

Title Sponsor



Organizer



Subvented by



Supported by



Young Post 7th Inter-school Dragon Boat Championships **Elementary Dragon Boat Training Course**

1. Date and Time

Secondary schools can select a course consisting of 4 sessions based on the Course Codes below.

School Holiday Course

Course Code	Date	Time	Course Code	Date	Time
InS2016-01	11 (Thu) ,12 (Fri), 16 (Tue), 17 (Wed)	1400-1600	InS2016-07	29 (Tue), 30 (Wed), 31 (Thu) March, 2016	1400-1600
InS2016-02	February, 2016	1600-1800	InS2016-08	1 (Fri) April, 2016	1600-1800
InS2016-03	25 (Fri), 26 (Sat), 28 (Mon) March, 2016	0900-1100	InS2016-09	25 (Fri), 26 (Sat), 27 (Sun), 28 (Mon)	0900-1100
InS2016-04	4 (Mon) April, 2016	1100-1300	InS2016-10	March, 2016	1100-1300
InS2016-05		1300-1500	InS2016-11		1300-1500
InS2016-06		1500-1700	InS2016-12		1500-1700

Weekdays Course

Course Code	Date	Time	Course Code	Date	Time
InS2016-13	1, 8, 15, 22 March, 2016 (Tue)	1700-1900	InS2016-17	29 March, 2016 (Tue) 5, 12, 19 April, 2016 (Tue)	1700-1900
InS2016-14	2, 9, 16, 23 March, 2016 (Wed)	1700-1900	InS2016-18	30 March, 2016 (Wed) 6, 13, 20 April, 2016 (Wed)	1700-1900
InS2016-15	3, 10, 17, 24 March, 2016 (Thu)	1700-1900	InS2016-19	31 March, 2016 (Thu) 7, 14, 21 April, 2016 (Thu)	1700-1900
InS2016-16	4, 11, 18, 25 March, 2016 (Fri)	1700-1900	InS2016-20	1, 8, 15, 22 April, 2016 (Fri)	1700-1900

Weekend Course

Course Code	Date	Time	Course Code	Date	Time
InS2016-21	6, 13, 20, 27 March, 2016 (Sun)	0900-1100	InS2016-29	12, 19 March, 2016 (Sat)	0900-1100
InS2016-22		1100-1300	InS2016-30	13, 20 March, 2016 (Sun)	1100-1300
InS2016-23		1300-1500	InS2016-31		1300-1500
InS2016-24		1500-1700	InS2016-32		1700-1900
InS2016-25	5, 12, 19, 26 March, 2016 (Sat)	0900-1100	InS2016-33	26 March 2016 (Sat)	0900-1100
InS2016-26		1100-1300	InS2016-34	27 March 2016 (Sun)	1100-1300
InS2016-27		1300-1500	InS2016-35	2 April 2016 (Sat)	1300-1500
InS2016-28		1500-1700	InS2016-36	3 April 2016 (Sun)	1500-1700

2. Coach and Helm

To be provided by Hong Kong China Dragon Boat Association

3. Capacity

A minimum of 10 and no more than 20 participants per session

Title Sponsor



Organizer



Subvented by



Supported by



4. Venue

HKCDBA Shatin Training Centre, 51E On King Street, Shatin (Exit C of Shek Mun Station)

5. Entry Requirement

- Full time secondary school students in Hong Kong; and
- Participants must be current students of the participating school; and
- Participants must be able to swim 50 meters in light clothing; and
- Must participate in at least one race category in the “Young Post 7th Inter-school Dragon Boat Championships” scheduled on April 24, 2016.

6. Fee

- On a first-come-first serve basis, the first 30 schools enrolled in the Elementary Dragon Boat Training Courses will be entitled to one FREE training course of 4 sessions each.
- Each school is required to provide a cheque in the amount of HK\$500 as deposit when submitting the application form. Once the school team has completed at least one race in the “Young Post 7th Inter-school Dragon Boat Championships”, the cheque will be returned within a week upon the completion of the race(s). Otherwise, the cheque will be cashed in.

7. Enrollment

Kindly send the completed Application Form (please refer to Appendix 1) and a cheque properly crossed and made payable to “**Hong Kong China Dragon Boat Association**”, to Room 1032, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay at least TWO week prior notice by writing MUST be provided. Late entries will not be accepted.

8. Dress Code

Participants should wear appropriate attire and shoes covering toes and heels

9. Arrangement under inclement weather

- If typhoon signal No. 3 or above, red or black rainstorm warning signal is in force 2 hours before the training commences, all trainings will be cancelled.
- If thunderstorm warning, typhoon signal No. 1, strong monsoon signal, amber rainstorm warning signal is in force on the training day, all participants shall report on time. In case weather condition is getting worse during the training, HKCDBA reserves the right to cancel or postpone the training. Participants should straightly follow the arrangement announced by HKCDBA.
- In case of cancellation of the training due to inclement weather, HKCDBA will arrange another timeslot in due course.

10. Important Guidelines

- Participating schools are required to arrange a teacher or a staff at the age of 18 or above to stay at the training centre with related contact information of all participants in case of emergency.
- Participants must present original copies of their valid student IDs or handbooks to HKCDBA staff or coach in each session for identification check.
- On a first-come-first-serve basis, a maximum of 2 schools per session will be arranged.

Title Sponsor



Organizer



Subvented by



Supported by



- d) Participants with 100% attendance are eligible to obtain the 'HKCDBA Elementary Dragon Boat Certificate' at HK\$40 each.
- e) Except for inclement weather and venue maintenance, change of bookings is not allowed once the training schedule had been confirmed.
- f) If a school participates in the training but not the "Young Post 7th Inter-school Dragon Boat Championships", its deposit of HK\$500 will be cashed in.
- g) Should there be more than 20 students participate in this program or schools request for more training sessions, please contact HKCDBA for the School Dragon Boat Training Scheme at a special rate.
- h) **If the quota is full or the training schedule does not fit your school, you are welcomed to join the School Dragon Boat Training Scheme which offers tailored training schedule.**

11. Enquiry

Hong Kong China Dragon Boat Association

Tel: (852) 2504 8332

Email: hkdba@hkolympic.org

Fax: (852) 2577 1873

Website: www.hkcdba.org

All matters and disputes over this training program will be subject to the final decision of HKCDBA.

Title Sponsor



Organizer



Subvented by



Supported by



Appendix 1

Young Post 7th Inter-school Dragon Boat Championships Application form for Elementary Dragon Boat Training Course (1)

Name of School _____

Address _____

Contact _____ Title _____

Phone _____ Email _____

Onsite Teacher _____ Mobile _____

Contact Name and Phone in case of emergency: _____

Preferred Course Schedule

First Choice : Course Code : InS2016— _____ Training Time : _____

Second Choice : Course Code : InS2016— _____ Training Time : _____

Note: Except for inclement weather and venue maintenance, change of bookings is not allowed once the training schedule had been confirmed.

FOR INTERNAL USE

Course Code	Date of Receipt
Training dates & Time	Date confirming the schedule with the school: _____
Session 1: _____	Cheque No: _____
Session 2: _____	Processed by: _____
Session 3: _____	
Session 4: _____	

Coach: _____	Helm: _____
--------------	-------------

Title Sponsor



Organizer



Subvented by



Supported by



Appendix 1

Young Post 7th Inter-school Dragon Boat Championships Application form for Elementary Dragon Boat Training Course (2)

Participant List:

	Name in Chinese	Name in English	ID No.	Grade	Age	Emergency Contact	Phone
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							

All participants aged below 18 have obtained consent from his/her parent/guardian to join this program and the above-mentioned declaration and regulations. (Please refer to Appendix 2 for a sample consent form)

Title Sponsor



Organizer



Subvented by



Supported by



Appendix 1

Young Post 7th Inter-school Dragon Boat Championships Application form for Elementary Dragon Boat Training Course (3)

Declaration

- (1) We declare that all participants are healthy, physically fit, be suitable to participate in dragon boat training, and able to swim 50 meters with light clothing. We understand that we join the training at our own risk. We are willing to comply with all HKCDBA rules and regulations. We 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 package which maximum compensation is HK\$20,000,000 and HK\$200,000 for accidental death respectively. We will purchase extra insurance coverage ourselves if necessary.
- (2) We confirm that all participants aged below 18 have obtained consent from his / her parent / guardian to join this training and the above-mentioned declaration and regulations.
- (3) We will arrange a teacher or a staff at the age of 18 or above to stay at the training centre with all emergency contacts of the participants in case of emergency on all training days. We will take care of our students.
- (4) We agree the contacts provided in this application can be used by Hong Kong China Dragon Boat association (HKCDBA) for the organization of the event, enrollment, compilation of statistics, future liaison work, promotion of future activities organized by HKCDBA and verification of identity for refund arrangements.
- (5) We agree and accept all terms and regulations listed above.

Name of school representative _____ Signature of school representative _____
 Position _____ Date _____

Stamp of School

Please ensure the following documents are ready:

1. Application Form (1), (2) and (3)
2. A cheque of HK\$500 should be properly crossed and made payable to “**HONG KONG CHINA DRAGON BOAT ASSOCIATION**”. Post-dated cheques are not accepted.

Please submit to Room 1032, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay
 and bring to the attention of Hong Kong China Dragon Boat Association
on or before March 16, 2016 (Wednesday) and least two week prior notice by writing MUST be provided.

Title Sponsor



Organizer



Subvented by



Supported by



Appendix 2

Young Post 7th Inter-school Dragon Boat Championships [SAMPLE] Parental Consent

(Must be completed by participants under the age of 18)

To whom it may concern,

I have read and fully understand the application requirements and regulations of _____ (name of event). I agree to participate in the use of facilities and equipment, to comply with the relevant rules of the Hong Kong China Dragon Boat Association, and to accept all arrangement from the official event personnel.

I do hereby grant my permission for my son / daughter, _____ (name of son/daughter) represented _____ (name of school) to participate in the _____ (name of event) to be held on _____ (date of event) at the HKCDBA Training Centre in Shatin.

I declare that my son / daughter can swim for at least 50 meters. My son / daughter is healthy, physically fit, and suitable to participate in the dragon boat training. I understand that my son / daughter join the training at our own risk. I also agree to discharge Hong Kong China Dragon Boat Association from an responsibility in the event of injury, death or loss of property incurred, as a consequence of or while travelling to and from the venue(s) if the cause of injury, death or loss of property is due to our own negligence or inadequacy in health and fitness. I will purchase insurance coverage ourselves.

I agree that the information provided will be used by Hong Kong China Dragon Boat Association to process this application.

The undersigned declared that I have read and agree to abide by the boat facilities and equipment rental rules and regulations of Hong Kong China Dragon Boat Association.

Parent's signature: _____ Parent's contact number: _____

Parent's Name: _____ Date : _____