

Leisure and Cultural Services Department Water Sports Centres
Water Sports Activity Entry Requirement (with effect from 1.12.2025)

(1) Canoeing (a maximum of 6 persons per course for the courses marked with # and 8 persons per course for the others)

Course	Duration	Entry Requirement		
Kayak Fun Day	1 day	Aged 8 or above (a maximum of 6 persons per course) / Age 14 or above (a maximum of 8 persons per course). Able to swim with clothes for at least 50 metres / proficient in swimming		
Family Kayak Fun Day #		1. Able to swim with clothes for at least 50 metres / proficient in swimming 2. Enroll in group of <u>2 persons</u> , one of them should be aged 8-17 and another one should be aged 18 or above		
Canadian Canoe Fun Day		Aged 14 or above. Able to swim with clothes for at least 50 metres / proficient in swimming		
Junior Kayak Starfish Award Training Course #	1 day	Aged 8 to 13. Able to swim with clothes for at least 50 metres / proficient in swimming		
Junior Kayak Sea Horse Award Training Course #		Aged 8 to 13. Holder of Hong Kong China Canoe Union Junior Kayak Starfish Award or LCSD Junior Kayak Starfish Competency Record		
Junior Kayak Seal Award Training Course #		Aged 8 to 13. Holder of Hong Kong China Canoe Union Junior Kayak Sea Horse Award or LCSD Junior Kayak Sea Horse Competency Record		
Junior Kayak Sea Lion Award Training Course #		Aged 8 to 13. Holder of Hong Kong China Canoe Union Junior Kayak Seal Award or LCSD Junior Kayak Seal Competency Record		
Junior Kayak Walrus Award Training Course #		Aged 8 to 13. Holder of Hong Kong China Canoe Union Junior Kayak Sea Lion Award or LCSD Junior Kayak Sea Lion Competency Record		
Kayak 1 Star Award Training Course		Aged 14 or above. Able to swim with clothes for at least 50 metres / proficient in swimming		
Kayak 2 Star Award Training Course		Age 14 or above. Holder of Hong Kong China Canoe Union Kayak 1 Star Award / Junior Kayak Sea Horse Award or LCSD Kayak 1 Star / Junior Kayak Sea Horse Competency Record		
Kayak 3 Star Award Training Course		Age 14 or above. Holder of Hong Kong China Canoe Union Kayak 2 Star Award / Junior Kayak Sea Lion Award or LCSD Kayak 2 Star / Junior Kayak Sea Lion Competency Record		
Elementary Kayak Clinic	1 day	Age 14 or above. Holder of Hong Kong China Canoe Union Kayak 3 Star Award / Kayak Elementary Certificate or LCSD Kayak 3 Star Competency Record		
Kayak Rolling Clinic				
Racing Kayak Elementary Training Course	3 days	Age 14 or above. Holder of Hong Kong China Canoe Union Kayak 3 Star Award / Kayak Elementary Certificate		
Kayak Proficiency Bronze Award Training Course	1 day			
Kayak Proficiency Silver Award Training Course (Techniques & Sea Trip)	2 days	Holder of Hong Kong China Canoe Union Kayak Proficiency Bronze Award	Participants must complete the training of techniques on the first day before taking part in the sea trip scheduled on the second day	
Kayak Proficiency Gold Award Training Course (Techniques & Sea Trip)		Holder of Hong Kong China Canoe Union Kayak Proficiency Silver Award		
Kayak Advanced Training Course (Techniques)	3 days	Holder of Hong Kong China Canoe Union Kayak Proficiency Certificate / Kayak Proficiency Gold Award (Kayak Proficiency (Gold Award) Attendance Certificate is not applicable)		
Kayak Advanced Training Course (Sea Trip)	1 day	Completed Hong Kong China Canoe Union Kayak Advanced Training Course (Techniques)		
Canoe Lifeguard Training Course (Techniques)	3 days	Holder of Hong Kong China Canoe Union (HKCCU) Kayak Proficiency Certificate / Kayak Proficiency Gold Award (Kayak Proficiency (Gold Award) Attendance Certificate is not applicable) with valid First Aid Certificate and Membership of HKCCU		
Canoe Lifeguard Techniques Clinic	1 day	Completed Canoe Lifeguard Training Course (Techniques) with 100% attendance, and holder of valid First Aid Certificate		
Advanced Canoe Lifeguard Training Course (Techniques)	3 days	Holder of valid Hong Kong China Canoe Union (HKCCU) Canoe Lifeguard Certificate with valid First Aid Certificate and Membership of HKCCU		
Kayak Round Island Tour (Yim Tin Tsai) *	1 day	Holder of Hong Kong China Canoe Union Kayak 3 Star Award / Kayak Elementary Certificate; or LCSD Kayak 3 Star Competency Record		
Kayak Beaches Exploration Tour (Tung A) *				
Kayak Mangrove Tour (Pak Tam Chung/Ting Kok) *				
Kayak Corals Tour (Tung Sam Kei/Sze Tei) *				
Kayak Coastal Tour (Ma Shi Chau) *				
Kayak Eco-touring (Tai Tam Bay/Hoi Ha Wan) *	1 day	Holder of Hong Kong China Canoe Union Kayak Proficiency Silver Award; or LCSD Kayak Proficiency Silver Competency Record		
Kayak Sea Cave Tour (Jin Island/Bluff Island Inner Bay) *				
Kayak Coastal Tour (Stanley Bay/Tai Tam Bay/Repulse Bay/Tap Mun/Ko Lau Wan/Sham Chung) *				
Kayak Coastal Tour (Po Toi/Port Island) *		Holder of Hong Kong China Canoe Union Kayak Proficiency Certificate / Kayak Proficiency Gold Award (Kayak Proficiency (Gold Award) Attendance Certificate is not applicable)		

* **The destination as marked in the bracket is tentative only. The routing and destination of the sea trip will be finalized by the Centre according to the weather of the activity day.**

(2) Sailing (a maximum of 6 persons per course for the courses marked with # and 8 persons per course for the others)

Course	Duration	Entry Requirement
Sailing Fun Day #	1 day	Aged 8 or above. Able to swim with clothes for at least 50 metres / proficient in swimming
Junior Sail 1: Introduction to Sailing # ^{Note 1}	2 days	Aged 8 to 13. Able to swim with clothes for at least 50 metres / proficient in swimming
Junior Sail 2: Helmsman # ^{Note 1}		Aged 8 to 13. Holder of Sailing Federation of Hong Kong, China Junior Sail 1: Introduction to Sailing Certificate; or LCSD Junior Sail 1: Introduction to Sailing Competency Record
Junior Sail 3: Skipper # ^{Note 1}		Aged 8 to 13. Holder of Sailing Federation of Hong Kong, China Junior Sail 2: Helmsman Certificate; or LCSD Junior Sail 2: Helmsman Competency Record
Junior Sail 4: Start Race # ^{Note 1}		Aged 8 to 13. Holder of Sailing Federation of Hong Kong, China Junior Sail 3: Skipper Certificate; or LCSD Junior Sail 3: Skipper Competency Record
Introduction to Sailing Training Course (Level 1) #	2 days	Aged 14 or above. Able to swim with clothes for at least 50 metres / proficient in swimming
Sailing Basic Skills Training Course (Level 2) #	4 days	Holder of Sailing Federation of Hong Kong, China Introduction to Sailing (Level 1) Certificate / Junior Sail 3: Skipper Certificate; or LCSD Introduction to Sailing Competency Record / Junior Sail 3: Skipper Competency Record
Sailing Helmsman Clinic (Pico/Hartley 12.2) #	1 day	Holder of Sailing Federation of Hong Kong, China Basic Skills (Level 2) Certificate; or LCSD Sailing Basic Skills Competency Record
Sailing Race Clinic	2 days	Holder of Sailing Federation of Hong Kong, China Basic Skills (Level 2) Certificate; or LCSD Sailing Basic Skills Competency Record, with at least 30 logged sailing hours as a helmsman after attained the aforementioned Certificate / Competency Record (excluding training hours)
Sailing Improving Techniques Training Course (Level 3)	5 days	Holder of Sailing Federation of Hong Kong, China Basic Skills (Level 2) Certificate, with at least 40 logged sailing hours, including a minimum of 20 hours as a helmsman after attained the aforementioned Certificate (excluding training hours)
Laser XD Helmsman	2 days	Holder of Sailing Federation of Hong Kong, China Improving Techniques (Level 3) Certificate
Day Sailing Training Course	4 days	Holder of Sailing Federation of Hong Kong, China Improving Techniques (Level 3) Certificate, with at least 40 logged sailing hours, including a minimum of 20 hours as a helmsman after attained the aforementioned Certificate (excluding training hours)
Go Racing Training Course	5 days	
Trapeze Technique Training Course	2 days	
Introduction to Multihulls Training Course #	2 days	Holder of Sailing Federation of Hong Kong, China Improving Techniques (Level 3) Certificate with at least 40 logged sailing hours, including a minimum of 20 hours as a helmsman after attained the aforementioned Certificate (excluding training hours), and Trapeze Technique Certificate
Multihulls Helmsman Training Course #		Holder of Sailing Federation of Hong Kong, China Introduction to Multihulls Certificate
Nacra 500 Helmsman #	2 days	Holder of Sailing Federation of Hong Kong, China Multihulls Helmsman Certificate or LCSD Catamaran Competency record issued on or before 31 March 2022
Spinnakers Training Course (Magno/2000/ Vibe XL#)	2 days	Holder of Sailing Federation of Hong Kong, China Improving Techniques (Level 3) Certificate, with at least 40 logged sailing hours, including a minimum of 20 hours as a helmsman after attained the aforementioned Certificate (excluding training hours)
Spinnakers Training Course (420)	2 days	Holder of Sailing Federation of Hong Kong, China Improving Techniques (Level 3) Certificate with at least 40 logged sailing hours, including a minimum of 20 hours as a helmsman after attained the aforementioned Certificate (excluding training hours), and Trapeze Technique Certificate
420 Tuning Clinic	1 day	Holder of Sailing Federation of Hong Kong, China Trapeze Technique Certificate and Spinnakers (420) Certificate; or LCSD 420 Helmsman Competency Record
Sailing Advanced Skills Training Course	4 days	Holder of Sailing Federation of Hong Kong, China Trapeze Technique Certificate and Spinnakers (420) Certificate
Additional Assessment for Sailing Advanced Skills Training Course	2 days	Qualified participants must have completed the LCSD Sailing Advanced Skills Training Course within six months prior to the day of Additional Assessment with proof of 100% attendance, and must not be a holder of the Sailing Advanced Skills Certificate
Introduction to RS500 #	2 days	Holder of Sailing Federation of Hong Kong, China Advanced Skills Certificate
RS500 Helmsman #		Holder of LCSD Introduction to RS500 100% Attendance Record
Sailing Trip (Pico/Topper/Hartley 12.2)	1 day	Holder of Sailing Federation of Hong Kong, China Improving Techniques (Level 3) Certificate; or LCSD Sailing Improving Techniques Competency Record
Sailing Trip (Laser XD)		Holder of LCSD Laser XD Helmsman Competency Record, with at least 18 logged sailing hours as a Laser XD helmsman after attained the aforementioned Competency Record (excluding training hours)
Sailing Trip (Magno/Vibe XL#)	1 day	Holder of Sailing Federation of Hong Kong, China Spinnakers Tr. Cr. (Magno/Vibe XL) Certificate; or LCSD Spinnakers (Magno/Vibe XL) 100% Attendance Record / Magno Gennaker Clinic Competency Record, and with at least 18 logged sailing hours as a Magno/Vibe XL helmsman after attained the aforementioned Certificate/Competency Record (excluding training hours)
Sailing Trip (2000)		Holder of Sailing Federation of Hong Kong, China Spinnakers Tr. Cr. (2000) Certificate; or LCSD Spinnakers (2000) 100% Attendance Record / 2000 Helmsman Competency Record, with at least 18 logged sailing hours as a 2000 helmsman after attained the aforementioned Certificate/Competency Record (excluding training hours)

Sailing Trip (420)	1 day	Holder of Sailing Federation of Hong Kong, China Trapeze Technique Tr. Cr. Certificate and Spinnakers Tr. Cr. (420) Certificate; or LCSD Trapeze Technique and Spinnakers (420) 100% Attendance Record / LCSD 420 Helmsman Competency Record, with at least 18 logged sailing hours as a 420 helmsman after attained the aforementioned Certificates/Competency Record (excluding training hours)
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(3) Windsurfing (a maximum of 4 persons per course for the courses marked with ^, 5 persons per course for courses marked with @ and 8 persons per course for the others)

Course	Duration	Entry Requirement
Windsurfing Fun Day	1 day	Aged 8 or above (a maximum of 4 persons per course) / Age 14 or above (a maximum of 5 persons per course). Able to swim with clothes for at least 50 metres / proficient in swimming
Windsurfing Discovery (Junior) Training Course ^	2 days	Aged 8 to 13. Able to swim with clothes for at least 50 metres / proficient in swimming
Basic (Junior) Windsurfing Training Course ^		Aged 8 to 13. Holder of Windsurfing Association of Hong Kong, China Windsurfing Discovery (Junior) Award or LCSD Windsurfing Discovery (Junior) Competency Record
Basic (Junior) Windsurfing Clinic ^	1 day	Aged 8 to 13. Holder of Windsurfing Association of Hong Kong, China Basic (Junior) Windsurfing Award or LCSD Basic (Junior) Windsurfing Competency Record
Basic Windsurfing Training Course @	2 days	Aged 14 or above. Able to swim with clothes for at least 50 metres / proficient in swimming
Basic Windsurfing Clinic @	2 days	Aged 14 or above. Holder of Windsurfing Association of Hong Kong, China Basic Windsurfing Award / Basic (Junior) Windsurfing Award or LCSD Basic Windsurfing / Basic (Junior) Windsurfing Competency Record
Intermediate Windsurfing Training Course	2 days	Aged 14 or above. Holder of Windsurfing Association of Hong Kong, China Basic Windsurfing Award / Basic (Junior) Windsurfing Award, with at least 30 logged sailing hours after attained the aforementioned Certificate (excluding training hours)
Intermediate Windsurfing Award Assessment Course	1 day	Qualified participants must have completed the Intermediate Windsurfing Training Course within one year prior to the month of the IWAC with proof of 100% attendance, and must not be a holder of the Intermediate Windsurfing Award
Intermediate Windsurfing Clinic		Holder of Windsurfing Association of Hong Kong, China Intermediate Windsurfing Award or LCSD Intermediate Windsurfing Competency Record
Windsurfing Trip		Holder of Windsurfing Association of Hong Kong, China Intermediate Windsurfing Award or LCSD Intermediate Windsurfing Competency Record, with at least 30 logged sailing hours after attained the aforementioned Award/Competency Record (excluding training hours)
Introduction to Short Board	2 days	
Windsurfing Race Training Course	2 days	Holder of Windsurfing Association of Hong Kong, China Intermediate Windsurfing Award, with at least 30 logged sailing hours after attained the aforementioned Certificate (excluding training hours)
Advanced Windsurfing Training Course		
Windsurfing Race Clinic	1 day	Holder of Windsurfing Association of Hong Kong, China Windsurfing Race Training Attendance Certificate
Short Board Training Course	2 days	Holder of LCSD Introduction to Short Board Competency Record, with at least 30 logged sailing hours in fun board after attained the aforementioned Competency Record (excluding training hours)
Introduction to Wave Board	2 days	Holder of Windsurfing Association of Hong Kong, China Short Board Award, with at least 30 logged sailing hours in short board after attained the aforementioned Certificate (excluding training hours)
Wave Board Clinic	1 day	Holder of LCSD Introduction to Wave Board 100% Attendance Record
Windsurfing Open Sea Clinic	2 days	Holder of Windsurfing Association of Hong Kong, China Advanced Windsurfing
Windsurfing Advanced Trip	1 day	Award.

Note 1: Certifications issued before 1 June 2021 by the LCSD for completing the Introduction to Junior Sailing and Junior Sailing Helmsman are recognized. Holders of such certifications can also apply for the extended junior sailing training courses of Sailing Federation of Hong Kong, China.