

Organized by HKWSA & Subvented by LCSD
由香港滑水總會主辦及康樂及文化事務署資助

2019 Water Skiing and Wakeboarding Beginners Course Notice **2019 初級滑水及尾波花式滑水訓練班須知**

Aim 目的	To introduce basic Water Skiing and Wakeboarding equipment, techniques, safety and on-water practice to those interested by certified coaches 介紹滑水及尾波花式滑水運動之基本設備、技術、安全守則及水上實習，使有興趣之初學人士得到專業教練之指導。
Date 日期	(i) 28/9/2019 Wakeboard 尾波花式滑水, (ii) 13/10/2019 Wakeboard 尾波花式滑水 (iii) 10/11/2019 Waterski 滑水
Venue 地點	9:00 – 16:00 (12:00 – 13:00 Lunch Break /午餐休息) Chong Hing Water Sports Centre, High Island, Sai Kung 西貢萬宜水庫創興水上活動中心
Fee 費用	Age 7-11 \$100/person/day; Age 12 and over \$200 /person/day/ 7至11歲人士每人每日100元；12歲以上人士每人每日200元 (equipment such as wet suit, floatation vest, skis and wakeboard board will be provided / 包括租借所有滑水設備)
Class Size 人數	每班8人
Requirement 資格	Age 7 and over (Male or Female) and can swim for 50m 7歲或以上人士 (性別不限) 及可游泳50米
Entry Deadline 截止報名日期	31/8/2019
Payment Method 付款方法	Please make your application fee by drawing a crossed cheque to us. Payable to “Hong Kong Water Ski Association Ltd” Address: Room 1025, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong 所有費用必須透過支票繳交，並郵寄劃線支票予本會 支票抬頭：「香港滑水總會有限公司」 地址：香港銅鑼灣掃桿埔大球場徑一號奧運大樓1025室
Enquiry 查詢	For details please call HKWSA at 2504-8168 or E-mail to hkwsa@hkolympic.org 有關詳情可致電香港滑水總會 2504-8168 或電郵至 hkwsa@hkolympic.org
Remarks 備註	Each applicant may take part in one course only. 每人限報一班

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- *Trainings courses will be cancelled if typhoon signal number three or above is hoisted. Refund of entry fee will be arranged. All based on the arrangement of LCS.
- * 如三號或以上颱風訊號懸掛，訓練班將會取消，已繳交之報名費將安排退款。

Bad Weather Arrangements 惡劣天氣下的活動安排

In case of bad weather, please refer to the following tables for various arrangements for different types of weather condition.

如活動當日遇到惡劣天氣，請參照下列表格上之活動安排。

Tropical Cyclone Warning 熱帶氣旋警告			
	Weather Condition 天氣狀況	Time 時間	Training courses yet to be held 相應安排
1.	If Strong Monsoon Signal Thunderstorm Warning Amber Rainstorm Warning Signal /Red Rainstorm Warning Signal / typhoon signal No. 1 is issued 如發出強烈季候風信號、雷暴警告 / 黃色暴雨警告信號 / 紅色暴雨警告信號 / 一號颱風信號	N/A	All trainings will be held as scheduled. 訓練班如常進行 HKWSA has discretion to cancel the activity for safety's sake. 本會有可能因應當時天氣的變化而決定取消活動，以策安全。
2.	If Thunderstorm Warning is issued AND Red flags hoisted at Chong Hing Water Sports Centre 如發出雷暴警告並同時於創興水上活動中心懸掛紅旗	9am to 4pm 上午九時至下午四時	Activities on lake at Chong Hing Water Sports Centre suspended 創興水上活動中心水上活動暫時停止 HKWSA has discretion to cancel the activity for safety's sake. 本會有可能因應當時天氣的變化而決定取消活動，以策安全。
4.	If Black Rainstorm Warning Signal / Typhoon Signal No. 3 or above is hoisted 如發出黑色暴雨警告信號 / 三號或以上颱風信號	At 7 am 上午七時	All activities on the water will be cancelled 全日水上訓練班活動取消。 On land activities can be continued. 陸上課堂可仍然繼續。
		Between 7 am to 4pm	All activities on the water will be cancelled immediately.

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		早上七時 至下午四 時	水上訓練班活動立刻取消。 On land activities can be continued. 陸上課堂可仍然繼續。
5.	If Typhoon Signal No. 8 or above is hoisted 如發出八號或以上颱風信號	At 7 am 上午七時	All activities will be cancelled immediately. 全日將會立即活動取消。
		Between 7 am to 4pm 早上七時 至下午四 時	
6.	If Black Rainstorm Warning Signal / Typhoon Signal No. 3 / Tropical Cyclone Warning Signal No. 8 or above is lowered or cancelled before 如以下信號改為較低的信號或取消: 紅色暴雨警告信號 / 黑色暴雨警告信號 / 三號颱風信號 / 八號或以上熱帶氣旋警告信號	N/A	All categories remained cancelled 全日比賽活動仍然取消。

*Based on the arrangement of the CHWSC staff.

*視乎創興水上活動中心職員安排。

For weather information please kindly visit Hong Kong Observatory website <http://www.hko.gov.hk/>

如欲查詢天氣狀況，請參閱香港天文台網頁: <http://www.hko.gov.hk/>

Remark:

- Please bring the original bank payment notice
- Wet suit and life suit will be provided by Centre
- Please prepare lunch by yourself. **No water & food service provided** in the Centre. Only soft drink vending machines are available.
- Swim suit and enough dry clothes are recommended. (Raincoat or waterproof coat are recommended when raining)
- No dogs nor cars are allowed in the restricted area around the centre.(except Taxi)
- For enquiries, please check http://www.lcsd.gov.hk/en/watersport/index/inde_chong.html

備註:

- 學員需於活動當日出示銀行有關之繳款通知書正本
- 中心會免費借用救生衣及保護衣
- 學員須自備全日所需之食物及食水，中心並沒有購物及膳食服務提供，只有提供自動飲品售賣機。
- 學員須自備足夠之保暖衣物及泳衣。(如遇下雨，請自備雨衣或防水衣物)
- 中心所屬禁區限制地方，其他車輛及犬隻一律不能進入。(的士除外)

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- 有關中心詳情可查詢 http://www.lcsd.gov.hk/tc/watersport/index/inde_chong.html

Map of Pak Tam Chung / 北潭涌地圖：



往創興水上活動中心之交通資訊：

- 1) 前往西貢市中心總站
由鑽石山港鐵站/彩虹港鐵站乘搭92號巴士線;或由沙田市中心巴士總站乘搭299號巴士線;或由調景嶺港鐵站乘搭792M號巴士線;或由彩虹港鐵站近牛池灣消防局乘搭1A專線小巴
- 2) 前往北潭涌及西貢創興水上活動中心
九巴94號由西貢市中心至黃石碼頭，到中途站北潭涌巴士總站下車，於閘口外乘的士直往創興水上活動中心(的士費約為\$30-35); 或九巴96R 號(假日) 由鑽石山地鐵站至黃石碼頭，到中途站 北潭涌巴士總站下車，於閘口外乘的士直往創興水上活動中心(的士費約為\$40-45); 或從西貢巴士總站乘坐的士。

Getting to Chong Hing Water Sports Centre

- 1) To Sai Kung Bus Terminus
By Bus 92 from Diamond Hill/Choi Hung MTR station; Or by Bus 299 from Shatin Central Bus Terminus, Or by Bus 792M from Tiu Keng Leng MTR Station; Or by Mini-bus 1A from Choi Hung MTR Station near Ngau Chi Wan Fire Station;
- 2) To Pak Tam Chung and Chong Hing Water Sports Centre, Sai Kung
By Bus 94 from Sai Kung Bus Terminus to Pak Tam Chung (or Bus 96R on Sunday or public holiday), then take taxi outside the gate to Chong Hing Water Sports Centre (Estimated taxi fare: \$30 - 35)
For Sunday and public holiday, by Bus 96R from Diamond Hill MTR station to Pak Tam Chung, then take taxi outside the gate to Chong Hing Water Sports Centre (Estimated taxi fare: \$40 - 45)
Or by taxi from Sai Kung Bus Terminus.