

**Organised by The Cycling Association of Hong Kong, China (CAHK)**  
**Subvented by the Leisure and Cultural Services Department (LCSD)**  
**Co-organised by the Education Bureau**  
**School Sports Programme – Bicycle moto cross (BMX)**  
**Prospectus**

Type of Activity	Sport Demonstration		Outreach Coaching Programme	
	At School	At the Hong Kong Jockey Club International BMX Park	Non-School Team Training	School Team Training
Key Information				
Target Participants	Students of primary 3 or above and secondary school students			
Outline	<p>During the demonstration held at schools, coaches will introduce BMX cycling, protective gears and competition events. They will give demonstration of skills and lead play-in sessions for students.</p>	<ul style="list-style-type: none"> <li>- A tour of the BMX Park with the registered BMX coaches introducing the facilities of the Park, as well as safety rules for using the Park</li> <li>- Briefing on BMX cycling and protective gears</li> <li>- Demonstration and teaching of BMX skills</li> <li>- Play-in session</li> </ul>	<p><u>Training at schools</u></p> <ul style="list-style-type: none"> <li>- Briefing on protective gears and bike parts</li> <li>- Flatland skills training</li> <li>- Riding in the standing position</li> <li>- Steering through S-shaped routes on parallel pedals</li> </ul> <p><u>Training at the BMX Park</u></p> <ul style="list-style-type: none"> <li>- Riding on an obstacle track</li> <li>- Techniques of crossing obstacles</li> <li>- Techniques of turning</li> <li>- Mock races</li> </ul>	<p><u>Training at schools (Flatland skills)</u></p> <ul style="list-style-type: none"> <li>- Quick obstacle crossing on parallel pedals</li> <li>- Flatland jump</li> <li>- Improvement of riding moves</li> <li>- Track stand competition</li> <li>- Sharp turning drill</li> <li>- Obstacle games for paired up players</li> </ul> <p><u>Training at the BMX Park</u></p> <ul style="list-style-type: none"> <li>- Riding on a standard track</li> <li>- Techniques of crossing obstacles</li> <li>- Techniques of sharp turning</li> </ul>
Venue	1 basketball court and hall	The Hong Kong Jockey Club International BMX Park (Address: No. 91, Kwai Hei Street, Gin Drinkers Bay, Kwai Chung, N.T., Hong Kong) (to be arranged by the CAHK)	1 basketball court, hall or covered playground (to be arranged by school) and the Hong Kong Jockey Club International BMX Park (Address: No. 91, Kwai Hei Street, Gin Drinkers Bay, Kwai Chung, N.T., Hong Kong) (to be arranged by the CAHK)	
Fee	\$1,900 per session (and \$718 for each extended session on the same day)	\$900 per session	\$3,600 per course	\$4,400 per course

Key Information	Type of Activity	Sport Demonstration		Outreach Coaching Programme	
	At School	At the Hong Kong Jockey Club International BMX Park	Non-School Team Training	School Team Training	
Equipment to be provided by the school	Notebook computer, display screen, projector and 2 portable loudspeakers	Not applicable			
Sports Equipment	BMXs, helmets and protective gears (to be provided by the CAHK)				
Duration	3 hours per session	2 to 3 hours per lesson (12 hours in total)  (Schools should arrange training totalling 2 to 6 hours at the Hong Kong Jockey Club International BMX Park.)  (The course should preferably be completed within 3 months)	2 to 3 hours per lesson (16 hours in total)  (Schools should arrange training totalling 2 to 8 hours at the Hong Kong Jockey Club International BMX Park.)  (The course should preferably be completed within 3 months)		
Estimated No. of Participants per Session/Course	50 (30 for each play-in session)	50	20		
Proposed Time of Activity	Monday to Sunday: 9 am to 6 pm	Tuesday to Friday: 2 pm to 6 pm Saturday and Sunday: 10 am to 6 pm	Training at school: Monday to Sunday: 9 am to 6 pm  Training at the Hong Kong Jockey Club International BMX Park: Tuesday to Friday: 2 pm to 6 pm Saturday and Sunday: 10am to 6 pm		
Enrolment Form	Sport Demonstration Enrolment Form (P.185-186)	Sport Demonstration (Hong Kong Jockey Club International BMX Park) Enrolment Form (P.187)	Outreach Coaching Programme Bicycle moto cross (BMX) Enrolment Form (P.207)		
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: <a href="mailto:applicationssp@lcsd.gov.hk">applicationssp@lcsd.gov.hk</a>. 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>				

Key Information	Type of Activity	Sport Demonstration		Outreach Coaching Programme	
	At School	At the Hong Kong Jockey Club International BMX Park	Non-School Team Training	School Team Training	
	<p>4. 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 (\$204 per Sport Demonstration; \$408 per training course under the Outreach Coaching Programme) and refund the balance to the school.</p> <p>5. 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>6. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded.</p>				
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>				