



更新日期 2020 年 5 月 16 日

Updated on May 16, 2020



中國香港龍舟總會

Hong Kong China Dragon Boat Association

電話 Tel 3618 7510

傳真 Fax 2577 1873

網址 Website www.hkcdba.org

電郵 E-mail hkdba@hkolympic.org

室內龍舟證書課程 Indoor Dragon Boat Certificate Course

歡迎有興趣人士參加 All the interested parties are welcomed.

| 課程編號 Course Code | 日期 Date | 星期 Day | 授課語言 Language | 時間 Time | 年齡 Age | 名額 Quota | 費用 Fee |
|---------------------|------------|-----------|-------------------------------|------------|-----------|-------------|-----------|
| INDBC-2020-01 | 27/6/2020 | 六 Sat | 廣東話及英語 Cantonese & English | 1400-1600 | 12+ | 10 | *HK\$100 |
| INDBC-2020-02 | 18/7/2020 | 六 Sat | | | | | |
| INDBC-2020-03 | 8/8/2020 | 六 Sat | | | | | |
| INDBC-2020-04 | 12/9/2020 | 六 Sat | | | | | |
| INDBC-2020-05 | 11/10/2020 | 日 Sun | | | | | |
| INDBC-2020-06 | 15/11/2020 | 日 Sun | | | | | |
| INDBC-2020-07 | 12/12/2020 | 六 Sat | | | | | |

* 費用已包括證書費 Certificate fee is included

通過考核者，可獲室內龍舟證書 Participants who pass the assessment are eligible to obtain Indoor Dragon Boat Certificate

備註 Remarks

報考室內龍舟導師者，必須持有室內龍舟證書 Indoor Dragon Boat Coach Course participant must be holder of HKCDBA Indoor Dragon Boat Certificate

#游泳測試 Swimming Test

測試內容 Test Content:

能穿輕便衣物完成游泳 100 米、踩水 2 分鐘及深水自行登艇 Be able with light clothing to swim 100 meters, tread water 2 minutes and self-embark in deep water

歡迎有興趣人士參加 All the interested parties are welcomed.

本測試只需作一次評估，成績合格後不需再重新考核。This test requires 1 evaluation ONLY, re-examination will not be required once the result passed.

本測試之合格證明書適用於任何訓練班。The certificate is appropriate in every training course.

| 課程編號 Course Code | 日期 Date | 星期 Day | 授課語言 Language | 時間 Time | 年齡 Age | 名額 Quota | 費用 Fee |
|---------------------|------------|-----------|-------------------------------|------------|-----------|-------------|-----------|
| SWIM-2020-01 | 18/6/2020 | 四 Thu | 廣東話及英語 Cantonese & English | 2000-2100 | 15+ | 20 | *HK\$100 |
| SWIM-2020-02 | 9/7/2020 | | | | | | |
| SWIM-2020-03 | 13/8/2020 | | | | | | |
| SWIM-2020-04 | 10/9/2020 | | | | | | |
| SWIM-2020-05 | 8/10/2020 | | | | | | |

* 費用已包括入場費 Admission fee is included

測試地點: 沙田賽馬會游泳池 Venue: Shatin Jockey Club Swimming Pool

初級龍舟訓練證書課程 Elementary Dragon Boat Training Certificate Course

參加資格 Entry Requirement:

1. 能穿著輕便衣物游泳 50 米 Be able to swim 50 meters in light clothing

| 課程編號 Course Code | 日期 Date | 星期 Day | 授課語言 Language | 時間 Time | 年齡 Age | 名額 Quota | 費用 Fee |
|---------------------|------------|-----------|-------------------------------|------------|-----------|-------------|-----------|
| EDBTC-2020-01 | 14/6/2020 | 日 Sun | 廣東話 Cantonese | 0900-1700 | 12+ | 20 | *HK\$290 |
| EDBTC-2020-02 | 4/7/2020 | 六 Sat | | | | | |
| EDBTC-2020-03 | 12/7/2020 | 日 Sun | 廣東話及英語 Cantonese & English | | | | |
| EDBTC-2020-04 | 1/8/2020 | 六 Sat | 廣東話 Cantonese | | | | |
| EDBTC-2020-05 | 15/8/2020 | 六 Sat | | | | | |
| EDBTC-2020-06 | 5/9/2020 | 六 Sat | 廣東話及英語 Cantonese & English | | | | |
| EDBTC-2020-07 | 20/9/2020 | 日 Sun | 廣東話 Cantonese | | | | |
| EDBTC-2020-08 | 1/10/2020 | 四 Thu | | | | | |

* 費用已包括證書費 Certificate fee is included
通過考核者，可獲初級龍舟訓練證書 Participants who pass the assessment are eligible to obtain Elementary Dragon Boat Training Certificate.

中級龍舟訓練證書課程 Intermediate Dragon Boat Training Certificate Course

參加資格 Entry Requirements :

1. 持有中國香港龍舟總會頒發的「初級龍舟訓練證書」 Holders of “Elementary Dragon Boat Training Certificate” issued by HKCDBA
2. 能穿著輕便衣物游泳 50 米 Be able to swim 50 meters in light clothing

| 課程編號 Course Code | 日期 Date | 星期 Day | 授課語言 Language | 時間 Time | 年齡 Age | 名額 Quota | 費用 Fee |
|---------------------|--------------|------------------|-------------------------------|------------|-----------|-------------|-----------|
| IDBTC-2020-01 | 20,21/6/2020 | 六 Sat & 日 Sun | 廣東話 Cantonese | 0900-1700 | 12+ | 20 | *HK\$580 |
| IDBTC-2020-02 | 25,26/7/2020 | 六 Sat & 日 Sun | | | | | |
| IDBTC-2020-03 | 15,16/8/2020 | 六 Sat & 日 Sun | 廣東話及英語 Cantonese & English | | | | |
| IDBTC-2020-04 | 12,13/9/2020 | 六 Sat & 日 Sun | 廣東話 Cantonese | | | | |

* 費用已包括證書費 Certificate fee is included
通過考核者，可獲中級龍舟訓練證書 Participants who pass the assessment are eligible to obtain Intermediate Dragon Boat Training Certificate.

高級龍舟訓練證書課程 Advance Dragon Boat Training Certificate Course

參加資格 Entry Requirements:

1. 持有中國香港龍舟總會頒發的「中級龍舟訓練證書」 Holders of “Intermediate Dragon Boat Training Certificate” issued by HKCDBA
2. 能穿著輕便衣物游泳 50 米 Be able to swim 50 meters in light clothing
3. 持有 2014 年或之前由總會發出之「一級舵手證書」者，可獲豁免第一項 Requirement 1 above will be exempted for holders of “Level 1 Helm Certificate” issued by HKCDBA on or before 31/12/2014

| 課程編號 Course Code | 日期 Date | 星期 Day | 授課語言 Language | 時間 Time | 年齡 Age | 名額 Quota | 費用 Fee |
|---------------------|---------------|------------------|-------------------------------|------------|-----------|-------------|-----------|
| ADBTC-2020-01 | 5, 19/7/2020 | 日 Sun | 廣東話 Cantonese | 0900-1700 | 12+ | 20 | *HK\$700 |
| ADBTC-2020-02 | 22, 23/8/2020 | 六 Sat & 日 Sun | | | | | |
| ADBTC-2020-03 | 5, 6/9/2020 | 六 Sat & 日 Sun | 廣東話及英語 Cantonese & English | | | | |
| ADBTC-2020-04 | 26, 27/9/2020 | 六 Sat & 日 Sun | 廣東話 Cantonese | | | | |

* 費用已包括證書費 Certificate fee is included
通過考核者，可獲高級龍舟訓練證書 Participants who pass the assessment are eligible to obtain Advance Dragon Boat Training Certificate.

一級龍舟舵手證書課程 Level I Dragon Boat Helm Training Certificate Course

參加資格 Entry Requirement :

- 1. 總會有效個人會員 Must be a valid Association Member of HKCDBA
 - 2. 持有中國香港龍舟總會頒發的「中級龍舟訓練證書」 Holders of “Intermediate Dragon Boat Training Certificate” issued by HKCDBA
 - 3. 必須有基本划槳技術 (上課時需協助划船) Attained basic paddling skill
 - 4. 需遞交由中國香港龍舟總會舉辦之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 Provide the swimming test certificate which is organized by HKCDBA OR the Personal Training Logbook with examiner’s signature.
- 持有香港拯溺總會發出之拯溺銅章證書或以上級別證書者，可獲豁免參加總會游泳測試。只需要在報名時同時附上所持有拯溺證書副本以作證明。The swimming test will be exempted if the applicants have a 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.

| 課程編號 Course Code | 日期 Date | 星期 Day | 授課語言 Language | 時間 Time | 年齡 Age | 名額 Quota | 費用 Fee |
|---------------------|--------------|------------------|-------------------------------|------------|-----------|-------------|-------------------------------------|
| L1DBH-2020-01 | 20,21/6/2020 | 六 Sat & 日 Sun | 廣東話 Cantonese | 0900-1700 | 15+ | 11 | *HK\$880 (學生 Student HK\$660) |
| L1DBH-2020-02 | 2,9/8/2020 | 日 Sun | | | | | |
| L1DBH-2020-03 | 6,13/9/2020 | 日 Sun | 廣東話及英語 Cantonese & English | | | | |

完成一級龍舟舵手證書課程後須另選日期報名考試

Choose any date of Level I Dragon Boat Helm Examination for assessment after finished the course.



一級龍舟舵手證書考試 Level I Dragon Boat Helm Examination

參加資格 Entry Requirement:

- 1. 總會有效個人會員 Must be a valid Association Member of HKCDBA
 - 2. 持有中國香港龍舟總會頒發的「中級龍舟訓練證書」 Holders of “Intermediate Dragon Boat Training Certificate” issued by HKCDBA
 - 3. 必須有基本划槳技術 (上課時需協助划船) Attained basic paddling skill
 - 4. 需遞交由中國香港龍舟總會舉辦之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 Provide the swimming test certificate which is organized by HKCDBA OR the Personal Training Logbook with examiner’s signature.
- 持有香港拯溺總會發出之拯溺銅章證書或以上級別證書者，可獲豁免參加總會游泳測試。只需要在報名時同時附上所持有拯溺證書副本以作證明。The swimming test will be exempted if the applicants have a 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.

授課語言 Language: 廣東話及英語 Cantonese & English

| 課程編號 Course Code | 訓練日期 Date | 星期 Day | 時間 Time | 年齡 Age | 名額 Quota | 費用 Fee |
|---------------------|--------------|-----------|--|-----------|-------------|-------------------------------------|
| L1DBHEX-2020-01 | 28/6/2020 | 日 Sun | 1030-1330 筆試及技術試 Written & Skill Test | 15+ | 22 | *HK\$700 (學生 Student HK\$525) |
| L1DBHEX-2020-03 | 18/7/2020 | 六 Sat | | | | |
| L1DBHEX-2020-05 | 29/8/2020 | 六 Sat | | | | |
| L1DBHEX-2020-07 | 27/9/2020 | 日 Sun | | | | |
| L1DBHEX-2020-02 | 28/6/2020 | 日 Sun | 1400-1700 筆試及技術試 Written & Skill Test | | | |
| L1DBHEX-2020-04 | 18/7/2020 | 六 Sat | | | | |
| L1DBHEX-2020-06 | 29/8/2020 | 六 Sat | | | | |
| L1DBHEX-2020-08 | 27/9/2020 | 日 Sun | | | | |
| | | | | | | |

* 費用已包括證書費 Certificate fee is included

通過考核者，可獲一級龍舟舵手證書 Participants who pass the assessment are eligible to obtain Level I Dragon Boat Helm Certificate.

備註 Remarks

- 1. 參加者須自行安排 2 名划手協助考試 Participants are required to arrange two paddlers for the assessment
- 2. 划手須於技術試開考前(即 1100 或 1430)到達 Paddlers must arrived before skill test started (1100 and 1430 hours)
- 3. 報考一級龍舟教練證書班者，必須持有一級龍舟舵手證書 Level I Dragon Boat Coach Certificate Course participant must be holder of HKCDBA Level I Dragon Boat Helm Certificate

報名方法 Enrollment

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；
 - 4) 全日制學生證副本；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。
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;
- 4) Copy of Full Time Student Card; 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.

細則及條款 Terms & Conditions

- 1. 參加者於上課時，必須出示身份證明文件及收據／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／活動申請一經本會確認報名後，申請者所繳費用，概不發還。
- 7. 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。
- 8. 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。
- 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. 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.
- 8. HKCDBA reserves the right to amend the above terms and conditions without prior notice.

惡劣天氣下的活動安排 Arrangements under inclement weather

| | | |
|-------------------------------------|--|---|
| 強烈季候風訊號 Strong Monsoon Signal | | 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 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. |
| 雷暴警告 Thunderstorm Warning Signal | | |
| 暴雨警告 Rainstorm Warning Signal | 黃色 Amber | |
| | 紅色 Red | 活動將會取消 Activities will be cancelled. |
| | 黑色 Black | |
| 颱風訊號 Typhoon Signal | 一號 No.1 | 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 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. |
| | 三號或以上 No.3 or above | 活動將會取消 Activities will be cancelled. |
| | 教育統籌局宣佈學校停課 Education Bureau announcement on closure of schools | |

* 如有關颱風訊號或暴雨訊號於活動前兩小時取消，該天活動將如期舉行。 If typhoon signal No. 3 and above or the rainstorm warning signal is cancelled **2 HOURS BEFORE** an activity commences, all the activities of the day will be held as scheduled.

報名表 Application Form

每張表格只適用於一個課程 One Form Applied for One Course Only

| 選擇次序 Preference | 首選 1 st Choice | 次選 2 nd Choice | 第三選擇 3 rd Choice |
|---------------------|---------------------------|---------------------------|-----------------------------|
| 課程編號 Course Code | | | |

如遇活動取消或滿額，報名將按選擇次序安排。

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

| | | | |
|--|------------------------------------|----------------------------------|---------------------|
| 會員號碼 Membership No. | | | |
| 姓名 Name | (中文 CHI) | | |
| | (英文 ENG) | | |
| 出生日期 Date of Birth | 年(Y) 月(M) 日(D) | 性別 Gender | 男 M / 女 F |
| 香港身份證號碼 HK ID No | XXX(X) 首 4 位號碼 First 4 digits | | |
| 地址 Address | | | |
| 電話 Tel | | | |
| 電郵 (必須填寫) E-mail (must filled item) | | | |
| 緊急聯絡人姓名 Emergency contact person | | 緊急聯絡人電話 Emergency contact No. | |
| 持有本會證書 HKCDBA Cert Achieved | | 證書號碼 Cert No. | |

請選擇 ☐ 中文課程 (Chinese Course) ☐ 英文課程 (English Course)

聲明 Declaration

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_____訓練班，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。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.

參加者簽署 Signature of Applicant_____ 日期 Date_____

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。

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

家長或監護人簽署 Signature of Parent / Guardian : _____ 電話 Tel _____

家長或監護人姓名 Name of Parent / Guardian : _____ 日期 Date_____