

**Organised by the Leisure and Cultural Services Department**  
**School Sports Programme (Special School)**  
**Duathlon – Prospectus**

Type of Activity	Sport Demonstration	Sports Experience Programme	Outreach Coaching Programme
Key Information			
Target Participants	Students with Hearing Impairment/Intellectual Disability/ Physical Disability/Visual Impairment		
	Primary and Secondary School	Primary 3 to Primary 6 Students	Above Primary 3 and Secondary Students
Outline	<ul style="list-style-type: none"> <li>Introduction to the development and history of the sport, the equipment, and the content of competition</li> <li>Briefing on basic skills</li> <li>Demonstration and play-in session</li> </ul>	<b>【Cycling and Running】</b> Students should be able to ride a bicycle.  Training on duathlon will be provided to teach basic skills, including training on cycling and running, transition between events, as well as time trials.	<b>【Cycling and Running】</b> Students should be able to ride a bicycle.  Training on duathlon will be provided to teach competition skills, including training on individual events for enhancement of personal skills.
Venue Requirements	Indoor or outdoor venue (about the size of 1 basketball court)	Indoor or outdoor venue (about the size of 1 to 2 basketball courts)	
Fee	Free		
Equipment to be provided by NSAs	Bicycle machine	Not Applicable	
Equipment to be provided by school	Television, disc player, notebook computer, screen, projector, 2 portable amplifiers and 2 stopwatches	10 bicycles, 15 traffic cones, 2 portable amplifiers and 2 stopwatches.  (Please contact the LCSd if the school is unable to provide the bicycles)	
Clothing of Participants	Sportswear and sports shoes		
Duration	2 hours per session	6 sessions; 2 hours per session	10 sessions; 2 hours per session
Estimated No. of Participants per Session	40	20	20
Proposed Date/ Time of Activity	Monday to Friday: 9 am to 6 pm, Saturday: 9 am to 1 pm		
Enrolment Form	Sport Demonstration – General Sport Enrolment Form	Sports Experience Programme – General Sport Enrolment Form	Outreach Coaching Programme – General Sport Enrolment Form
How to Enrol	Please submit the completed e-form before the deadline (please refer to “Application” (P.4-5) of this Guide for the dates) by email at: <a href="mailto:applicationsp@lcsd.gov.hk">applicationsp@lcsd.gov.hk</a> .		
Points to Note	<ol style="list-style-type: none"> <li>A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.</li> <li>Participants should wear proper sportswear and sports shoes.</li> <li>If a school requests cancellation of an activity prior to its scheduled date, but the LCSd and the relevant NSA(s) have already arranged a coach,</li> </ol>		

Type of Activity Key Information	Sport Demonstration	Sports Experience Programme	Outreach Coaching Programme
	<p>rescheduling may not be possible. If a school cancels a sport demonstration on the day of the event, no rescheduling or make-up sessions will be arranged.</p> <p>4. The actual teaching content will be properly adjusted in accordance with participants' capabilities.</p> <p>5. School of hearing-impairment: the school is required to arrange a sign language interpreter during activities.</p>		
Enquiry No./ Website	<p>2601 7602 /  <a href="http://www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html">www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html</a></p>		