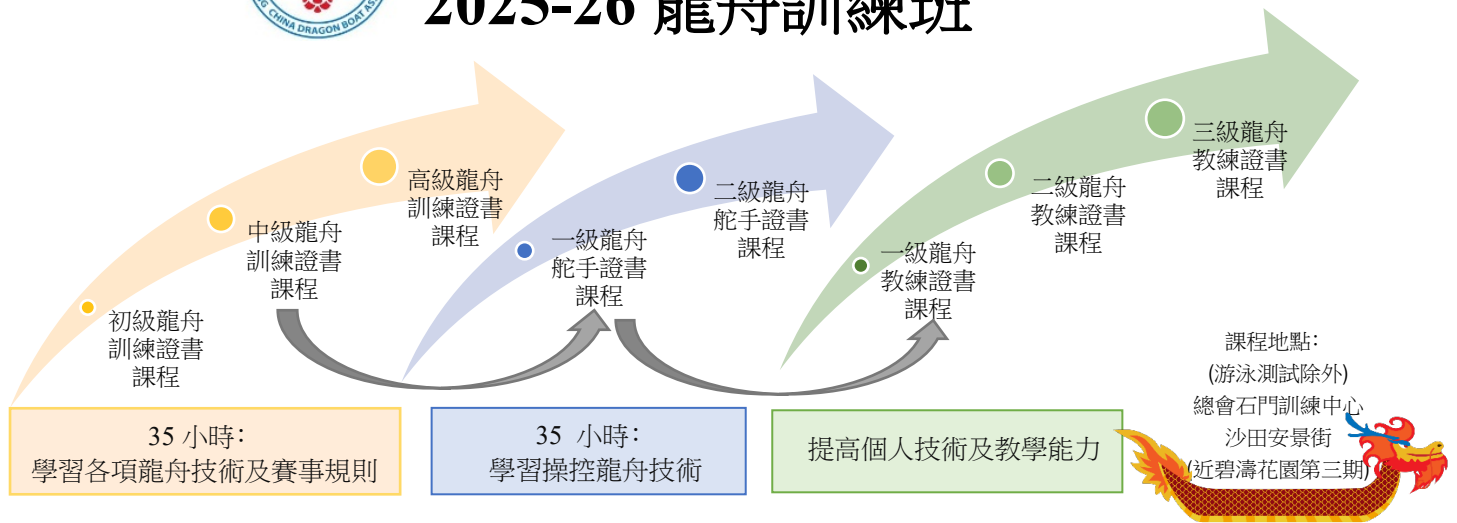




中國香港龍舟總會

2025-26 龍舟訓練班



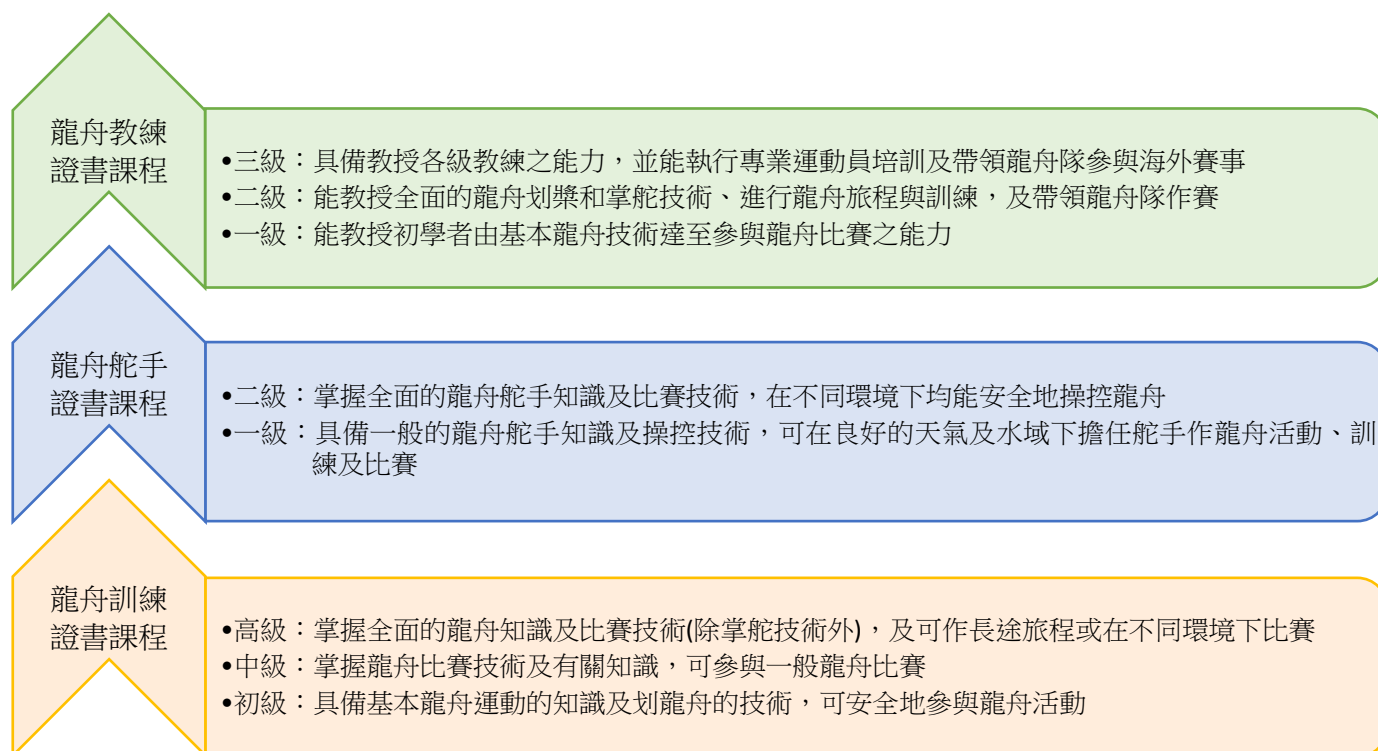
| 課程編號 | 日期 | 星期 | 時間 (時) | 年齡 | 名額 | 費用 (港幣) |
|-------------------------------------------------------------------|--------------------------|--------|-----------|---------------------------------------|-----|---------------------|
| 游泳測試 (測試內容：能穿著輕便衣物完成游泳 100 米、踩水 2 分鐘及深水自行登艇；測試地點：沙田賽馬會游泳池) | | | | | | |
| SWIM-2025-01* | 01/04/2025 | 二 | 2000-2100 | 15+ | 20 | \$120 (費用不包括入場費) |
| SWIM-2025-02* | 02/05/2025 | 五 | | | | |
| SWIM-2025-03* | 02/06/2025 | 一 | | | | |
| SWIM-2025-04* | 02/07/2025 | 三 | | | | |
| 室內龍舟證書課程 | | | | | | |
| INDBC-2025-01 | 27/04/2025 | 日 | 1400-1600 | 12+ | 10 | \$115 |
| INDBC-2025-02 | 22/06/2025 | 日 | | | | |
| INDBC-2025-03* | 03/08/2025 | 日 | | | | |
| 初級龍舟訓練證書課程 參加資格：能穿著輕便衣物游泳 50 米 | | | | | | |
| EDBTC-2025-01 | 05/04/2025 | 六 | 0900-1700 | 12+ | 20 | \$340 |
| EDBTC-2025-02* | 04/05/2025 | 日 | | | | |
| 中級龍舟訓練證書課程 參加資格：持有總會簽發之「初級龍舟訓練證書」 | | | | | | |
| IDBTC-2025-01 | 18/04/2025 19/04/2025 | 五 六 | 0900-1700 | 12+ | 20 | \$680 |
| IDBTC-2025-02* | 15/06/2025 21/06/2025 | 日 六 | | | | |
| 高級龍舟訓練證書課程 參加資格：持有總會簽發之「中級龍舟訓練證書」 | | | | | | |
| ADBTC-2025-01 | 20/04/2025 21/04/2025 | 日 一 | 0900-1700 | 12+ | 20 | \$910 |
| ADBTC-2025-02 | 23/08/2025 30/08/2025 | 六 六 | | | | |
| 親子龍舟訓練證書 參加資格：能穿著輕便衣物游泳 50 米 | | | | | | |
| PCDBTC-2025-01 | 25/05/2025 | 日 | 1400-1700 | 8-11 歲 及一位 18 歲以 上人士同 時參與 | 6+6 | 兒童\$225 成人\$225 |
| PCDBTC-2025-02 | 01/07/2025 | 二 | | | | |

*代表課程或測試會以中文及英文教授

| 課程編號 | 日期 | 星期 | 時間 (時) | 年齡 | 名額 | 費用 (港幣) |
|------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|--------|-----------|-----|----|--------------------|
| 一級龍舟舵手證書課程 (不包括考試) | | | | | | |
| 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個人訓練手冊作證明。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總會發出之游泳教師證書、或中國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-2025-01 | 12/04/2025 26/04/2025 | 六 六 | 0900-1700 | 15+ | 11 | \$930 (學生\$720) |
| L1DBH-2025-02 (只用英文教授) | 29/06/2025 12/07/2025 | 日 六 | | | | |
| 一級龍舟舵手證書考試 (筆試及技術試) | | | | | | |
| 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個人訓練手冊作證明。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總會發出之游泳教師證書、或中國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-2025-01* | 01/06/2025 | 日 | 1000-1300 | 15+ | 22 | \$740 (學生\$620) |
| L1DBHEx-2025-03* | 26/07/2025 | 六 | | | | |
| L1DBHEx-2025-05* | 02/08/2025 | 六 | | | | |
| L1DBHEx-2025-07* | 16/08/2025 | 六 | | | | |
| L1DBHEx-2025-02* | 01/06/2025 | 日 | 1400-1700 | 15+ | 22 | \$740 (學生\$620) |
| L1DBHEx-2025-04* | 26/07/2025 | 六 | | | | |
| L1DBHEx-2025-06* | 02/08/2025 | 六 | | | | |
| L1DBHEx-2025-08* | 16/08/2025 | 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 1030 或 1430 時) 到達。 | | | | | | |

*代表課程會以中文及英文教授

課程內容



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. 如因惡劣天氣導致當日課程取消，總會將會安排指定補課日期，不設退款安排。
8. 費用已包括證書費（初級龍舟訓練證書課程包括個人訓練手冊）。
9. 除參加室內龍舟證書課程及親子龍舟訓練證書之學員外，所有參加者必須持有總會之個人訓練手冊。
10. 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。
11. 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 | | (室內龍舟證書課程除外) |

* 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。

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 32 號泰力工業中心 15 樓 9 室

1) 已填妥報名表； 2) 報名費； 3) 證書副本(如有需要)； 4) 香港身份證副本；及

5) 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 | |
| 課程費用 | \$ | <input type="checkbox"/> 需要購買「個人訓練手冊」費用 \$50 | |
| 總費用 | \$ | 支票號碼 | |

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

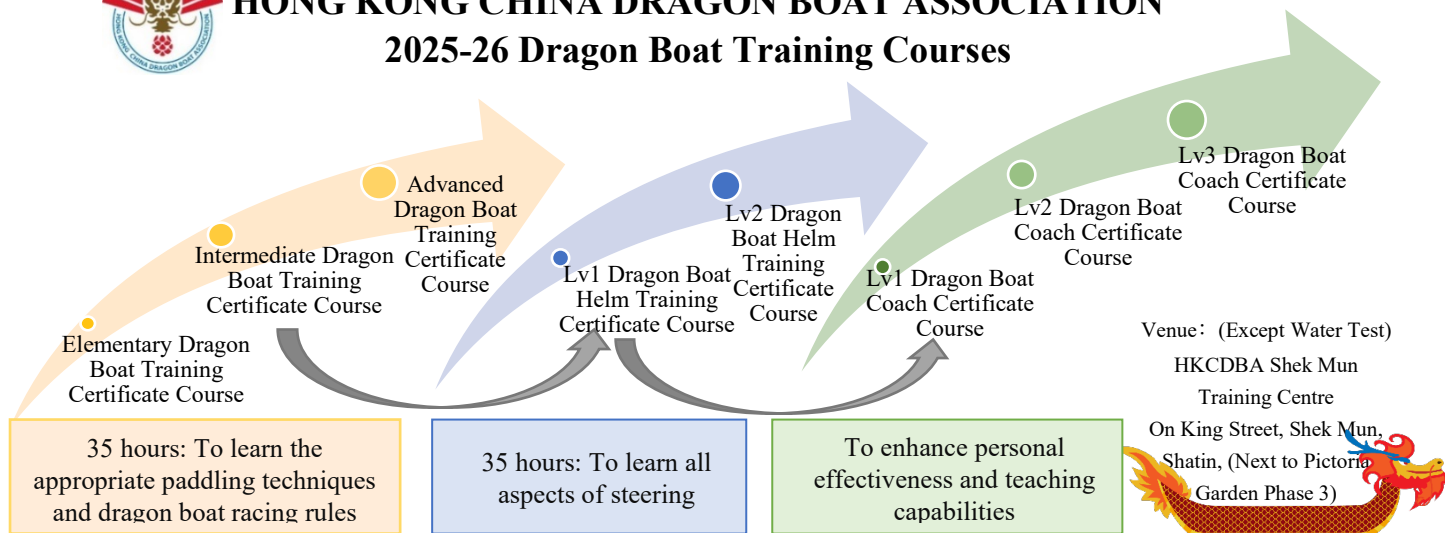
姓名 _____

地址 _____



HONG KONG CHINA DRAGON BOAT ASSOCIATION

2025-26 Dragon Boat Training Courses



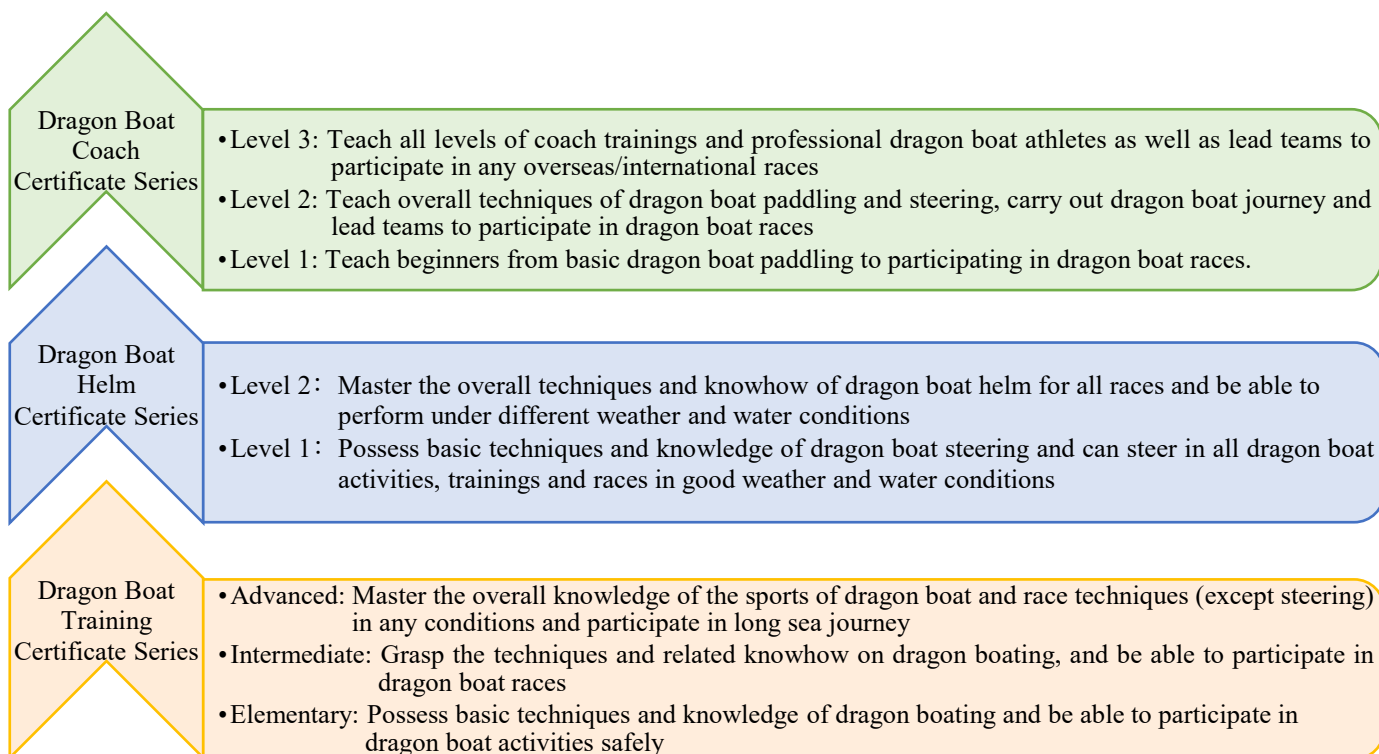
| Course Code | Date | Day | Time (hrs) | Age | Quota | Fee (HK\$) |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|------------|------------|---------------------------------------------------------------|-------|------------------------------------------|
| Water Test (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-2025-01* | 01/04/2025 | Tue | 2000-2100 | 15+ | 20 | \$120 (Admission fee is not included) |
| SWIM-2025-02* | 02/05/2025 | Fri | | | | |
| SWIM-2025-03* | 02/06/2025 | Mon | | | | |
| SWIM-2025-04* | 02/07/2025 | Wed | | | | |
| Indoor Dragon Boat Certificate Course | | | | | | |
| INDBC-2025-01 | 27/04/2025 | Sun | 1400-1600 | 12+ | 10 | \$115 |
| INDBC-2025-02 | 22/06/2025 | Sun | | | | |
| INDBC-2025-03* | 03/08/2025 | Sun | | | | |
| Elementary Dragon Boat Training Certificate Course Entry Requirement: Be able to swim 50m in light clothing | | | | | | |
| EDBTC-2025-01 | 05/04/2025 | Sat | 0900-1700 | 12+ | 20 | \$340 |
| EDBTC-2025-02* | 04/05/2025 | Sun | | | | |
| Intermediate Dragon Boat Training Certificate Course Entry Requirement: Holders of "Elementary Dragon Boat Training Certificate" issued by HKCDBA | | | | | | |
| IDBTC-2025-01 | 18/04/2025 19/04/2025 | Fri Sat | 0900-1700 | 12+ | 20 | \$680 |
| IDBTC-2025-02* | 15/06/2025 21/06/2025 | Sun Sat | | | | |
| Advanced Dragon Boat Training Certificate Course Entry Requirement: Holders of "Intermediate Dragon Boat Training Certificate" issued by HKCDBA | | | | | | |
| ADBTC-2025-01 | 20/04/2025 21/04/2025 | Sun Mon | 0900-1700 | 12+ | 20 | \$910 |
| ADBTC-2025-02 | 23/08/2025 30/08/2025 | Sat Sat | | | | |
| Parent-Child Dragon Boat Training Certificate Course Entry Requirement: Be able to swim 50m in light clothing | | | | | | |
| PCDBTC-2025-01 | 25/05/2025 | Sun | 1400-1700 | 8 – 11 years old child with an adult (18 and above years old) | 6+6 | Child \$225 Adult \$225 |
| PCDBTC-2025-02 | 01/07/2025 | Tue | | | | |

*The course or test will be taught in both Chinese and English.

| Course Code | Date | Day | Time (hrs) | Age | Quota | Fee (HK\$) |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|------------|------------|-----|-------|--------------------------|
| Level I Dragon Boat Helm Training Certificate Course (Examination excluded) | | | | | | |
| Entry Requirement: | | | | | | |
| 1) A valid Individual 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 China 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-2025-01 | 12/04/2025 26/04/2025 | Sat Sat | 0900-1700 | 15+ | 11 | \$930 (Student \$720) |
| L1DBH-2025-02* (English Only) | 29/06/2025 12/07/2025 | Sun Sat | | | | |
| Level I Dragon Boat Helm Examination (Written Test & Skill Test) | | | | | | |
| Entry Requirement: | | | | | | |
| 1) A valid Individual 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 China 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-2025-01* | 01/06/2025 | Sun | 1000-1300 | 15+ | 22 | \$740 (Student \$620) |
| L1DBHEX-2025-03* | 26/07/2025 | Sat | | | | |
| L1DBHEX-2025-05* | 02/08/2025 | Sat | | | | |
| L1DBHEX-2025-07* | 16/08/2025 | Sat | | | | |
| L1DBHEX-2025-02* | 01/06/2025 | Sun | 1400-1700 | 15+ | 22 | \$740 (Student \$620) |
| L1DBHEX-2025-04* | 26/07/2025 | Sat | | | | |
| L1DBHEX-2025-06* | 02/08/2025 | Sat | | | | |
| L1DBHEX-2025-08* | 16/08/2025 | Sat | | | | |
| Remarks: | | | | | | |
| Participants are required to arrange two paddlers for the assessment.; Paddlers must arrive before skill test start (1030 or 1430 hours) | | | | | | |

*The course will be taught in both Chinese and English.

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. If the course is cancelled due to inclement weather, the make-up date will be arranged by HKCDBA and no refund will be made.
8. Certificate fee is included (Elementary Dragon Boat Training Certificate Course includes personal training logbook).
9. All applicants must have a personal training logbook in the course except Indoor Dragon Boat Certificate Course and Parent-Child Dragon Boat Training Certificate Course.
10. 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.
11. 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. (Except Indoor Dragon Boat Certificate Course) |
| 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

Enrollment

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

Mailing address: "Hong Kong China Dragon Boat Association", Unit 9, 15/F, Laurels Industrial Centre, 32 Tai Yau Street, San Po Kong, Kowloon

- 1) Completed Application Form; 2) Entry Fee; 3) Certificate Copy (if needed); 4) HKID Copy; and
- 5) 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.

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. | | |
| Course Fee | \$ | <input type="checkbox"/> Buy Personal Training Logbook \$50 | | | |
| Total Fee | \$ | Cheque 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 _____