

**Organised by the China Hong Kong Mountaineering and Climbing Union Limited
(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

Key Information	Type of Activity	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme		
				Non-School Team Training		
				Level I Course	Level I Advanced Practical Course	Level II Course
Target Participants	Primary and secondary school students	Primary school students	Secondary school students (aged 12 or above)	Secondary school students (aged 12 or above with <u>Level I certificate of sport climbing</u>)	Secondary school students (aged 14 or above with <u>Level I certificate of sport climbing and completed Level I Advanced Practical Course</u>)	
Outline	Coaches from the CHKMCU will demonstrate sport climbing skills. Some students can take part in the play-in session to discover the fun of sport climbing.	<p>The programme includes:</p> <ul style="list-style-type: none"> - Introduction to sport climbing - Introduction to climbing wall - Introduction to equipment - Safety rules - Simple climbing skills - Top rope climbing (to be belayed by coaches/ assistant coaches) <p>Application priority for the Young Athletes Training Scheme selection trail will be given to students who</p>	<p>The course outline is designed according to the contents of CHKMCU's Level I sport climbing training course.</p> <p>Coaches will teach students basic climbing skills, knotting methods, safety rules, belaying skills, climbing instructions etc.</p>	<p>The course is tailor-made for students who wish to enrol for Level II training course. The course aims at:</p> <ul style="list-style-type: none"> - providing training on the use of belaying equipment and belaying skills - enhancing climbing skills <p>Students who have completed 12 hours of training will meet the entry</p>	<p>The course outline is designed according to the contents of CHKMCU's Level II sport climbing training course.</p> <p>The course is divided into two stages.</p> <p>The course includes in-depth teaching of climbing skills, leading skills, dynamic belaying, lowering from the fixed anchor and safety knowledge. The course gives students a comprehensive mastery of the climbing skills.</p> <p>Upon completion of 2 stages of training, an assessment will be</p>	

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			Non-School Team Training		
			Level I Course	Level I Advanced Practical Course	Level II Course
		have completed this programme. Please approach the coach in charge for details.		requirements of Level II course. This course is mainly focus on practical training.	conducted by coach.
Venue	<p>1. Venues under the management of the LCSD:</p> <p>a) Venues arranged by the LCSD Shun Lee Tsuen Sports Centre Shek Kip Mei Park Sports Centre Po Wing Road Sports Centre Tin Fai Road Sports Centre Tiu Keng Leng Sports Centre Yuen Chau Kok Sports Centre Siu Lun Sports Centre</p> <p>b) Venues booked and hired by schools (please contact the respective venues for details of charges) Lei Yue Mun Sports Centre (Tel. No.: 2349 3954) Kai Tak East Sports Centre (Tel. No.: 2326 9940) Tai Kok Tsui Sports Centre (Tel. No.: 2393 1084) (See Remark 4 for details)</p> <p>2. Sport climbing venues in school approved by the CHKMCU (Schools must have insurance coverage to ensure safety of the students) (If sport climbing wall in school not yet certified, please contact the CHKMCU on 2504 8124 for details of certified procedures and charges.)</p>				
Fee	\$785 per session	\$1,130 per course	\$2,170 per course	\$1,860 per course	\$4,540 per stage \$9,080 for two stages
Equipment to be provided by the school	<p>1. If the activity is conducted in schools, all sport climbing equipment such as climbing rope, harness for every student, karabiner, chalk bag with chalk, belaying equipment, quick-draw (for Level II course) and climbing shoes (for Level II course) should be arranged by schools. Schools are advised to contact the coaches concerned / the CHKMCU regarding the safety measures required for the venues and equipment.</p> <p>2. If the activity is conducted at venues under the management of the LCSD, the equipment will be arranged by the CHKMCU.</p>				
Duration	3 hours per session	2 lessons per course, 3 hours per lesson (6 hours in total)	3 lessons per course, 3 hours for the 1 st lesson, 4 hours for the 2 nd and 3 rd lessons (11 hours in total)	3 lessons per course, 4 hours per lesson (12 hours in total)	Divided into two stages, 3 lessons per stage, 5 hours per lesson (30 hours in total for two stages)
Estimated No. of Participants per Session/Course	40	12			

Key Information	Type of Activity	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme		
	Non-School Team Training					
	Level I Course			Level I Advanced Practical Course	Level II Course	
Proposed Time of Activity	Monday to Friday: 9 am to 5 pm	Monday to Saturday: 9 am to 5 pm				
Skill Assessment	Not applicable		Badges Award Scheme (See Points to Note 4)			
Enrolment Form	Sport Demonstration Enrolment Form (P.185-186)	Easy Sport Programme Enrolment Form (P.200)	Outreach Coaching Programme Enrolment Form (P.203-204) (Please specify the course level in the enrolment form)			
How to Enrol	<p>1. Please submit the completed electronic application form within the enrolment period (please refer to “Application” (P.7) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk. For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide.</p> <p>2. For training courses under the Outreach Coaching Programme, please specify in the application whether the course is intended for a school team or non-school team.</p>					
Points to Note	<p>1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.</p> <p>2. Participants should wear proper sportswear and sports shoes.</p> <p>3. The school shall arrange for its own transportation to and from the venue.</p> <p>4. Upon completion of a sport climbing training course under the Easy Sport Programme or Outreach Coaching Programme, an assessment will be conducted by the coach according to various levels of badges standards of sport climbing. Participants who meet the required standard may obtain the badges and certificates by LCSD free-of-charge. Please refer to https://www.lcsd.gov.hk/en/ssp/badges.html for details.</p> <p>5. Upon completion of Level I or Level II sport climbing training courses under the Outreach Coaching Programme, an assessment will be conducted by coach. Participants who meet the required standard may obtain the certificate according to their achieved levels from the NSA at their own cost.</p> <p>6. Participants must meet the age requirement of the activity as on the event date. If any participant whose age is found under the specified age, the LCSD will disqualify his/her participation and the enrolment fee will not be refunded.</p> <p>7. If the NSA has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, the NSA will deduct from the fee for each activity an administrative fee (\$194 per Sport Demonstration; \$388 per training course under the Easy Sport Programme or Outreach Coaching Programme) and refund the balance to the school.</p> <p>8. If the request to cancel a Sport Demonstration is made by the school on the day of the activity, no re-scheduling or make-up session will be arranged. All fees paid will not be refunded.</p> <p>9. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded.</p>					
Enquiry Phone No./Website	2601 7602 / http://www.lcsd.gov.hk/en/ssp/index.html					

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(i) Sport Climbing

Prospectus

Type of Activity	Outreach Coaching Programme											
	School Team Training											
	Level 1 Competition Climbing Training Course			Level 1 Skill Improvement Scheme			Level 2 Competition Climbing Training Course			Level 2 Skill Improvement Scheme		
	Bouldering	Lead	Speed	Bouldering	Lead	Speed	Bouldering	Lead	Speed	Bouldering	Lead	Speed
Key Information												
Target Participants	Primary and Secondary Students (Aged 7 or above)											
Outline	<p>The course outline is devised according to the content of the CHKMCU's Level I Competitive Climbing Training Certificate Course.</p> <p>The course is divided into three disciplines, namely Bouldering, Lead Climbing and Speed Climbing. Enrolment is required separately for each of the disciplines.</p> <p>Coaches will brief students on the use of venues, personal equipment, safety rules, basic climbing skills, knotting methods, rules of competitions, etc. In addition, mock competitions will be held.</p>	<p>The course is restricted to holders of the Level I Competitive Climbing Training Certificate.</p> <p>The course is specially designed for students wishing to enrol in the Level II Course, aiming at:</p> <ul style="list-style-type: none"> - enhancing their climbing skills - providing continuous training to help achieve their set goals <p>The course is divided into three disciplines, namely Bouldering, Lead Climbing and Speed Climbing. Enrolment is required separately for each of the disciplines.</p>	<p>The course is restricted to those passing the Level I Competitive Climbing Centralised Assessment.</p> <p>The course outline is devised according to the content of the CHKMCU's Level II Competitive Climbing Training Certificate Course.</p> <p>The course is divided into three disciplines, namely Bouldering, Lead Climbing and Speed Climbing. Enrolment is required separately for each of the disciplines.</p> <p>The course is conducted in two stages for each of the disciplines, covering such aspects as advanced climbing skills, advanced physical training, climbing route training and video analysis, in a bid to</p>	<p>The course is restricted to those passing the Level II Competitive Climbing Centralised Assessment.</p> <p>The course is specially designed for holders of the Level II Competitive Climbing Training Certificate. Receiving continuous training, students may start early preparation for future competitions or joining the squads. The course aims at:</p> <ul style="list-style-type: none"> - enhancing students' climbing skills - providing continuous training to help achieve their set goals <p>The course is divided into three disciplines, namely Bouldering, Lead Climbing and Speed Climbing. Separate enrolment is required separately</p>								

Key Information	Outreach Coaching Programme											
	School Team Training											
	Level 1 Competition Climbing Training Course			Level 1 Skill Improvement Scheme			Level 2 Competition Climbing Training Course			Level 2 Skill Improvement Scheme		
	Bouldering	Lead	Speed	Bouldering	Lead	Speed	Bouldering	Lead	Speed	Bouldering	Lead	Speed
	<p>Those who have completed the course and meet the required standard may apply for the Level I Competitive Climbing Training Certificate.</p>			<p>For each discipline, students who have completed four stages (a total of 72 hours) of training may be recommended to enrol in the Level I Competitive Climbing Centralised Assessment. On passing the Assessment, students will be deemed as having met the enrolment requirements of the Level II Competitive Climbing Training Certificate Course.</p>			<p>help students fully acquire the competitive climbing skills.</p> <p>For each discipline, students are required to first complete the courses of the above two stages before taking the relevant assessments of the Level II Competitive Climbing Training Certificate Course. Those passing the assessments may apply for the Level II Competitive Climbing Training Certificate.</p> <p> Holders of the Level II Competitive Climbing Training Certificate may participate in the selection of squad members. For details, please contact the CHKMCU.</p>			<p>for each of the disciplines.</p> <p>As far as each stage of the course is concerned, it takes 18 hours to complete. For each discipline, students may apply for multiple courses in varying stages to achieve the goal of receiving continuous training.</p>		
Venue	<p>1. Venues under the LCSD:</p> <p>a) Venues to be arranged by the LCSD</p> <p>Lead Climbing: Shun Lee Tsuen Sports Centre, Shek Kip Mei Park Sports Centre, Po Wing Road Sports Centre, Tin Fai Road Sports Centre, Tiu Keng Leng Sports Centre, Yuen Chau Kok Sports Centre and Siu Lun Sports Centre</p> <p>Speed Climbing: Tiu Keng Leng Sports Centre, Tin Fai Road Sports Centre and Tsing Yi Southwest Sports Centre (only for the Level II Competition Climbing Course or above)</p> <p>b) Venues to be booked and hired by schools (please contact the following venues for details of charges)</p> <p>Lead Climbing: Lei Yue Mun Sports Centre (Tel. No.: 2349 3954), Kai Tak East Sports Centre (Tel. No.: 2326 9940), Tai Kok Tsui Sports Centre (Tel. No.: 2393 1084)</p> <p>2. Bouldering: Venues certified by the CHKMCU to be booked and hired by schools. Please contact the CHKMCU for details.</p>											

Key Information	Outreach Coaching Programme											
	School Team Training											
	Level 1 Competition Climbing Training Course			Level 1 Skill Improvement Scheme			Level 2 Competition Climbing Training Course			Level 2 Skill Improvement Scheme		
	Bouldering	Lead	Speed	Bouldering	Lead	Speed	Bouldering	Lead	Speed	Bouldering	Lead	Speed
	<p>3. For those sport climbing venues certified by the CHKMCU, schools are required to take out insurance to cover the risks involved in the courses to be conducted thereat for the sake of safety of their students.</p> <p>In case the sport climbing venues in campus has yet to obtain certification by the CHKMCU, please contact it on 2504 8125 for details on how to apply for the certification and the fees arising from such work.</p>											
Fee	\$2,370 per course			\$3,350 per course 4 Stages total \$13,400			\$3,600 per course 2 stages total \$7,200			\$4,280 per stage (continuous training)		
Equipment to be provided by the school	<p>1. For activities conducted in campus, schools are required to arrange all of the necessary sport climbing equipment at their own costs, such as climbing ropes, harnesses for use by students, karabiners, chalk bags with chinks, belay devices, quickdraws (for the Level I Skills Improvement Course or above) and climbing shoes (for Level I Skills Improvement Course or above). Schools are advised to seek advice from coaches/the CHKMCU on the safety measures when using relevant venues and equipment.</p> <p>2. For activities conducted at venues under the LCS D and private bouldering gyms, all equipment shall be arranged by the CHKMCU, except for climbing shoes.</p>											
Duration	4 lessons per course, 3 hours per lesson (12 hours in total)			Divided into 4 stages, 6 lessons per stage, 3 hours per lesson (72 hours in total)			Divided into 2 stages, 5 lessons per stage, 3 hours per lesson (30 hours in total)			6 lesson per stage, 3 hours per lessons (continuous training)		
Estimated No. of Participants per Session/Course	8			8			8			8		
Proposed Time of Activity	Monday to Saturday: 9 am to 6 pm											
Skill Assessment	Not applicable			Badges Award Scheme (See Points to Note 5)								
Enrolment Form	<p>Outreach Coaching Programme Enrolment Form (P.203-204)</p> <p>(Please specify the course level in the enrolment form)</p>											
How to Enrol	<p>1. Please submit the completed electronic application form within the enrolment period (please refer to “Application” (P.7) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk. For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide.</p> <p>2. For training courses under the Outreach Coaching Programme, please specify in the application whether the course is intended for a school team or non-school team.</p>											
Points to Note	<p>1. The Competition Climbing Course aims at providing training for each of the three disciplines, namely Bouldering, Lead Climbing and Speed Climbing. To ensure the participants’ effective mastery of all of the skills, schools are advised to organise the courses in the order of Bouldering, Lead Climbing and Speed Climbing.</p>											

Key Information	Outreach Coaching Programme											
	School Team Training											
	Level 1 Competition Climbing Training Course			Level 1 Skill Improvement Scheme			Level 2 Competition Climbing Training Course			Level 2 Skill Improvement Scheme		
	Bouldering	Lead	Speed	Bouldering	Lead	Speed	Bouldering	Lead	Speed	Bouldering	Lead	Speed
	<ol style="list-style-type: none"> 2. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities. 3. Participants should wear proper sportswear and climbing shoes (recommended) or clean and not for outdoor activities' sports shoes. 4. The school shall arrange for its own transportation to and from the venue. 5. Upon completion of a sport climbing training course under the Easy Sport Programme or Outreach Coaching Programme, an assessment will be conducted by the coach according to various levels of badges standards of sport climbing. Participants who meet the required standard may obtain the badges and certificates by LCSD free-of-charge. Please refer to https://www.lcsd.gov.hk/en/ssp/badges.html for details. 6. Upon completion of Level I or Level II sport climbing training courses under the Outreach Coaching Programme, an assessment will be conducted by coach / CHKMCU. Participants who meet the required standard may obtain the certificate according to their achieved levels from the NSA at their own cost. 7. Participants must meet the age requirement of the activity as on the event date. If any participant whose age is found under the specified age, the LCSD will disqualify his/her participation and the enrolment fee will not be refunded. 8. If the NSA has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, the NSA will deduct from the fee for each activity an administrative fee (\$388 per training course under the Outreach Coaching Programme) and refund the balance to the school. 9. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded. 											
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(ii) Mountain Craft

Prospectus

Key Information	Type of Activity	Sport Demonstration	Outreach Coaching Programme
			Non-School Team Training
	Outdoor Demonstration	Level I Course	
Target Participants		Students of Primary 4 or above and secondary school students	Secondary school students (aged 12 or above)
Outline		<p>Coaches will lead students to experience hiking and enjoy the beautiful scenery of Hong Kong countryside. Concepts such as protection of country parks and “Leave No Trace” will be learned and put into practice.</p> <p>Students who finish the trip may pay for the issuance of “Mountain Walk Certificate” from the CHKMCU.</p>	<p>The programme outline is designed according to the contents of CHKMCU’s Level I mountain craft training course. The programme includes lecture and hiking practice. As the routes are easy, students can enjoy the fun of hiking and learn about safety knowledge at the same time. Students will learn about map reading, grid coordinates, leading with the use of a compass, basic concept of wilderness first aid, co-operation between people seeking for help and rescuers, etc.</p> <p>Course objectives:</p> <ol style="list-style-type: none"> 1. Develop an interest in the sport of mountain walk; 2. Teach basic knowledge, skills and safety concepts; 3. Develop proper hiking attitude and encourage participants to protect the environment.