



HKSF Development Squad Training Programme 2025 (Phase 1) 2025 中國香港帆船運動總會培訓預備隊訓練計劃 (第一期)

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培訓預備隊旨在為有興趣繼續帆船運動之青少年提供持續及有系統的訓練。訓練包括熟識器材、航海技巧、航行規則和比賽相關知識等。表現優異的參加者將會被推薦加入區域代表隊接受進一步培訓。本年度將會推出共四期的訓練。

HKSF Development Squad aims to provide continuous and systematic training for youth who are interested in continuing sailing. Training includes equipment familiarization, sailing skills, rules and competition knowledge, etc. Participants with outstanding performance will be recommended to join the regional squad for further training. A total of four training phases will be launched this year.

對象及參加資格 Target and Eligibility	1) 8 至 12 歲之青少年 For youth in age of 8 to 12 2) 持有 HKSF 少年帆船第三級或 HKSF 小帆船第二級證書或同等資歷。 Holder of HKSF Junior Sail 3 or HKSF Level 2 certificate or equivalent experience.
訓練日期 Training Schedule	全期 8 課 Total of 8 training sessions 7/6, 14/6, 21/6, 28/6, 5/7, 12/7, 19/7, 26/7
訓練時間 Training Time	0900-1700 午膳時間：1 小時 – 參加者須自備午餐 Lunch time: 1hr - participants shall bring their own lunch
訓練地點 Training Venue	中國香港帆船運動總會小棕林帆船訓練中心 - 清水灣坑口永隆路小棕林海灘 HKSF Little Palm Beach Sailing Centre – Little Palm Beach, Hang Hau Wing Lung Road, Clear Water Bay
訓練船種 Training Dinghy	樂天小帆船 Optimist
人數 Capacity	8
訓練費用 Training Fee	每人全期 \$1,760 元正 \$1,760 per person for one training phase
報名辦法 Application Procedure	<ul style="list-style-type: none">● 透過網上報名，報名表格連結：https://forms.gle/afR5UHvntNfC1Vj79● 獲取錄申請者將會另行通知繳費方法。● 付款方式將通過電子郵件發送給被取錄之申請人。申請人需要在收到郵件後 3 天內付款，否則名額將會重新編配予其他申請者。● 名額將以先到先得方式分配，額滿即止。參加者如未能達到 75% 的出席率，將失去參加本年度餘下訓練期數的資格。● 資料不全的申請，將一概不予受理。● 中國香港帆船運動總會將保留對上述條款之最後修訂權。

	<ul style="list-style-type: none"> ● Apply online. Application form link: https://forms.gle/afR5UHvntNfc1Vj79 ● Successful applicants will be notified of the payment method. ● Payment method will be sent by email to the admitted applicants. Applicant need to settle the payment within 3 days after receiving the email or the quota will be reallocated to other applicants. ● Enrolment will be allocated on a first come, first served basis, and will close when full. Participants who do not achieve 75% attendance will lose eligibility to participate in the remaining training phases for the year. ● Applications with incomplete information will not be processed. ● Sailing Federation of Hong Kong, China reserves its rights to revise the above procedures as appropriate.
開始接受報名日期 Commencement of Enrolment	2025 年 5 月 19 日 · 中午 12 時正。 16 May 2025 at 1200 noon
截止報名日期 Enrolment Deadline	2025 年 6 月 6 日 · 中午 12 時正。 6 June 2025 at 1200 noon

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或改期。

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 or re-scheduled 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 issued at 7am, 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