

**Leisure and Cultural Services Department Water Sports Centres
Water Sports Activity Entry Requirement**

(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 # ^{Note 1}	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 # ^{Note 1}		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 # ^{Note 1}		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 # ^{Note 1}		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 # ^{Note 1}		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 ^{Note 1}		Aged 14 or above. Able to swim with clothes for at least 50 metres / proficient in swimming
Kayak 2 Star Award Training Course ^{Note 1}		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 ^{Note 1}		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 / Junior Kayak 3 Star Award or LCSD Kayak 3 Star / Kayak Elementary / Junior Kayak 3 Star Competency Record
Kayak Rolling Clinic		
Racing Kayak Elementary Training Course ^{Note 1}	2 days	Age 14 or above. Holder of Hong Kong China Canoe Union Kayak 3 Star Award / Kayak Elementary Certificate / Junior Kayak 3 Star Award or LCSD Kayak 3 Star / Kayak Elementary / Junior Kayak 3 Star Competency Record issued on or before 31 December 2014
Kayak Proficiency Bronze Award Training Course ^{Note 1}	1 day	
Kayak Proficiency Silver Award Training Course (Techniques & Sea Trip) ^{Note 1}	2 days	Holder of Hong Kong China Canoe Union Kayak Proficiency Bronze Award or LCSD Kayak Proficiency Bronze Competency Record
Kayak Proficiency Gold Award Training Course (Techniques & Sea Trip) ^{Note 1}		Holder of Hong Kong China Canoe Union Kayak Proficiency Silver Award or LCSD Kayak Proficiency Silver Competency Record
Kayak Advanced Training Course (Techniques) ^{Note 1}	3 days	Holder of Hong Kong China Canoe Union Kayak Proficiency Certificate / Kayak Proficiency Gold Award (Kayak Proficiency Attendance Record is not applicable)
Kayak Advanced Training Course (Sea Trip) ^{Note 1}	1 day	Completed Hong Kong China Canoe Union Kayak Advanced Training Course (Techniques)
Canoe Lifeguard Training Course (Techniques) ^{Note 1}	3 days	Holder of Hong Kong China Canoe Union Kayak Proficiency Certificate / Kayak Proficiency Gold Award (Kayak Proficiency Attendance Record is not applicable) and valid First Aid Certificate
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) ^{Note 1}	3 days	Holder of valid Hong Kong China Canoe Union Canoe Lifeguard Certificate and valid First Aid Certificate
Kayak Round Island Tour (Yim Tin Tsai) *	1 day	Holder of Hong Kong China Canoe Union Kayak 3 Star Award / Kayak Elementary Certificate / Junior Kayak 3 Star Award or LCSD Kayak 3 Star / Kayak Elementary / Junior 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) *	1 day	Holder of Hong Kong China Canoe Union Kayak Proficiency Certificate / Kayak Proficiency Gold Award (Kayak Proficiency 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 and Note 2}	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 and Note 2}		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 and Note 2}		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 and Note 2}		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) # ^{Note 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) # ^{Note 1}	4 days	Holder of Sailing Federation of Hong Kong, China Introduction to Sailing (Level 1) Certificate or Holder of Sailing Federation of Hong Kong, China Junior Sail 3: Skipper Certificate or LCSD Introduction to Sailing Training Course 100% Attendance Record or LCSD Junior Sail 3: Skipper Competency Record
Sailing Helmsman Clinic (Pico/Hartley 12.2/Wanderer) #	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) ^{Note 1}	5 days	Holder of Sailing Federation of Hong Kong, China Basic Skills (Level 2) Certificate or LCSD Sailing Basic Skills Competency Record issued on or before 31 December 2014, with at least 40 logged sailing hours, including a minimum of 20 hours as a helmsman after attained the aforementioned Certificate / Competency Record (excluding training hours)
Day Sailing Training Course ^{Note 1}	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 / Competency Record (excluding training hours)
Go Racing Training Course ^{Note 1}	5 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 / Competency Record (excluding training hours)
Introduction to Multihulls Training Course # ^{Note 1}	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 / Competency Record (excluding training hours)
Multihulls Helmsman Training Course # ^{Note 1}		Holder of Sailing Federation of Hong Kong, China Introduction to Multihulls Certificate or LCSD Introduction to Catamaran Competency Record issued on or before 31 March 2022
Spinnakers Training Course (Magno) # ^{Note 1}	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 / Competency Record (excluding training hours)
Spinnakers Training Course (2000) ^{Note 1}		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 / Competency Record (excluding training hours)
Spinnakers Training Course (420) ^{Note 1}		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 / Competency Record (excluding training hours)
Trapeze Technique Training Course ^{Note 1}	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 / Competency Record (excluding training hours)
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
Laser XD Helmsman	2 days	Holder of Sailing Federation of Hong Kong, China Improving Techniques (Level 3) Certificate or LCSD Sailing Improving Techniques Competency Record
Sailing Advanced Skills Training Course ^{Note 1}	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 ^{Note 3}	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 an attendance of 100%, 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 or LCSD Sailing Advanced Skills Competency Record
RS500 Helmsman #		Holder of LCSD Introduction to RS500 100% Attendance Record or LCSD Laser 3000 Helmsman Competency Record
Sailing Trip (Pico/Topper/Hartley 12.2/Wanderer)	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 Laser XD Helmsman Competency Record (excluding training hours)
Sailing Trip (Magno) #	1 day	Holder of Sailing Federation of Hong Kong, China Spinnakers (Magno) Certificate / Spinnakers (Magno) 100% Attendance Record or LCSD Magno Gennaker Clinic Competency Record, with at least 18 logged sailing hours as a Magno helmsman after attained the aforementioned Certificate/Competency Record (excluding training hours)
Sailing Trip (2000)		Holder of Sailing Federation of Hong Kong, China Spinnakers (2000) Certificate / Spinnakers (2000) 100% Attendance Record or LCSD 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 (Multihulls) #	1 day	Holder of Sailing Federation of Hong Kong, China Multihulls Helmsman Certificate or LCSD Catamaran Competency Record issued on or before 31 March 2022, with at least 18 logged sailing hours as a Catamaran 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 Certificate and Spinnakers (420) Certificate / Trapeze Technique Certificate and Spinnakers (420) 100% Attendance Record or 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 ^ Note 1	2 days	Aged 8 to 13. Able to swim with clothes for at least 50 metres / proficient in swimming
Basic (Junior) Windsurfing Training Course ^ Note 1		Aged 8 to 13. Holder of Windsurfing Association of Hong Kong, China Junior Intermediate Windsurfing 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 / LCSD Basic (Junior) Windsurfing Competency Record
Basic Windsurfing Training Course @ Note 1	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 or LCSD Basic Windsurfing / Basic (Junior) Windsurfing Competency Record
Intermediate Windsurfing Training Course Note 1	2 days	Aged 14 or above. Holder of Windsurfing Association of Hong Kong, China Basic Windsurfing Award / Junior Advanced Windsurfing Award / Basic (Junior) Windsurfing Award or LCSD Basic Windsurfing / Junior Advanced Windsurfing Competency Record issued on or before 31 December 2014, with at least 30 logged sailing hours after attained the aforementioned Certificate / Competency Record (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	Holder of Windsurfing Association of Hong Kong, China Intermediate Windsurfing Award or LCSD Intermediate Windsurfing Competency Record issued on or before 31 December 2014, with at least 30 logged sailing hours after attained the aforementioned Certificate / Competency Record (excluding training hours)
Windsurfing Race Training Course Note 1	2 days	Holder of Windsurfing Association of Hong Kong, China Intermediate Windsurfing Award or LCSD Intermediate Windsurfing Competency Record issued on or before 31 December 2014, with at least 30 logged sailing hours after attained the aforementioned Certificate / Competency Record (excluding training hours)
Advanced Windsurfing Training Course Note 1		Holder of Windsurfing Association of Hong Kong, China Windsurfing Race Training Attendance Record or LCSD Windsurfing Race Training Attendance Record
Windsurfing Race Clinic	1 day	Holder of Windsurfing Association of Hong Kong, China Windsurfing Race Training Attendance Record or LCSD Windsurfing Race Training Attendance Record
Short Board Training Course Note 1	2 days	Holder of LCSD Fun Board/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 or LCSD Short Board Competency Record, with at least 30 logged sailing hours in short board after attained the aforementioned Award / Competency Record (excluding training hours)
Wave Board Clinic	1 day	Holder of LCSD Introduction to Wave Board 100% Attendance Record
Introduction to RS:X @	2 days	Holder of Windsurfing Association of Hong Kong, China Advanced Windsurfing Award or LCSD Advanced Windsurfing Competency Record, with at least 30 logged sailing hours in race board after attained the aforementioned Award / Competency Record (excluding training hours)
RS:X Clinic @	1 day	Holder of LCSD Introduction to RS:X 100% Attendance Record
Windsurfing Open Sea Clinic	2 days	Holder of Windsurfing Association of Hong Kong, China Advanced Windsurfing Award or LCSD Advanced Windsurfing Competency Record issued on or before 31 December 2014.
Windsurfing Advanced Trip	1 day	Holder of Windsurfing Association of Hong Kong, China Advanced Windsurfing Award or LCSD Advanced Windsurfing Competency Record issued on or before 31 December 2014.

Note 1: The courses bearing (Note 1) in the above table are the certificate courses under the progressive training schemes of the Hong Kong China Canoe Union, Sailing Federation of Hong Kong, China and Windsurfing Association of Hong Kong, China (NSAs). Effective from 1 January 2015, all applicants for these NSAs certificate courses at intermediate or above levels and the LCSD's intermediate and above level skills improvement classes/clinics/trips are required to produce the logbooks and certificates/proof of qualification issued by the NSAs. Such logbooks and certificates/proof of qualification are available to participants of basic or equivalent level kayak, sailing and windsurfing certificate courses, upon purchase from/application to their instructors/coaches immediately after they have been assessed as reaching the standard set by the respective NSAs. The relevant fees are stipulated by the NSAs and are payable to the instructors/coaches by the participants. For enquiry, please call the NSAs direct or check with the course instructors in the training (canoeing: 2723 7168, sailing: 2504 8159 and windsurfing: 2504 8255). The LCSD will continue to issue the Water Sports Activity Logbook (LCSD Logbook) free of charge to participants who have completed the above basic or equivalent level courses and passed the relevant assessments. The LCSD Logbook will serve as proof of the participants' eligibility to hire craft at the water sports centres for self-practice or participate in the department's relevant clinics/trips of basic level. The aforementioned new requirement does not apply to individuals who have been issued with the LCSD Logbook on or before 31 December 2014. LCSD will recognize the qualifications and sailing hours as recorded in the LCSD Logbook continuously. For enquiries, please call the water sports centres. Participants may also approach their instructors/coaches during their course for further information.

Note 2: 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.