

**Organised by the Hong Kong, China Rowing Association (HKCRA)**  
**Subvented by the Leisure and Cultural Services Department (LCSD)**  
**Co-organised by the Education Bureau**  
**School Sports Programme – Rowing**  
**RowKids Scheme**  
**Prospectus**

| Type of Activity<br><br>Key Information | Sport Demonstration   |  | Outreach Coaching Programme   |   | Joint Schools Sports Training Programme   |
|---|---|--|---|---|---|
|   | School Venue  | Rowing Centre (Star 1 Rowing Course)   | Non-School Team Training  |   | Rowing  |
|   |   |  | Elementary Training Course (Star 2 Rowing Course)   | Intermediate Training Course (Star 3 Rowing Course)   |   |
| Target Participants                     | Students of primary 4 to 6  |  |   |   | Students of primary 4 to 6<br>– Students must equip with minimum skill level of Star 3<br>– Coaches’ recommendation is required   |
| Outline                                 | <ul style="list-style-type: none"> <li>– Video show on rowing.</li> <li>– Skill demonstration on indoor rowing</li> <li>– Play-in session.</li> <li>– Indoor rowing and fitness test</li> </ul> | <p>The programme covers the skills of ‘Star 1 Rowing Course’ under the HKCRA. The training includes:</p> <ul style="list-style-type: none"> <li>– Warm up exercise and safety rules of rowing.</li> <li>– More practical skills for rowing through using mock sculling rowing machine.</li> <li>– Elementary training on outing, rowing, turning, holding water (break), backing, spin turn and parking</li> </ul> | <p>The training covers the skills of ‘Star 2 Rowing Course’ under the HKCRA. The training includes:</p> <ul style="list-style-type: none"> <li>– Intensive training on outing, rowing, turning, holding water (break), backing by using recreational boat, fine boat and coastal rowing boats.</li> </ul> | <p>The training covers the skills of ‘Star 3 Rowing Course’ under the HKCRA. The training includes:</p> <ul style="list-style-type: none"> <li>– Basic skills for spin turn and parking through using recreational boat, fine boat and coastal rowing boats.</li> <li>– Practicing and strengthening the skills learned in “Star 2 Rowing Course”</li> <li>– Coaches will assess students’ skills at the end of the training course. Those who pass the assessment will be awarded ‘Star 3’ certificate by the HKCRA.</li> <li>– Student with coach’s recommendation can apply for</li> </ul> | <p>Veteran coaches from the HKCRA will conduct continuous and systematic training to talented students for enhancing their skill level.</p> <p>Coaches will assess students’ skills at the end of the training course. Those who pass the assessment will be selected for further training.</p> |

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|  |   | by using Rowing Board (Beginner Boat).                      |  | Joint School Sports Training Programme.  |  |   |
| Venue  | School hall or covered playground   | Sha Tin Rowing Centre or Jockey Club Shek Mun Rowing Centre |  |  |  |   |
| Fee  | \$1,950 for 1 <sup>st</sup> 4-hour session (and \$290 for 1-hour extended session after 1st session)  | \$2,900 per session   | \$1,400 per course   | \$2,250 per course   | \$680 per person   |   |
| Equipment to be provided by the school           | Wireless microphone, TV set, DVD player, audio equipment, computer and projector                      | Not applicable  |  |  |  |   |
| Duration   | 4 hours per session (Total of 4 sub-sessions, 1 hour per sub-session, not more than 8 hours in total) | 5 hours per session   | 12 hours per course (Can be divided into 3 sessions of 4 hours each according to the activity arrangement. Students are advised to complete the training course within 3 consecutive weeks.) | 20 hours per course (Can be divided into 5 sessions of 4 hours each according to the activity arrangement. Students are advised to complete the training course within 5 consecutive weeks.) | 32 hours per course (Can be divided into 16 sessions of 2 hours each according to the activity arrangement. Students are advised to complete the training course within 2 consecutive months.) |   |
| Estimated No. of Participants per Session/Course | 240 per session (60 per sub-session)  | 30 per session  | 6 per group<br>(Maximum 2 quotas for each school in the same school year.)   |  | (Maximum 2 quotas for each student in the same school year.)   |   |
| Proposed Time of Activity                        | Monday to Friday: 9 am to 3:30 pm   | Monday to Sunday: 8:30 am to 1:30 pm                        | Monday to Friday: 4 pm to 6:30 pm<br>Saturday and Sunday: 9 am to 6 pm   |  |  |   |

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| Enrolment Form             | Sport Demonstration – Archery/Rowing/RowKids Scheme/Sailing-Enrolment Form (P.190-191)<br><br>(Please submit the enrolment form with school timetable for the demonstration in school )<br><br>(Please submit the enrolment form with name lists of participating students for the demonstration at Sha Tin Rowing Centre)   |                                      | Outreach Coaching Programme – Rowing / RowKids Scheme Enrolment Form (P.208)<br><br>(Please submit the Outreach Coaching Programme the enrolment form with name lists of participating students) |   | Joint Schools Rowing Training Programme (RowKids Scheme) Enrolment Form<br>(Please refer to the respective prospectus for details) |   |
| How to Enrol               | 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: <a href="mailto:applicationsp@lcsd.gov.hk">applicationsp@lcsd.gov.hk</a> . For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide.  |                                      |  |   | The respective prospectus will be sent to schools by the LCSD in due course.   |   |
| Points to Note             | <ol style="list-style-type: none"> <li>1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.</li> <li>2. Participants are able to swim with clothes for 50 metres when participating in rowing activities.</li> <li>3. Participants should wear proper sportswear and sports shoes.</li> <li>4. As rowing training courses can only be conducted in the Sha Tin Rowing Center under the NSA, the training schedules have to be agreed between the NSA and schools.</li> <li>5. The school shall arrange for its own transportation to and from the venue.</li> <li>6. If the NSA has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, NSA will deduct from the fee for each activity an administrative fee (\$194 per Sport Demonstration; \$388 per training course under the Outreach Coaching Programme) and refund the balance to the school.</li> <li>7. 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.</li> <li>8. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded.</li> </ol> |                                      |  |   |  |   |
| Enquiry Phone No./ Website | 2601 7602 / <a href="http://www.lcsd.gov.hk/en/ssp/index.html">http://www.lcsd.gov.hk/en/ssp/index.html</a>  |                                      |  |   |  |   |