

Organised by the China Hong Kong Mountaineering and Climbing Union (CHKMCU)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme – Mountaineering and Climbing

(i) Sport Climbing
Prospectus

Type of Activity Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme		
			Non-School Team Training		School Team Training
			Level I Course	Advanced Practical Course	Level II Course
Target Group	Primary and secondary school students	Students of Primary 3 or above and secondary school students of Form 2 or below	Secondary school students (aged 12 or above)	Secondary school students (aged 12 or above with Level I certificate of sport climbing)	Secondary school students (aged 14 or above <u>Level I certificate</u> of sport climbing and have a <u>minimum of 12 hours</u> of training as recorded in their log book.)
(See Note 7 for details)					
Content	The CHKMCU coaches or elite athletes (if possible) will demonstrate sport climbing skills and students can take part in the play-in session.	<p>The training covers:</p> <ul style="list-style-type: none"> – Introduction to sport climbing – Introduction to climbing wall – Introduction to the equipment – Code of safety – Simple climbing skills – Top rope climbing (coaches/ assistant coaches will assist in belay) 	<p>The training programme is based on Level I training of the CHKMCU.</p> <p>Students will be taught the basic skills of climbing, knotting methods, code of safety and belay skills.</p> <p>Coaches will assess students' skills at the end of the course. Those who pass the assessment can apply to the CHKMCU for "Level I" certificate at their own expense.</p>	<p>The course is tailor-made for students who wish to further attain the Level II course.</p> <p>The practical course will provide intensive training on the use of equipment and belay skills.</p> <p>Practice under the guidance of qualified coaches who would record on students' logbook to certify if they attain the standard for promoting to Level II course.</p>	<p>The training programme is based on Level II training of the CHKMCU.</p> <p>The course is divided into two stages: (A) Stage 1 (B) Stage 2</p> <p>The course covers advanced climbing skills and knowledge of safety to help students to master general climbing skills.</p>

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Venue Requirement	<p>1. For The LCSD venues (schools are required to arrange for their own transportation to and from the venues):</p> <p>a. <u>Venues arranged by the LCSD</u> Shun Lee Tsuen Sports Centre, Shek Kip Mei Park Sports Centre, Po Wing Road Sports Centre; and Tin Fai Road Sports Centre</p> <p>b. <u>Venues booked and hired by schools</u> (please contact the respective venues for the hiring charges) Lei Yue Mun Sports Centre (Tel. No.: 2349 3954), Kai Tak East Sports Centre (Tel. No.: 2326 9940); and Tai Kok Tsui Sports Centre (Tel. No.: 2393 1084)</p> <p>2. For school venues: approved for sports climbing (Schools must provide insurance coverage for the safeguard of students) (Schools may contact the CHKMCU at 2504 8124 for enquiring for the procedures of approving sport climbing walls and the charges)</p>				
Fee	\$520 per session	\$720 per course	\$1,440 per course	\$1,200 per course	\$3,060 per stage \$6,120 for two stages
Equipment to be Provided by Schools	<p>1. If the activity is conducted in school, schools should arrange all sport climbing equipment such as climbing ropes and harnesses, karabiner, and chalk bag and chalk, quick-draw (for Level II course) and climbing shoes (for Level II course). For the safety measures at other venues, schools are advised to contact the coaches concerned / the CHKMCU.</p> <p>2. If the activity is conducted in the LCSD venues, the equipment will be arranged by the CHKMCU.</p>				
Course Duration	3 hours per session	2 lessons per course, 3 hours per lesson (6 hours in total)	3 lessons per course, 3 hours for 1st lesson, 4 hours for 2nd and 3rd lessons (11 hours in total)	3 lessons per course, 4 hours per lesson (12 hours in total)	3 lessons per stage, 5 hours per lesson (15 hours in total) 6 lessons for 2 stages, (30 hours in total)
Estimated No. of Participants per Session/ Course	40 persons	12 persons			
Proposed Date/ Time	Monday to Friday: 9 am to 5 pm	Monday to Saturday: 9 am to 5 pm (It is preferable to arrange training sessions on different days)			
Badges Award Scheme	Not applicable		Level I certificate (See Note 5 for details)	Not applicable	Level II certificate (See Note 5 for details)
Enrolment Form	Sport Demonstration Enrolment Form (P.137)	Easy Sport Programme Enrolment Form (P.148)	Outreach Coaching Programme Enrolment Form (P.151) (Please specify the level of course in the enrolment form)		

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			Non-School Team Training		School Team Training
			Level I Course	Advanced Practical Course	Level II Course
Enrolment Method	<p>1. School should mail the completed enrolment form, together with a crossed cheque payable to the "China Hong Kong Mountaineering and Climbing Union Ltd." with the school name marked clearly on the back to the School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin.</p> <p>2. Should any school cancel the activity after the CHKMCU has arranged coaches for the Easy Sport Programme and Outreach Coaching Programme according to its application, the CHKMCU will deduct an administrative fee of \$304 from the payment of the enrolment fee and return the balance to the school directly.</p>				
	<ul style="list-style-type: none"> ● Please refer to the Enrolment Method (P.7) for the dates of application. ● If the activity cannot be arranged by the CHKMCU or the LCSD, the cheque(s) for payment of the enrolment fee will be returned to the school concerned. 				
Enquiries/Website	2601 7602 / http://www.lcsd.gov.hk				

- Note: **1. Schools are advised to delegate a person-in-charge aged 18 or above or a teacher to oversee the activity.**
2. Please specify on the application whether it is for school team or non-school team when applying for training courses under the Outreach Coaching Programme.
 3. Students are requested to put on sports shoes and proper sportswear during lessons.
 4. Schools are required to arrange for their own transportation to and from the venues.
 5. After the completion of the sport climbing training course under the Outreach Coaching Programme, the coaches will conduct the assessment at the end of the course. Those who reach the required standard will be obtained certificates according to their achieved levels from the CHKMCU at their own expense.
 6. Students who have received training under this Programme are welcome to take part in the annual Sport Climbing Competition. Details will be announced later.
 7. **A participant who takes part in non-school team and school team training under the Outreach Coaching Programme must be aged 12 or above and aged 14 or above respectively as at the event date. If any participant whose age is found under the specified age range, the LCSD will disqualify his/her participation and the enrolment fee will not be refunded.**

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School Sports Programme – Mountaineering and Climbing
(ii) Mountain Craft
Prospectus

Type of Activity	Sport Demonstration
Brief Information	
Target Group	Primary and secondary school students
Content	Coaches from the CHKMCU will visit schools to give talks on the basic skills and rules of mountain craft, the environment and facilities of Hong Kong country parks, and safety tips for hiking. Students will learn in groups how to tie knots, read maps, and adjust, pack and carry rucksacks.
Venue Requirement	School hall or covered playground or activity room
Fee	\$400 per session
Equipment to be Provided by Schools	Wireless microphone, TV set, DVD player, audio equipment, computer, projector and screen
Course Duration	2 hours per session
Estimated No. of Participants per Course/ Session	40 persons
Proposed Date/ Time	Monday to Friday: 9 am to 5 pm
Enrolment Form	Sport Demonstration Enrolment Form (P.137)
Enrolment Method	<p>1. School should mail the completed enrolment form, together with a crossed cheque payable to the “China Hong Kong Mountaineering and Climbing Union Ltd.” with the school name marked clearly on the back to the School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin.</p> <ul style="list-style-type: none"> ● Please refer to the Enrolment Method (P.7) for the dates of application. ● If the activity cannot be arranged by the CHKMCU or the LCSD, the cheque(s) for payment of the enrolment fee will be returned to the school concerned.
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 2. Students are requested to put on sports shoes and proper sportswear during lessons.