

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 12 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 2 persons, one of them should be aged 8-17 and another one should be aged 18 or above
Canadian Canoe Fun Day		Aged 12 or above. Able to swim with clothes for at least 50 metres / proficient in swimming
Junior Kayak Starfish Award Training Course # ^{Note}	1 day	Aged 8 to 11. Able to swim with clothes for at least 50 metres / proficient in swimming
Junior Kayak Sea Horse Award Training Course # ^{Note}		Aged 8 to 11. Holder of Hong Kong Canoe Union Junior Kayak Starfish Award or LCSD Junior Kayak Starfish Competency Record
Junior Kayak Seal Award Training Course # ^{Note}		Aged 8 to 11. Holder of Hong Kong Canoe Union Junior Kayak Sea Horse Award or LCSD Junior Kayak Sea Horse Competency Record
Junior Kayak Sea Lion Award Training Course # ^{Note}		Aged 8 to 11. Holder of Hong Kong Canoe Union Junior Kayak Seal Award or LCSD Junior Kayak Seal Competency Record
Junior Kayak Walrus Award Training Course # ^{Note}		Aged 8 to 11. Holder of Hong Kong Canoe Union Junior Kayak Sea Lion Award or LCSD Junior Kayak Sea Lion Competency Record
Kayak 1 Star Award Training Course ^{Note}		Aged 12 or above. Able to swim with clothes for at least 50 metres / proficient in swimming
Kayak 2 Star Award Training Course ^{Note}		Age 12 or above. Holder of Hong Kong 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}		Age 12 or above. Holder of Hong Kong 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 12 or above. Holder of Hong Kong 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}	2 days	Age 12 or above. Holder of Hong Kong 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 day	
Kayak Proficiency Silver Award Training Course (Techniques & Sea Trip) ^{Note}	2 days	Holder of Hong Kong Canoe Union Kayak Proficiency Bronze Award or LCSD Kayak Proficiency Bronze Competency Record
Kayak Proficiency Gold Award Training Course (Techniques & Sea Trip) ^{Note}		Holder of Hong Kong Canoe Union Kayak Proficiency Silver Award or LCSD Kayak Proficiency Silver Competency Record
Kayak Advanced Training Course (Techniques) ^{Note}	3 days	Holder of Hong Kong Canoe Union Kayak Proficiency Certificate / Kayak Proficiency Gold Award (Kayak Proficiency Attendance Record is not applicable)
Kayak Advanced Training Course (Sea Trip) ^{Note}	1 day	Completed Hong Kong Canoe Union Kayak Advanced Training Course (Techniques)
Canoe Lifeguard Training Course (Techniques) ^{Note}	3 days	Holder of Hong Kong 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}	3 days	Holder of valid Hong Kong Canoe Union Canoe Lifeguard Certificate and valid First Aid Certificate
Kayak Round Island Tour (Yim Tin Tsai)* 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)*	1 day	Holder of Hong Kong 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 Eco-touring (Tai Tam Bay/Hoi Ha Wan)* 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)*		Holder of Hong Kong Canoe Union Kayak Proficiency Silver Award or LCSD Kayak Proficiency Silver Competency Record
Kayak Coastal Tour (Po Toi/Port Island)*		Holder of Hong Kong 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 to 13. Able to swim with clothes for at least 50 metres / proficient in swimming
Introduction to Junior Sailing #	2 days	Aged 8 to 13. Able to swim with clothes for at least 50 metres / proficient in swimming

Junior Sailing Helmsman #	2 days	Aged 8 to 13. Holder of LCSD Introduction to Junior Sailing Competency Record
Junior Sailing Clinic #	1 day	Aged 8 to 13. Holder of LCSD Junior Sailing Helmsman 100% Attendance Record
Junior Sailing Race Clinic #	2 days	Aged 8 to 13. Holder of LCSD Junior Sailing Helmsman Competency Record
Introduction to Sailing Training Course (Level 1) # ^{Note}	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}	4 days	Holder of Hong Kong Sailing Federation Introduction to Sailing (Level 1) Certificate or LCSD Introduction to Sailing Training Course 100% Attendance Record
Sailing Helmsman Clinic (Pico / Wanderer / H12.2) #	1 day	Holder of Hong Kong Sailing Federation Basic Skills (Level 2) Certificate or LCSD Sailing Basic Skills Competency Record
Sailing Race Clinic	2 days	Holder of Hong Kong Sailing Federation 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}	5 days	Holder of Hong Kong Sailing Federation Basic Skills (Level 2) Certificate or LCSD Sailing Basic Skills Competency Record issued on or before 31 December 2014, with at least 80 logged sailing hours as a helmsman/crew in one sailing season (i.e. not less than 9 consecutive months) after attained the aforementioned Certificate/Competency Record (excluding training hours)
Laser XD Helmsman	2 days	Holder of Hong Kong Sailing Federation Improving Techniques (Level 3) Certificate/Seamanship Certificate or LCSD Sailing Improving Techniques/Seamanship Competency Record
Magno Gennaker Clinic #		
2000 Helmsman	2 days	Holder of Hong Kong Sailing Federation Improving Techniques (Level 3) Certificate/Seamanship Certificate or LCSD Sailing Improving Techniques/Seamanship Competency Record, with at least 30 logged sailing hours as a helmsman after attained the aforementioned Certificate/Competency Record (excluding training hours)
420 Helmsman	4 days	Holder of Hong Kong Sailing Federation Improving Techniques (Level 3) Certificate/Seamanship Certificate or LCSD Sailing Improving Techniques/Seamanship Competency Record, with at least 30 logged sailing hours as a helmsman after attained the aforementioned Certificate/Competency Record (excluding training hours)
420 Tuning Clinic	1 day	Holder of LCSD 420 Helmsman Competency Record
Sailing Advanced Skills Training Course (Level 4) ^{Note}	5 days	Holder of Hong Kong Sailing Federation Improving Techniques (Level 3) Certificate/Seamanship Certificate or LCSD Sailing Improving Techniques/Seamanship Competency Record and LCSD 420 Helmsman Competency Record, with at least 80 logged sailing hours as a helmsman/crew over in one sailing season (i.e. not less than 9 consecutive months) after attained the aforementioned Certificate/Competency Record (excluding training hours)
Introduction to RS500 #	2 days	Holder of Hong Kong Sailing Federation Advanced Skills (Level 4) Certificate/Advanced Seamanship Certificate or LCSD Sailing Advanced Skills/Advanced Seamanship Competency Record
Introduction to Catamaran #		
RS500 Helmsman #	2 days	Holder of LCSD Introduction to RS500 100% Attendance Record or LCSD Laser 3000 Helmsman Competency Record
Catamaran Helmsman #		
Day Sailing Training Course ^{Note}	5 days	Holder of Hong Kong Sailing Federation Advanced Skills (Level 4) Certificate/Advanced Seamanship Certificate or LCSD Sailing Advanced Skills/Advanced Seamanship Competency Record, with at least 80 logged sailing hours as a helmsman/crew in one sailing season (i.e. not less than 9 consecutive months) after attained the aforementioned Certificate/Competency Record (excluding training hours)
Sailing Racing Skills Training Course ^{Note}		
Sailing Trip (Pico / Topper / Wanderer / H12.2)	1 day	Holder of Hong Kong Sailing Federation Improving Techniques (Level 3) Certificate/Seamanship Certificate or LCSD Sailing Improving Techniques/Seamanship Competency Record
Sailing Trip (Laser XD / Magno / 2000 / 420 / Catamaran #)		
		Holder of relevant LCSD Helmsman Competency Record, with at least 18 logged sailing hours as a relevant helmsman after attained the relevant Helmsman Competency Record (excluding training hours)

(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}	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}		Aged 8 to 13. Holder of Windsurfing Association of Hong Kong Junior Advanced Windsurfing Training Course / Junior Intermediate Windsurfing Award or LCSD Windsurfing Discovery (Junior) / Junior Intermediate Windsurfing Competency Record
Basic (Junior) Windsurfing Clinic [^]	1 day	Aged 8 to 13. Completed Basic (Junior) Windsurfing Training Course / Junior Advanced Windsurfing Training Course
Basic Windsurfing Training Course ^{@ Note}	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 Basic Windsurfing Award / Basic (Junior) Windsurfing Award / Junior Advanced Windsurfing Award or LCSD Basic Windsurfing / Basic (Junior) Windsurfing / Junior Advanced Windsurfing Competency Record
Intermediate Windsurfing Training Course ^{Note}	2 days	Aged 14 or above. Holder of Windsurfing Association of Hong Kong 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 Intermediate Windsurfing Award; or LCSD Intermediate Windsurfing Competency Record
Windsurfing Trip		Holder of Windsurfing Association of Hong Kong 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 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}	2 days	Holder of Windsurfing Association of Hong Kong 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}		
Windsurfing Race Clinic	1 day	Holder of Windsurfing Association of Hong Kong Windsurfing Race Training Attendance Record or LCSD Windsurfing Race Training Attendance Record
Short Board Training Course ^{Note}	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 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 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 Advanced Windsurfing Award or LCSD Advanced Windsurfing Competency Record
Windsurfing Advanced Trip	1 day	Holder of Windsurfing Association of Hong Kong Advanced Windsurfing Award or LCSD Advanced Windsurfing Competency Record

Note: The courses bearing ^{Note} in the above table are the certificate courses under the progressive training schemes of the Hong Kong Canoe Union, Hong Kong Sailing Federation and Windsurfing Association of Hong Kong (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 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: 2504 8186, 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.