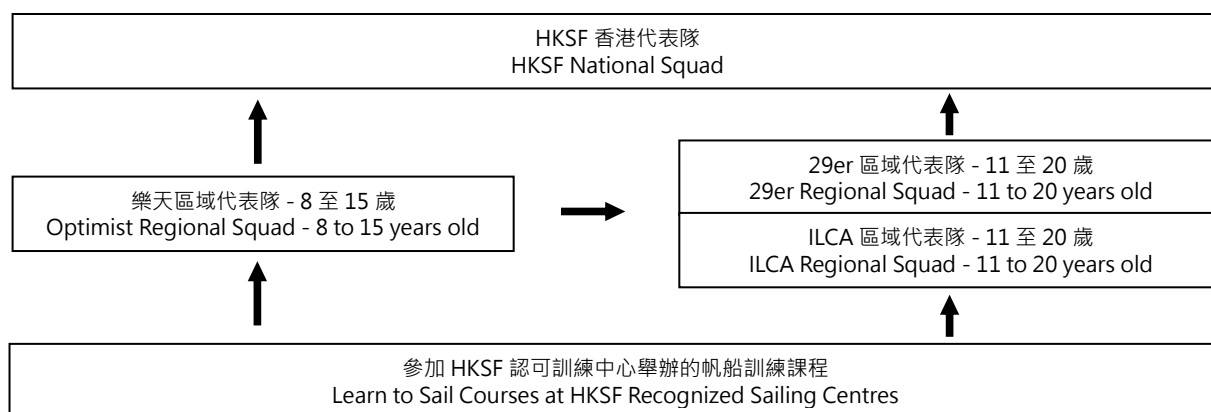




## HKSF Regional Squads 2025 Training Program 中國香港帆船運動總會區域代表隊 - 2025 訓練計劃

康樂及文化事務署資助 及 中國香港帆船運動總會主辦  
Subvented by the LCSD and organized by the Sailing Federation of Hong Kong, China

中國香港帆船運動總會區域代表隊致力培訓年輕及新晉帆船運動員至香港代表隊水平。訓練以培育運動員參加本地及國際性帆船賽事為主要目的。  
HKSF establishes Regional Squad to develop young novice racers into national level competitors. Training will be targeted to prepare sailors for regional and national competitions.



參加資格及要求 Eligibility and Requirement	<ol style="list-style-type: none"><li>優先給予在各自級別中香港排名前八位之 ILCA 4 運動員、前八位之 29er 運動員及前十六位之樂天運動員 (排名截至 2025 年 4 月 1 日) · 且這些運動員並非香港代表隊成員。 Priority will be given to the top 8 ILCA 4 sailors, top 8 29er sailors and top 16 Optimist sailors ranked in their respective class in Hong Kong as at 1 April 2025, who are not members of the HKSF National Squad.</li><li>剩餘名額將由區域代表隊教練進行評估選拔。 Other sailors, if there is vacancy, be selected by the Regional Squad Coach's assessment.</li><li>參與評估之人士需持有 HKSF 少年帆船第四級 (樂天代表隊) 或 HKSF 小帆船第三級 (29er/ILCA 代表隊) 證書或同等資歷。 Sailors participating in the assessment must hold either the HKSF Junior Sail 4 certificate (for the Optimist Squad) or the HKSF Level 3 certificate (for the 29er and ILCA Squads), or possess equivalent experience.</li><li>3 個月之平均出席率須達八成以上 · 若未能符合要求將被考慮要求退隊。 80% attendance is required over a 3-month period. Member who fails to meet the requirement may be asked to withdraw from regional squad.</li><li>如現役區域代表隊於每年 4 月人數達到上限 · 將根據隊員過往表現及出席率騰空一半名額給予新申請人 · 甄選準則將在隊內公布。 If the current regional squad is full in April, half of the places will be vacated for new applicants based on the past performance and attendance of the current members. Selection criteria will be announced in the team.</li><li>考慮現役區域代表隊隊員的申請時 · 將考慮其過往表現及出席紀錄。 Applications from existing Regional Squad sailors will be considered based on past performance and attendance records.</li><li>未能留隊之現役代表隊隊員可重新申請及參與評估 · 唯每隊只有一位舊隊員能再次入選 · 入選與否將視乎名額而定。 Current members who are not selected for next year can re-apply and participate in the assessment, but only one candidate from each previous squad will be re-selected, which depends on the quota.</li><li>於去年已參與及通過評估但未能入隊之人士需要再次遞交報名表及參與評估 · 唯不用繳交評估費。 Those who participated and passed the assessment last year but have not been accepted to join the squad need to re-apply and participate in the assessment again for free.</li></ol>
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訓練日期 Training Schedule (注意：訓練日期會根據訓練要求變更 Note: Training date is subject to change due to training requirements)	樂天區域代表隊 (16 人) Optimist Squad (16 sailors)	逢週末 (星期六及/或日) Every weekend (Saturday and/or Sunday)
	29er 區域代表隊 (8 人) 29er Squad (8 sailors)	
	ILCA 區域代表隊 (8 人) ILCA Squad (8 sailors)	
訓練時間 Training Time	0900-1700 午膳時間：1 小時 - 隊員須自備午餐 Lunch time: 1hr - sailors shall bring their own lunch	
地點 Venue (注意：訓練地點會根據訓練要求變更 Note: Training Venue is subject to change due to training requirements)	樂天區域代表隊 - 小棕林 (清水灣坑口永隆路) 或 香港青年協會(赤柱) Optimist Squad - Little Palm Beach, Hang Hau Wing Lung Road, Clear Water Bay or HKFYG, Stanley  29er 區域代表隊 - 小棕林 (清水灣坑口永隆路) 29er Squad - Little Palm Beach, Hang Hau Wing Lung Road, Clear Water Bay  ILCA 區域代表隊 - 小棕林 (清水灣坑口永隆路) ILCA Squad – Little Palm Beach, Hang Hau Wing Lung Road, Clear Water Bay	
費用 Fee	訓練費：每日\$75，每次需繳交一個月的訓練費用，並於上月 25 日前交到總會。 Training Fee: \$75/day, monthly training fee is required to settle on or before 25 <sup>th</sup> of the previous month.  評估選拔費用 Assessment fee：\$320	
申請程序 Enrolment Method	請填妥報名表連同排名記錄或證書、訓練記錄、身份證明文件副本及支票(評估日費用)遞交本會，本會將為合資格人士安排評估選拔，請留意電郵。資料不全的申請，將一概不予受理。 (預計 2025 年 4 月 27 日為評估日，於 5-6 月開始訓練) Please complete the application form and submit together with copies of ranking record or certificates, training logs, HKID and a cheque (fee for assessment) to HKSF office. Assessment day will be organized for the successful applicant. All notice and arrangement will be announced by email. Applications with incomplete information will not be processed. (The tentative assessment day will be held on 27 April 2025. Training will be started in May or June.)	
申請截止日期 Application Deadline	2025 年 4 月 16 日，餘下名額將全年接受申請。 16 April 2025, remaining quotas are accepted all year round.	

#### 惡劣天氣安排:

如天文台於上午七時發出紅色暴雨警告信號、黑色暴雨警告信號、三號或以上颱風信號訓練將會取消。

如天文台於上午七時發出強烈季候風信號或雷暴警告，請如常到達訓練場地，教練將因應天氣作出合適安排。

#### Arrangement under Inclement Weather:

Training will be cancelled if the Hong Kong Observatory issued RED or BLACK rainstorm warning signal, typhoon signal No. 3 or higher at 7am.

For strong monsoon signal or thunderstorm warning, training will be held as usual. Instructor will arrange suitable training according to the weather.

聯絡查詢 Enquiry: 電話 Tel : 2504 8463 電郵 Email: [sa@sailing.org.hk](mailto:sa@sailing.org.hk)

# 中國香港帆船運動總會區域代表隊 2025 報名表

## HKSF Regional Squad 2025 Training Application Form

申請人所提供的資料只作報名、統計、日後聯絡、宣傳本會與合辦機構的康體活動之用，所有個人資料將列作機密，除獲本會授權人士外，不會提供予其他人士，如欲查詢或更改申請人的個人資料，可與本會職員聯絡。

All information provided by the applicant will only be used for the enrolment, compilation of statistics, future correspondence and promotion of the activities organized by the Federation and co-organizers. All personal data will be treated as confidential and except authorized personnel of the Federation, no one will be given access to this information. If applicant wants to make access to and correction of any data, please contact the Federation staff.

本人申請加入 I am applying for

(請選擇一項 Select one option only)

☐ 樂天代表隊 Optimist Squad

☐ 29er 代表隊 29er Squad

☐ ILCA 代表隊 ILCA Squad

申請人中文姓名: \_\_\_\_\_ 性別 Gender: 男 M / 女 F 身高 Height (cm): \_\_\_\_\_ 體重 Weight (kg): \_\_\_\_\_

Applicant's name in English: \_\_\_\_\_ 出生日期 Date of Birth: \_\_\_\_\_

是否持有特區護照: 是 Yes / 否 No

Holder of HKSAR Passport

居港年期: \_\_\_\_\_

No. of years resident in HK

聯絡電話: \_\_\_\_\_ 香港身份證號碼: \_\_\_\_\_

Contact Phone No.

HKID Card No.

地址 Address: \_\_\_\_\_

電郵地址 Email Address: \_\_\_\_\_

(本會將以電郵通知申請人 Successful applicants will be notified by Email)

學校 School Name: \_\_\_\_\_

緊急聯絡人電話: \_\_\_\_\_ 緊急聯絡人姓名 (關係): \_\_\_\_\_ ( )

Emergency contact phone number

Emergency contact name (Relationship)

過去帆船及有關經驗簡述 (請附上排名記錄、證書及訓練記錄，可另紙書寫)

Brief description of past sailing experience (Please attach copies of ranking record, certificates and training logs, use separated sheet if needed)

### 本人聲明:

(a) 本人明白此活動存在一定的危險性。本人答允遵守中心一切有關安全的指引、服從訓練班教練及中心職員的指示及遵守所有中心的附例。

(b) 本人有信心能在穿著助浮衣時在水中活動，且不存在任何會影響本人參與此活動的疾病。

(c) 本人自我承擔風險參與由中國香港帆船運動總會所組織的帆船活動，並同意如果因參與該等帆船活動而遭受任何損失、死亡或人身傷害，本人不會追究中國香港帆船運動總會或其委員會會員和員工或訓練班教練的責任。本人在充分了解此類活動中固有風險的情況下簽訂本協議。

### I declare that:

(a) I am clearly aware that there is an element of danger in this sport activity. I promise to observe all safety requirements and obey the Sailing Centre Rules as well as all instructions given by the course instructors and centre staff;

(b) I am confident in the water whilst wearing a buoyancy aid and do not suffer from any illness that renders me unfit for this activity;

(c) I take part in the sailing activities organized by the Sailing Federation of Hong Kong, China at my own risks and agree that if I suffer damage, death or personal injury as a result of participating in such sailing activities I shall not hold the Sailing Federation of Hong Kong, China or its Officers, employees or the Course Instructors liable for such damage, death or personal injury and I make this agreement in full knowledge of the risks inherent in these activities.

本人 I ☐ 能游泳最少 50 公尺 can swim at least 50m ☐ 身體健康 am in good health

☐ 有特殊健康情況 (請注明): have special medical condition (please specify): \_\_\_\_\_

日期 Date: \_\_\_\_\_

申請人簽署 Applicant Signature: \_\_\_\_\_

**申請人家長或監護人聲明 (必須填寫) Parent or Guardian's Consent (Must be completed)**

本人 \_\_\_\_\_ 乃申請人 \_\_\_\_\_ 之家長/監護人，現同意申請人參加上述訓練。

本人聲明：

- (a) 本人明白此活動存在一定的危險性。本人會指示申請人遵從中心一切有關安全的指引、服從訓練班教練及中心職員的指示及遵守所有中心的附例。
- (b) 申請人有信心能在穿著助浮衣時在水中活動，且不存在任何會影響申請人參與此活動的疾病。
- (c) 本人同意申請人自行承擔風險參與由中國香港帆船運動總會所組織的帆船活動，並同意如果因參與該等帆船活動而遭受任何損失、死亡或人身傷害，本人不會追究中國香港帆船運動總會或其委員會會員和員工或訓練班教練的責任。本人在充分了解此類活動中固有風險的情況下簽訂本協議。

I, \_\_\_\_\_, parent/guardian of the applicant, \_\_\_\_\_, hereby express my consent to this application.

I declare that:

- (a) I am clearly aware that there is an element of danger in this sport activity and I will instruct the applicant to observe all safety requirements and obey the Sailing Centre Rules as well as all instructions given by the course instructors and centre staff;
- (b) the applicant is confident in the water whilst wearing a buoyancy aid and does not suffer from any illness that renders him/her unfit for this activity;
- (c) I agree that the applicant takes part in the sailing activities organized by the Sailing Federation of Hong Kong, China at his/her own risks and if the applicant suffer damage, death or personal injury as a result of participating in such sailing activities I shall not hold the Sailing Federation of Hong Kong, China or its Officers, employees or the Course Instructors liable for such damage, death or personal injury and I make this agreement in full knowledge of the risks inherent in these activities.

日期 Date: \_\_\_\_\_

簽署 Signature: \_\_\_\_\_

**附註**

- 支票抬頭請寫 “中國香港帆船運動總會”
- 請寄回填妥之報名表到：  
中國香港帆船運動總會  
香港銅鑼灣掃桿埔大球場徑一號奧運大樓一〇〇九室

**Notes**

- Cheque payable to “Sailing Federation of Hong Kong, China”
- Completed application form should be returned to:  
Sailing Federation of Hong Kong, China  
Rm 1009, Olympic House, 1 Stadium Path, So Kon Po,  
Causeway Bay, Hong Kong.