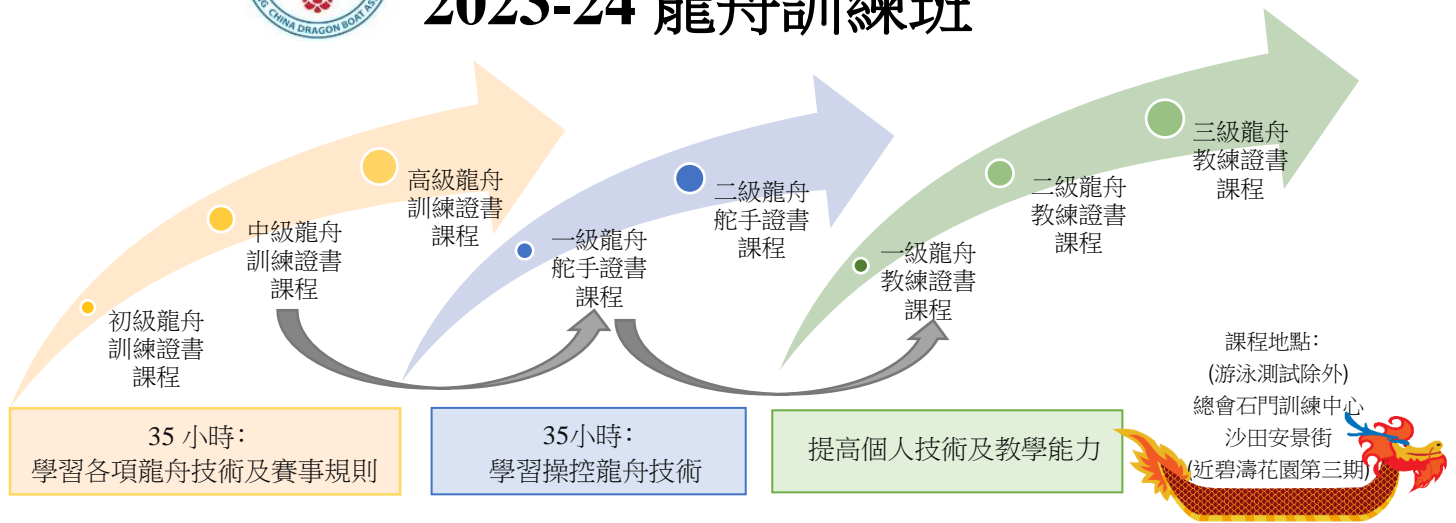




# 中國香港龍舟總會

## 2023-24 龍舟訓練班



課程編號	日期	星期	時間 (時)	年齡	名額	費用 (港幣)
<b>游泳測試</b> (測試內容：能穿輕便衣物完成游泳 100 米、踩水 2 分鐘及深水自行登艇；測試地點：沙田賽馬會游泳池)						
SWIM-2023-01	03/04/2023	一	2000-2100	15+	20	\$110
SWIM-2023-02	06/06/2023	二				
SWIM-2023-03	04/07/2023	二				
SWIM-2023-04	09/08/2023	三				
SWIM-2023-05	14/09/2023	四				
備註：費用已包括入場費。						
<b>室內龍舟證書課程</b>						
INDBC-2023-01	28/05/2023	日	1400-1600	12+	10	\$110
INDBC-2023-02	02/07/2023	日				
INDBC-2023-03	03/09/2023	日				
<b>初級龍舟訓練證書課程</b> 參加資格：能和衣游泳 50 米						
EDBTC-2023-01	19/03/2023	日	0900-1700	12+	20	\$300
EDBTC-2023-02	09/04/2023	日				
EDBTC-2023-03	07/05/2023	日				
EDBTC-2023-04	05/08/2023	六				
EDBTC-2023-05	10/09/2023	日				
<b>中級龍舟訓練證書課程</b> 參加資格：持有總會簽發之「初級龍舟訓練證書」						
IDBTC-2023-01	15/04/2023 16/04/2023	六 日	0900-1700	12+	20	\$600
IDBTC-2023-02	13/08/2023 19/08/2023	日 六				
IDBTC-2023-03	23/09/2023 24/09/2023	六 日				
<b>高級龍舟訓練證書課程</b> 參加資格：持有總會簽發之「中級龍舟訓練證書」						
ADBTC-2023-01	02/09/2023 09/09/2023	六 六	0900-1700	12+	20	\$800
ADBTC-2023-02	07/10/2023 08/10/2023	六 日				

課程編號	日期	星期	時間(時)	年齡	名額	費用(港幣)
<b>一級龍舟舵手證書課程(不包括考試)</b>						
參加資格：						
1) 總會有效個人會員；及						
2) 持有總會簽發之「中級龍舟訓練證書」及游泳測試合格證明書副本或由考官簽署的龍舟運動紀錄冊作證明。如持有中國香港游泳總會、香港游泳教練會或香港游泳教師會發出之游泳教師證書、或香港拯溺總會發出之拯溺銅章證書或以上級別證書者，並在報名時附上所持有證書副本，可獲豁免參加總會游泳測試。						
3) 必須有基本划槳技術(上課時需協助划船)						
L1DBH-2023-01	29/04/2023 01/05/2023	六 一	0900-1700	15+	11	\$900 (學生\$675)
L1DBH-2023-02	07/05/2023 21/05/2023	日 日				
L1DBH-2023-03	27/08/2023 03/09/2023	日 日				
<b>一級龍舟舵手證書考試(筆試及技術試)</b>						
參加資格：						
1) 總會有效個人會員；及						
2) 持有總會簽發之「中級龍舟訓練證書」及游泳測試合格證明書副本或由考官簽署的龍舟運動紀錄冊作證明。如持有中國香港游泳總會、香港游泳教練會或香港游泳教師會發出之游泳教師證書、或香港拯溺總會發出之拯溺銅章證書或以上級別證書者，並在報名時附上所持有證書副本，可獲豁免參加總會游泳測試。						
3) 必須有基本划槳技術(或需協助划船)						
L1DBHEX-2023-01	01/07/2023	六	1030-1330	15+	22	\$720 (學生\$540)
L1DBHEX-2023-02	12/08/2023	六	1400-1700			
L1DBHEX-2023-03	26/08/2023	六				
L1DBHEX-2023-04	07/10/2023	六				
備註：參加者須自行安排 2 名划手協助考試；划手須於技術試開考前 (即 1100 或 1430 時) 到達。						

## 課程內容

### 龍舟教練證書課程

- 三級：具備教授各級教練之能力，並能執行專業運動員培訓及帶領龍舟隊參與海外賽事
- 二級：能教授全面的龍舟划槳和掌舵技術、進行龍舟旅程與訓練，及帶領龍舟隊作賽
- 一級：能教授初學者由基本龍舟技術達至參與龍舟比賽之能力

### 龍舟舵手證書課程

- 二級：掌握全面的龍舟舵手知識及比賽技術，在不同環境下均能安全地操控龍舟
- 一級：具備一般的龍舟舵手知識及操控技術，可在良好的天氣及水域下擔任舵手作龍舟活動、訓練及比賽

### 龍舟訓練證書課程

- 高級：掌握全面的龍舟知識及比賽技術(除掌舵技術外)，及可作長途旅程或在不同環境下比賽
- 中級：掌握龍舟比賽技術及有關知識，可參與一般龍舟比賽
- 初級：具備基本龍舟運動的知識及划龍舟的技術，可安全地參與龍舟活動

### 細則及條款

1. 參加者於上課時，必須出示身份證明文件及收據或活動確認通知供場地職員或教練核對，否則不能參與當日的活動。
2. 為免阻礙課程的進度，參加者必須準時到達總會石門訓練中心及向教練報到。
3. 參加者請注意自己的身體狀況，如有感到不適，應留在家中休息，不應勉強上課。參加者如在課程進行時感到不適，必須立即停止活動及通知教練。
4. 如教練於任何時候觀察到參加者的健康狀況不宜學習，教練有權終止其學習，以策安全。
5. 參加者不得更改班別或私自轉換他人上課。
6. 所有考試／課程／活動申請一經總會確認報名後，申請者所繳費用，概不發還。
7. 費用已包括證書費。
8. 教練及總會職員有權拒絕讓不符合游泳要求或參加資格者上課。所繳費用，概不發還。
9. 除游泳測試及一級龍舟舵手證書考試外，所有課程均以廣東話教授。如欲參加以英文教授的課程，可參閱由康樂及文化事務署資助的龍舟訓練證書課程。
10. 中國香港龍舟總會保留修改上述資料之權利，而無須作另行通知。

### 惡劣天氣下的活動安排

強烈季候風訊號		仍需到訓練中心報到。 活動進行與否，由負責教練視乎場地的天氣情況而定。
雷暴警告		
暴雨警告	黃色	活動將會取消。
	紅色	
	黑色	
颱風訊號	一號	仍需到訓練中心報到。 活動進行與否，由負責教練視乎場地的天氣情況而定。
	三號或以上	活動將會取消。
教育局宣布學校停課		

\* 如 3 號或以上颱風訊號或紅色及黑色暴雨訊號於活動前兩小時取消，該天活動將如期舉行。

課程最新資訊，請參閱總會網址：[www.hkcdba.org](http://www.hkcdba.org)

## 報名方法

請於各活動日前兩星期將以下資料交回總會秘書處：

郵寄地址：九龍新蒲崗大有街 34 號新科技廣場 28 樓 21 室

- 1) 已填妥報名表；
- 2) 報名費；
- 3) 香港身份證副本；及
- 4) 付有足夠郵資的回郵信封

劃線支票抬頭請書『中國香港龍舟總會』，並於支票背面註明申請人姓名、電話及課程編號。

## 報名表

每張表格只適用於一類課程

選擇次序	第一選擇	第二選擇	第三選擇
課程編號			

如遇活動取消或滿額，報名將按選擇次序安排。

會員號碼			
姓名	(中文)		
	(英文)		
出生日期	年 月 日	性別	男 / 女
香港身份證號碼	XXX(X) (首 4 位號碼)		
地址			
電話			
電郵：	*成功報名者將於課程前約一星期獲電郵通知		
緊急聯絡人姓名		緊急聯絡人電話	
持有總會證書		證書號碼	

備註：申請人所提供之資料只會作報名及聯絡用途。所有個人資料，除獲授權外，將不會提供予其他人士。若要求更改或索取已申報的個人資料，請與總會聯絡。

## 聲明

本人證實所填資料正確無訛。本人\_\_\_\_\_參加中國香港龍舟總會舉辦之\_\_\_\_\_證書課程，並謹此聲明本人符合該訓練班參加者資格，體格健全並適合參加龍舟訓練，願意遵守中國香港龍舟總會一切條例與守則。如因本人的疏忽或健康或體能欠佳，而引致本人於訓練時傷亡，或在前赴或離開訓練場地時傷亡或財物損失，一切責任由本人承擔，中國香港龍舟總會無須負上任何責任。本人明白並願意承擔在任何龍舟訓練期間所有意外風險及責任。中國香港龍舟總會已在石門訓練中心購買「公眾責任保險」及「團體意外保險」。公眾責任保險保額為港幣二千萬元，意外身故及永久傷殘保額為港幣二十萬元，指定醫療費用保額為港幣三千元。如認為不足，本人將按個人需要自行額外投保。本人亦同意授權予中國香港龍舟總會使用上述提供之所有個人資料作處理本申請之用。

參加者簽署 \_\_\_\_\_ 日期 \_\_\_\_\_

未滿十八歲的申請人須獲得家長或監護人同意申請及遵守上述條款與聲明。

家長或監護人簽署 \_\_\_\_\_ 電話 \_\_\_\_\_

家長或監護人姓名 \_\_\_\_\_ 日期 \_\_\_\_\_

## 回郵地址

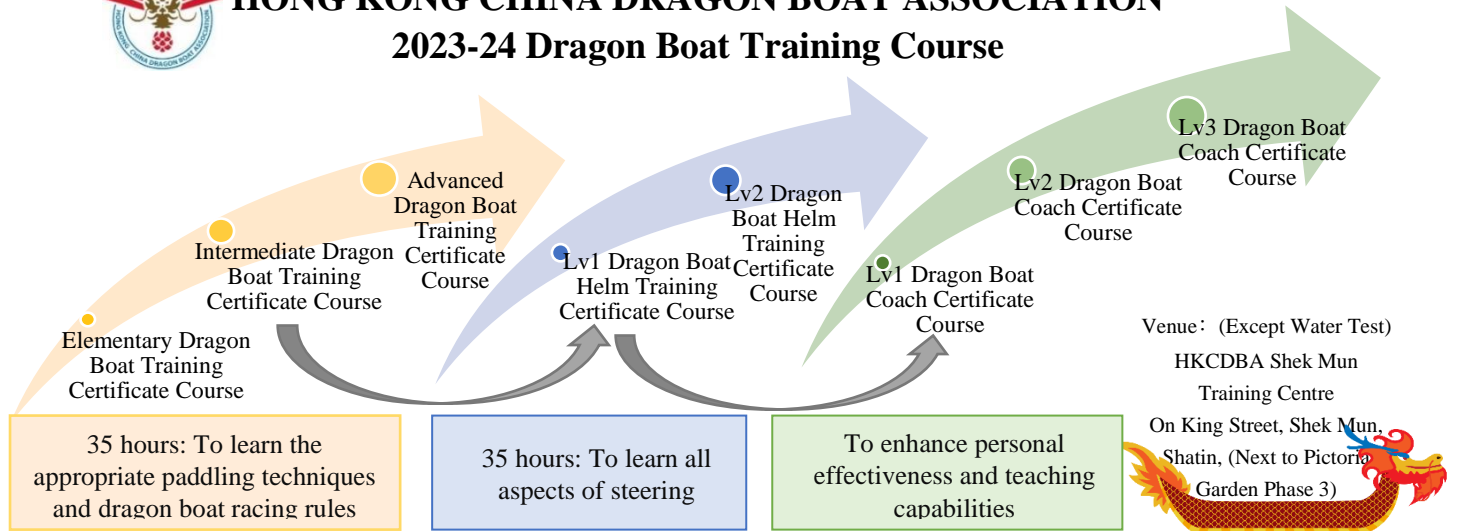
姓名 \_\_\_\_\_

地址 \_\_\_\_\_



# HONG KONG CHINA DRAGON BOAT ASSOCIATION

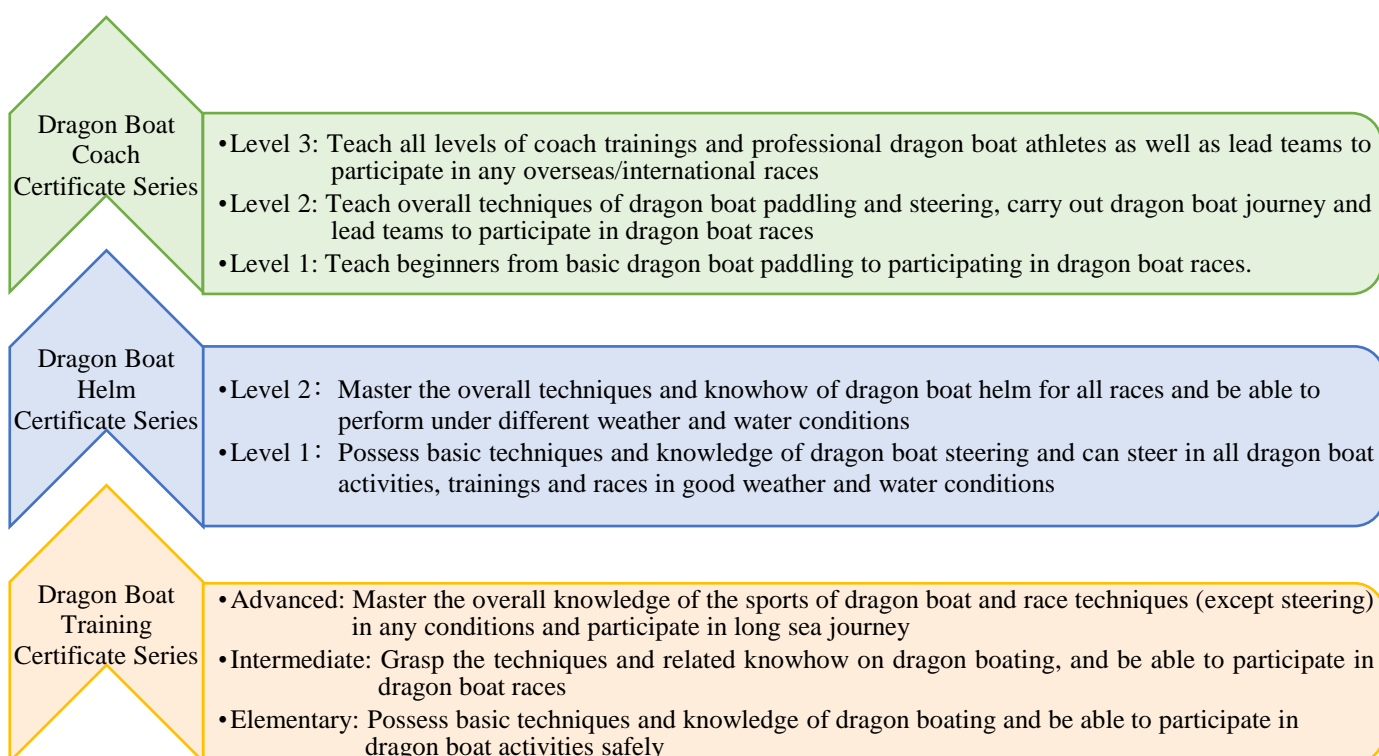
## 2023-24 Dragon Boat Training Course



Course Code	Date	Day	Time (hrs)	Age	Quota	Fee (HK\$)
<b>Water Test</b> (Content: Be able to swim 100m with light clothing, tread water 2 mins and self-embark in deep water; Venue: Sha Tin Jockey Club Swimming Pool)						
SWIM-2023-01	03/04/2023	Mon	2000-2100	15+	20	\$110
SWIM-2023-02	06/06/2023	Tue				
SWIM-2023-03	04/07/2023	Tue				
SWIM-2023-04	09/08/2023	Wed				
SWIM-2023-05	14/09/2023	Thu				
Remarks: Admission fee is included						
<b>Indoor Dragon Boat Certificate Course</b>						
INDBC-2023-01	28/05/2023	Sun	1400-1600	12+	10	\$110
INDBC-2023-02	02/07/2023	Sun				
INDBC-2023-03	03/09/2023	Sun				
<b>Elementary Dragon Boat Training Certificate Course</b> Entry Requirement: Be able to swim 50m in light clothing						
EDBTC-2023-01	19/03/2023	Sun	0900-1700	12+	20	\$300
EDBTC-2023-02	09/04/2023	Sun				
EDBTC-2023-03	07/05/2023	Sun				
EDBTC-2023-04	05/08/2023	Sat				
EDBTC-2023-05	10/09/2023	Sun				
<b>Intermediate Dragon Boat Training Certificate Course</b> Entry Requirement: Holders of "Elementary Dragon Boat Training Certificate" issued by HKCDBA						
IDBTC-2023-01	15/04/2023 16/04/2023	Sat Sun	0900-1700	12+	20	\$600
IDBTC-2023-02	13/08/2023 19/08/2023	Sun Sat				
IDBTC-2023-03	23/09/2023 24/09/2023	Sat Sun				
<b>Advanced Dragon Boat Training Certificate Course</b> Entry Requirement: Holders of "Intermediate Dragon Boat Training Certificate" issued by HKCDBA						
ADBTC-2023-01	02/09/2023 09/09/2023	Sat Sat	0900-1700	12+	20	\$800
ADBTC-2023-02	07/10/2023 08/10/2023	Sat Sun				

Course Code	Date	Day	Time (hrs)	Age	Quota	Fee (HK\$)
<b>Level I Dragon Boat Helm Training Certificate Course (Examination excluded)</b>						
Entry Requirement:						
1) A valid Association Member of HKCDBA; 2) Holders of "Intermediate Dragon Boat Training Certificate" issued by HKCDBA & water test certificate which is organized by HKCDBA OR the Personal Training Logbook with examiner's signature. The water test will be exempted if the applicants have a Swimming Teacher's Certificate issued by the Hong Kong China Swimming Association, Hong Kong Swimming Coaches Association or Hong Kong Swimming Teachers' Association, or Bronze Medallion or above issued by the Hong Kong Life Saving Society. The applicants should enclose a copy of the certificate(s) when you submit the applications.; 3) Attained basic paddling skill (may assist boating)						
L1DBH-2023-01	29/04/2023 01/05/2023	Sat Mon	0900-1700	15+	11	\$900 (Student \$675)
L1DBH-2023-02	07/05/2023 21/05/2023	Sun Sun				
L1DBH-2023-03	27/08/2023 03/09/2023	Sun Sun				
<b>Level I Dragon Boat Helm Examination (Written Test &amp; Skill Test)</b>						
Entry Requirement:						
1) A valid Association Member of HKCDBA; 2) Holders of "Intermediate Dragon Boat Training Certificate" issued by HKCDBA & water test certificate which is organized by HKCDBA OR the Personal Training Logbook with examiner's signature. The water test will be exempted if the applicants have a Swimming Teacher's Certificate issued by the Hong Kong China Swimming Association, Hong Kong Swimming Coaches Association or Hong Kong Swimming Teachers' Association, or Bronze Medallion or above issued by the Hong Kong Life Saving Society. The applicants should enclose a copy of the certificate(s) when you submit the applications.; 3) Attained basic paddling skill (may assist boating)						
L1DBHEX-2023-01	01/07/2023	Sat	1030-1330	15+	22	\$720 (Student \$540)
L1DBHEX-2023-02	12/08/2023	Sat	1400-1700			
L1DBHEX-2023-03	26/08/2023	Sat				
L1DBHEX-2023-04	07/10/2023	Sat				
Remarks:						
Participants are required to arrange two paddlers for the assessment.; Paddlers must arrive before skill test start (1100 or 1430 hours)						

### Course Content



### Terms & Conditions

1. Participants should provide their identity documents and receipts / enrollment confirmation for staff or coaches' inspection when attending the class.
2. To avoid affecting the course schedule, participants of all courses should arrive at the Centre on time and report to the coach.
3. Participants should be aware of their health condition, and stay at home for a rest instead of taking the class when feeling unwell. If they feel sick during the class, they should inform the coach at once so as to avoid any potential accidents.
4. For the sake of safety, coaches may reject anyone whose health condition is considered unsuitable for participation.
5. Participants will not be allowed to change programme or make substitution.
6. Once application is accepted, no refund will be made.
7. Certificate fee is included
8. Coaches and HKCDBA staff may prohibit anyone who does not meet the swimming requirement or entry requirement from attending classes. No refund will be made.
9. All courses are conducted in Cantonese, except Water Test and Level 1 Dragon Boat Helm Certificate Examination. Please join the dragon boat training certificate courses subvented by the Leisure and Cultural Services Department for the English programmes.
10. HKCDBA reserves the right to amend the above terms and conditions without prior notice.

### Arrangements under inclement weather

Strong Monsoon Signal		Participants shall arrive on time. Our coach shall have discretion to decide whether the activities should be held in the light of the prevailing weather condition.
Thunderstorm Warning Signal		
Rainstorm Warning Signal	Amber	Activities will be cancelled.
	Red	
	Black	
Typhoon Signal	No.1	Participants shall report to the Centre. Our coach shall have discretion to decide whether the activities should be held in the light of the prevailing weather condition.
	No.3 or above	Activities will be cancelled.
Education Bureau announcement on closure of schools		

\* If typhoon signal No. 3 and above or the Red and Black rainstorm warning signal is cancelled 2 HOURS BEFORE an activity commences, all the activities of the day will be held as scheduled.

**Please go to the HKCDBA's website for the latest course information: [www.hkcdba.org](http://www.hkcdba.org)**

### Enrollment

Please submit the following documents to HKCDBA Secretariat **TWO WEEKS before the course commences:**

Mailing address: "Hong Kong China Dragon Boat Association", Unit 21, 28/F, New Tech Plaza, 34 Tai Yau Street, San Po Kong, Kowloon

- 1) Completed Application Form;
- 2) Entry Fee;
- 3) HKID Copy; and
- 4) A self-address envelope with a stamp.

Crossed cheque made payable to "Hong Kong China Dragon Boat Association", please write down the applicant's name, contact number and course code on the back of the cheque.

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### Application Form

#### One Form Applied for One Course Only

Preference	1st Choice	2nd Choice	3rd Choice
Course Code			

In case of cancellation or full enrollment, application will be handled according to the preference.

Membership No.					
Name	(Chi)				
	(Eng)				
Date of Birth	(Y)	(M)	(D)	Sex	Male / Female
HK ID No.	XXX(X) (First 4 digits)				
Address					
Telephone No.					
Email	*Notification will be sent by email 1 week before the course starts.				
Emergency contact person		Emergency contact No.			
HKCDBA Certificate Achieved		Certificate No.			

Remarks: The personal data provided in this form will only be used by HKCDBA for the processing of the course application and related administrative. Only staff duly authorised by the HKCDBA will be given access to your personal data. For correction of or access to the personal data you have submitted, please contact us.

### Declaration

I warrant that the information supplied aforesaid is true, correct and complete. I, \_\_\_\_\_ participate the \_\_\_\_\_ Training Course and I declare that I fulfill all the course entry requirement. I am healthy, physically fit, and suitable to participate in dragon boat training course. I am willing to comply with all the HKCDBA rules and regulations. I understand that join the training at my own risk. I also agree to discharge Hong Kong China Dragon Boat Association from any responsibility in the event of injury, death or loss of property incurred, as a consequence of or while traveling to and from the venue(s) if the cause of injury, death or loss of property is due to my own negligence or inadequacy in health and fitness. Hong Kong China Dragon Boat Association has purchased Public Liability and Personal Incident Insurance packages which maximum compensation is \$20,000,000 and \$200,000 for accidental death respectively. I will purchase extra insurance coverage myself if necessary. I agree that the information provided to be used by Hong Kong China Dragon Boat Association to process this application.

Signature of Applicant \_\_\_\_\_ Date \_\_\_\_\_

Applicant aged under 18 should obtain consent from his / her parent / guardian to submit this application and the above-mentioned declaration and regulations.

Signature of Parent / Guardian \_\_\_\_\_ Telephone No. \_\_\_\_\_

Name of Parent / Guardian \_\_\_\_\_ Date \_\_\_\_\_

### Mailing Address

Name \_\_\_\_\_

Address \_\_\_\_\_