

School Sports Programme

Joint School Cycling Training Programme

(Phase III & IV in 2025/26)

Prospectus

1. Objective: The programme aims to provide cycling training in a sustained and systematic manner for students with potential to enhance their skills.
2. Eligibility for Application:
 - a. Applicants must be primary or secondary school students aged 9 or above on the commencement date of the programme;
 - b. Given the advanced level of the programme, applicants must possess basic cycling skills up to the specified level with recommendation from their coach or teacher; and
 - c. Applicants must take the skill test arranged by the Cycling Association of Hong Kong, China (CAHK). Those passing the test with outstanding results may be admitted to the Joint School Cycling Training Programme.
3. Means of Application and Admission Quota: A maximum of 40 applicants will be admitted to the test on the selection day on a first-come-first-served basis.
 Applicants must pass the test, and those with outstanding performance will be admitted to the programme with a quota of 20.
4. Course Arrangement: A total of 9 sessions of 3 hours each during the phase (27 hours in total inclusive of the selection day)
5. Fee: \$450 per person
6. Application Period:

(1) Phase III (CY/JT/25-26/03) : From now to 30 September 2025

(2) Phase IV (CY/JT/25-26/04) : From now to 12 December 2025

(applications by mail will be accepted based on the date of postmark)

7. Course Date and Time:

Course Code	Date	Fee	Time	Venue
CY/JT/25-26/03	12 October 2025 (Sunday) Selection day	\$450	12:30pm to 3:30pm	Test Venue: Hong Kong Jockey Club International BMX Park
	19, 26 Oct 2025; 2, 9, 16, 23, 30 November 2025; 7 December 2025 (Sunday)		9:00am to 12:00nn	Assembly Venue: Hong Kong Velodrome Training Venues: Cycling Tracks in Po Lam, Tseung Kwan O, Tiu Keng Leng, Hang Hau and Lohas Park
CY/JT/25-26/04	4 January 2026 (Sunday) Selection day	\$450	12:30pm to 3:30pm	Test Venue: Hong Kong Jockey Club International BMX Park
	11, 18, 25 January 2026; 1, 8, 15, 22 February 2026; 1 March 2026 (Sunday)		9:00am to 12:00nn	Assembly Venue: Hong Kong Velodrome Training Venues: Cycling Tracks in Po Lam, Tseung Kwan O, Tiu Keng Leng, Hang Hau and Lohas Park

8. Arrangements of Skill Test: The skill test will be conducted in the first session. All applicants are required to take the test.
 - a. Both the scope and content of the test are determined by the CAHK. For details of the test items, please refer to the prospectus of the skill test selection day provided by the CAHK, which will be emailed to applicants within four working days before the selection day.
 - b. The CAHK reserves all the rights to change the date, time and test items of the skill test, to which applicants must not raise any objection.
 - c. Applicants must don sportswear and sports shoes, and bring valid supporting documents with a photograph and the year of birth including handbooks and student ID cards. Failure to do so may result in being denied access to the test venue by the CAHK.
 - d. The CAHK will notify applicants of their admission by email within three working days after the skill test. Those failing to be admitted will be placed on a waiting list in an order based on their results. In case of withdrawal by successful candidates, the vacancies so arising will be filled by others on the list in order.
9. Course Content: It covers various aspects, including theories, basic skills, physical training and simulated competition training.
10. Coach: Registered road cycling coaches will be assigned by the CAHK.
11. Equipment: Participants should bring their own road bikes and helmets. Alternatively, they may borrow such items from the CAHK.
12. Award: Participants achieving an attendance of 80% or above will be awarded a Certificate of Attendance from the LCSD to serve as an encouragement.
13. Enrolment Form: Applicants may obtain the form from schools, or alternatively download a copy from the following websites:
The LCSD's website: <http://www.lcsd.gov.hk/en/ssp/index.html>
The CAHK's website: <http://www.cycling.org.hk>
14. Notes for Enrolment:
 - a. Applicants should all apply in personal capacity.
 - b. Applicants should submit completed enrolment forms, together with crossed cheques in payment made payable to "The Cycling Association of Hong Kong, China Limited" with his or her school name and name written on the back (each with a separate cheque) within the enrolment period by the following method:
 - i. Apply in person with the completed enrolment form together with a crossed cheque for the enrolment fee and payment of activity fee to the School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin; or
 - ii. Mail the completed enrolment form together with a crossed cheque for the enrolment fee and payment of activity fee to the following address :
School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin; or
 - iii. Email the completed enrolment form to applicationssp@lcsd.gov.hk and mail the crossed cheque for the enrolment fee and payment of activity fee to the School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin.

Please mark on the envelope "Joint School Cycling Training Programme". The postmark date will be deemed the date of the application submission by email or by post. **Late applications will not be accepted.**

 - c. The enrolment fees paid will not be refunded once enrolment is confirmed.
 - d. Cheques will be returned to unsuccessful applicants.
 - e. The Organiser may cancel the course in case of insufficient enrolment.

- f. (1) A session will be cancelled if the Education Bureau announces school suspension or if the Amber Rainstorm Warning Signal or above, or Tropical Cyclone Warning Signal No. 3 or above remains in force two hours before the session commences; or
(2) If the Environmental Protection Department announces that the Air Quality Health Index recorded by general stations reaches 10+ (“Serious” health risk category), outdoor activities in the affected areas must be stopped immediately.
(3) Subject to the availability of venues, the Organiser will arrange, if possible, make-up classes. In case of inclement weather, please contact the coach-in-charge for enquiries about arrangements. Even if the Hong Kong Observatory issues the Thunderstorm Warning two hours before the activity, students and coaches must arrive at the venue on time. Yet, whether the class can be conducted as scheduled will be decided in light of actual circumstances.

15. Enquiry
No.:

The CAHK: 2504 8176 / 2504 8240
School Sports Programme Unit of the LCSD: 2601 7608