safety rules, basic spotting techniques and self-protection during falls, personal equipment, basic physical training, basic climbing techniques, basic knowledge of bouldering competition rules, and simulated competitions.  Those who complete the course and meet the required standards may apply for the Level I Competition Climbing Certificate for the relevant discipline.		climbing techniques, introductory mental training, advanced knowledge of lead climbing competition rules, and simulated competitions.  Bouldering: Advanced physical training, advanced bouldering climbing techniques, introductory mental training, and advanced knowledge of bouldering competition rules.  Those who complete the course and meet the required standards may apply for the Level II Competition Climbing Certificate for the relevant discipline.		required standards may apply for the Level I Competition Climbing Certificate (Speed).	complete the course and meet the required standards may apply for the Level II Competition Climbing Certificate (Speed).
Venue	1. Venues under the LCSD: a) Venues to be arranged by the LCSD Lead Climbing: Shun Lee Tsuen Sports Centre, Shek Kip Mei Park Sports Centre, Po Wing Road Sports Centre, Tin Fai Road Sports Centre, Tiu Keng Leng Sports Centre, Yuen Chau Kok Sports Centre and Siu Lun Sports Centre Speed Climbing: Tiu Keng Leng Sports Centre, Tin Fai Road Sports Centre and Tsing Yi Southwest Sports Centre b) Venues to be booked and hired by schools (please contact the following venues for details of charges) Lead Climbing: Lei Yue Mun Sports Centre (Tel. No.: 2349 3954), Kai Tak East Sports Centre (Tel. No.: 2326 9940), Tai Kok Tsui Sports Centre (Tel. No.: 2393 1084) 2. Bouldering: Venues certified by the NSA to be booked and hired by schools. Please contact the NSA for details. 3. For those sport climbing venues certified by the NSA, schools are required to take out					

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	School Team Training							
	Level I Competition Climbing		Level II Competition Climbing		Level I Competition Climbing		Level II Competition Climbing	
	Bouldering	Lead	Bouldering	Lead	Speed		Speed	
	insurance to cover the risks involved in the courses to be conducted thereat for the sake of safety of their students. In case the sport climbing venues in campus has yet to obtain certification by the NSA, please contact it on 2504 8125 for details on how to apply for the certification and the fees arising from such work.							
Fee	\$2,500 per course		\$3,900 per course		\$2,500 per course		\$3,900 per course	
Equipment to be provided by the school	<div>1. For activities conducted in campus, schools are required to arrange all of the necessary sport climbing equipment at their own costs, such as climbing ropes, harnesses for use by students, karabiners, chalk bags with chalks, belay devices, quickdraws (for the Level I Skills Improvement Course or above) and climbing shoes (for Level I Skills Improvement Course or above). Schools are advised to seek advice from coaches/the NSA on the safety measures when using relevant venues and equipment.</div> <div>2. For activities conducted at venues under the LCSD and private bouldering gyms, all equipment shall be arranged by the NSA, except for climbing shoes.</div>							
Duration	4 lessons per course, 3 hours per lesson (12 hours in total)		5 lessons per course, 3 hours per lesson (15 hours in total)		4 lessons per course, 3 hours per lesson (12 hours in total)		5 lessons per course, 3 hours per lesson (15 hours in total)	
Estimated No. of Participants per Session/Course	8		8		8		8	
Proposed Time of Activity	Monday to Saturday: 9 am to 6 pm							
Skill Assessment	Not applicable		Badges Award Scheme (See Points to Note 5)					
Enrolment Form	Outreach Coaching Programme Enrolment Form (P.206-207) (Please specify the course level in the enrolment form)							
How to Enrol	<div>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.</div> <div>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.</div>							
Points to Note	<div>1. The Competition Climbing Course aims at providing training for each of the three disciplines, namely Bouldering, Lead Climbing and Speed Climbing. To ensure the participants’ effective mastery of all of the skills, schools are advised to organise the courses in the order of Bouldering, Lead Climbing and Speed Climbing.</div> <div>2. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.</div> <div>3. Participants should wear proper sportswear and climbing shoes (Climbing shoes must be worn in bouldering training) or clean and not for outdoor activities’ sports shoes.</div> <div>4. The school shall arrange for its own transportation to and from the venue.</div>							

Key Information	Type of Activity	Outreach Coaching Programme					
		School Team Training					
		Level I Competition Climbing		Level II Competition Climbing		Level I Competition Climbing	Level II Competition Climbing
		Bouldering	Lead	Bouldering	Lead	Speed	Speed
		<p>5. Upon completion of a sport climbing training course under the Easy Sport Programme or Outreach Coaching Programme, an assessment will be conducted by the coach according to various levels of badges standards of sport climbing. Participants who meet the required standard may obtain the badges and certificates by LCSD free-of-charge. Please refer to <a href="https://www.lcsd.gov.hk/en/ssp/badges.html">https://www.lcsd.gov.hk/en/ssp/badges.html</a> for details.</p> <p>6. Upon completion of Level I or Level II sport climbing training courses under the Outreach Coaching Programme, an assessment will be conducted by coach / NSA. Participants who meet the required standard may obtain the certificate according to their achieved levels from the NSA at their own cost.</p> <p>7. Participants of Non-school team training must meet the age requirement of the activity as on the event date and the age requirement of participants in the school team training is calculated based on their year of birth. 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>8. 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 (\$420 per training course under the Outreach Coaching Programme) and refund the balance to the school.</p> <p>9. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded.</p>					
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