

# 三項鐵人基層發展計劃 2012/2013 (第三期)

## Triathlon Grass Root Athlete Development Plan 2012/2013 (Phase 3)



### 計劃簡介 Introduction:

三項鐵人基層發展計劃乃香港三項鐵人總會主辦，由康樂及文化事務署資助之體育推廣活動。此計劃的目的是增加公眾對三項鐵人運動的認識，提供基本三項鐵人訓練，鼓勵他們多參與三項鐵人運動。計劃內容包括三項鐵人同樂日、三項鐵人入門訓練班及中級三項鐵人訓練班等。

Triathlon Grass Root Athlete Development Plan is organized by the Hong Kong Triathlon Association and subvented by the Leisure and Cultural Services Department. It aims at introducing the triathlon to the public, providing triathlon foundational training, and encouraging the public to participate in triathlon activities. The development Plan includes Triathlon Fun Day, Beginner's Training Course, and Intermediate Training Course.

### 活動詳情 Program Details

課程類別： Courses：	目的及訓練物資： Aims and Training Equipment:	參加資格： Requirement:	費用： Fees:	名額： capacity
# 三項鐵人同樂日 Triathlon Fun Day (FD)	讓首次接觸三項鐵人運動之青少年體驗連續進行游泳、單車及跑步三個項目 Allow first-timer to experience swimming, cycling & running at one time.  必須自備水、游泳及跑步用品，本會將提供單車(機)及頭盔等器材 Please be prepared water, swimming and running equipment. All cycling equipment is provided by Tri HK	<ul style="list-style-type: none"> <li>年齡 8 至 18 歲及能不靠輔助物游畢 100 米 Age 8 to 18 and able to swim 100m without any swimming aid</li> </ul>	免費 Free of Charge	60
水陸兩項鐵人訓練班 Aquathlon Training Course	集中水陸兩項鐵人訓練及轉項技巧 Provide basic Aquathlon and transition training to junior, youth and adult athletes  必須自備水、游泳及跑步用品 Please be prepared water, swimming and running equipment	<ul style="list-style-type: none"> <li>能不靠輔助物游畢 100 米 Able to swim 100m without any swimming aid</li> <li>@ 兒童班 Junior Course (Age 8-14 歲)</li> <li>青年及成人班 Youth &amp; Adult Course (Age 15 or above 15 歲或以上)</li> </ul>	\$160/ 8 堂 8 lessons	15
陸上兩項鐵人訓練班 Duathlon Training Course	集中陸上兩項鐵人訓練及轉項技巧 Provide basic Duathlon and transition training to junior athletes  必須自備水及跑步用品，本會將提供單車(機)及頭盔等器材 Please be prepared water and running equipment. All cycling equipment is provided by Tri HK	<ul style="list-style-type: none"> <li>懂踏單車 Basic cycling skill</li> <li>@ 兒童班 Junior Course (Age 8-14 歲)</li> <li>青年及成人班 Youth &amp; Adult Course (Age 15 or above 15 歲或以上)</li> </ul>	\$160/ 8 堂 8 lessons	15
三項鐵人入門訓練班 Triathlon Beginner's Training Course	提供基本三項鐵人訓練及轉項技巧 Provide basic triathlon and transition training to junior, youth and adult athletes.  必須自備水、游泳及跑步用品，本會將提供單車(機)及頭盔等器材 Please be prepared water, swimming and running equipment. All cycling equipment is provided by Tri HK	<ul style="list-style-type: none"> <li>能不靠輔助物游畢 100 米及懂踏單車 Able to swim 100m without any swimming aid, and with cycling skill</li> <li>@ 兒童班 Junior Course (Age 8-14 歲)</li> <li>青年及成人班 Youth &amp; Adult Course (Age 15 or above 15 歲或以上)</li> </ul>	\$160/ 8 堂 8 lessons	15
三項鐵人中級訓練班 Triathlon Intermediate Training Course	提供中級三項鐵人訓練給公眾，鼓勵參加者參與三項鐵人比賽 Provide Intermediate-level triathlon training to the public. Encourage participant to join in Tri HK events.  必須自備水、游泳及跑步用品，本會將提供單車(機)及頭盔等器材 Please be prepared water, swimming and running equipment. All cycling equipment is provided by Tri HK	<ul style="list-style-type: none"> <li>以捷泳於 7 分鐘內游畢 300 米及懂踏單車</li> <li>能於 12 分鐘內跑畢 2 公里</li> <li>Freestyle swim 300m in 7 minutes with cycling skill</li> <li>Run 2km in 12 minutes</li> <li>@ 兒童班 Junior Course (Age 8-14 歲)</li> <li>青年及成人班 Youth &amp; Adult Course (Age 15 or above 15 歲或以上)</li> </ul>	\$180/ 8 堂 8 lessons	15

# 所有完成同樂日之參加者將會獲頒發襟章及証書

All Fun Day participants will be awarded badge and certificate

@ 參加兒童訓練班之學員，出席 6 課或以上可獲發出席証書

All Junior Training Course participants who attend 6 or more lessons will be awarded certificate of attendance

## 報名 Enrollment

報名辦法: Application:	訓練班 Training Course	請填妥報名表格，連同已貼上\$1.4 郵票的回郵信封及抬頭「香港三項鐵人總會有限公司」的劃線支票，背後寫上參加者姓名、課程編號及聯絡電話，郵寄或親臨本會報名。 本會將於開課一星期前寄出確認通知及收據。 Fill in the entry form, together with a crossed cheque payable to "Hong Kong Triathlon Association Limited" and a self-addressed stamped envelope. Return the form to the Tri HK office by mail or in person. Please write down the participant's name, course code and contact number at the back of the cheque. The confirmation reply slip and receipt will be sent out in within 1 week before the start date of the class.
	同樂日 Fun Day	請填妥報名表格(必須填寫電郵地址)，可傳真、郵寄或親臨本會報名。 本會將於活動日前大概一星期以電郵通知參加者。 Fill in the entry form (email address is a must), Return the form to the Tri HK office by fax, mail or in person. The confirmation email will be sent out in within 1 week before the event day.
	報名截止日期為開課前 7 天，報名以先到先得形式，額滿即止。 Registration is opened until 7 days before class starts. Classes are filled on a first-come-first-served basis.	
報名地點: TriHK Address:	香港銅鑼灣掃桿埔大球場徑一號奧運大樓 1020 室 - 香港三項鐵人總會 Hong Kong Triathlon Association, Room 1020, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong	
查詢: Enquires:	電話 (Tel): 2504 8282 電子郵箱 (Email address) : trihk@triathlon.com.hk	傳真號碼 (Fax no.): 2576 8253 網頁(Website) : www.triathlon.com.hk

## 其他事項 Others

惡劣天氣下之安排: Arrangement of Inclement Weather:	<b>同樂日安排 Arrangement for Fun Day:</b> 如於早上 7:30 天文台仍然懸掛雷暴警告/ 三號颱風訊號 / 黃雨/ 紅雨/ 黑雨，同樂日將會取消，亦不設後補日。 If the Thunderstorm/ Typhoon Signal No.3 / Amber Rainstorm/ Red Rainstorm/ Black Rainstorm Warning be hoisted at any time after 7:30am on Fun Day morning, the Fun Day will be cancelled. No fall back day will be arranged.
	<b>訓練班安排 Arrangement for Training Courses:</b> 上課前請留意天氣情況，或致電天文台查詢 (電話: 1878200)。如上課前兩小時仍然懸掛三號或以上颱風訊號 / 紅雨 / 黑雨警告，訓練班將會取消，亦不設補堂。 Please check the weather from the Hong Kong Observatory in advance of the training session (Tel: 1878200). No training class will be held if a typhoon signal No.3 or above is hoisted, or if a Red Rainstorm Warning or above is effective 2 hours before the class start. No supplementary class will be arranged.
退款安排: Refund:	報名一經接納將不接受任何退款或名額轉讓之申請。惟因學員未能通過相關之測試，本會將安排相關之退款，並以支票形式退回予申請人。 All entry fees are neither refundable nor transferable once the enrollment is accepted. Refund will only be arranged if the participant fails in the relevant time trial. The refund will be paid by cheque.

## 三項鐵人同樂日

### Triathlon Fun Day

(年齡 8 至 18 歲及能游畢 100 米) (Age 8 to 18 and able to swim 100m)

同樂日編號 Fun Day Code	地點 Venue	日期 Date	時間 Time	距離 Distance
同樂日(1) FD(1)	沙田游泳池 (閘口) Shatin Swimming Pool (Entrance) 沙田源禾路 10 號 10 Yuen Wo Road, Sha Tin, N.T.	星期日 (Sun) 3 月 Mar 10	報到時間: Registration: 上午 9:00am	游泳 Swim: 100m + 踏單車機 Cycle Machine: 2km
同樂日(2) FD(2)	城門谷游泳池(閘口) Shing Mun Valley Swimming Pool (Entrance) 荃灣城門道 21 號 21 Shing Mun Road, Tsuen Wan, N.T.	星期日 (Sun) 3 月 Mar 31	舉行時間: Start Time: 上午 9:30am – 中午 12:00nn	+ 跑步 Run: 600m (距離只供參考 Reference Distance only)
同樂日內容: Fun Day Content:	本會會按參加者年齡分為三個組別，分別是(8 – 11)歲、(12 – 15)歲及(16 – 18)歲。 再依參加者的完成時間，頒發金、銀、銅之襟章及証書 All participants are categorised into 3 groups, which is age (8 – 11), (12 – 15), and (16 – 18). Depends on the finished time, all participants will be awarded badge and certificate			

**兒童訓練班 8-14 歲**  
**Training Course (Junior) Age 8-14**

班號 Course Code	訓練地點 (集合地點) Training Venue (Gathering point)	上課日期 Date	時間 Time	訓練內容 Content
水陸兩項鐵人(兒童)訓練班 Aquathlon Training Course (Junior)				
AQ – J1	顯田游泳池 (閘口) Hin Tin Swimming Pool (Entrance)	*17, 24/2, 3, 10/3 (Sun)	1800-2000	跑步及游泳 Run & Swim
		21, 28/2, 7, 14/3 (Thur)		
陸上兩項鐵人(兒童)訓練班 Duathlon Training Course (Junior)				
DU – J1	大埔運動場 (救傷室) Tai Po Sports Ground (First Aid Room)	1, 8, 15, 22/2, 1, 8, 15, 22/3 (Fri)	1800-2000	跑步及單車(機) Run & Cycling

**青年及成人訓練班 15 歲或以上**  
**Training Course (Youth & Adult) Age 15 or above**

班號 Course Code	訓練地點 (集合地點) Training Venue (Gathering point)	上課日期 Date	時間 Time	訓練內容 Content
水陸兩項鐵人(青年及成人)訓練班 Aquathlon Training Course (Youth & Adult)				
AQ –YA1	灣仔訓練池 (閘口) Wan Chai Training Pool (Entrance)	*18, 25/2, 4, 11/3 (Mon) 22/2, 1, 8, 15/3 (Fri)	1900-2100	跑步及游泳 Run & Swim
AQ –YA2	沙田游泳池 (閘口) Shatin Swimming Pool (Entrance)	*3, 17, 24/2 (Sun) 3, 10, 17, 24, 31/3 (Sun)	1200-1400	
陸上兩項鐵人(青年及成人)訓練班 Duathlon Training Course (Youth & Adult)				
DU –YA1	大埔運動場 (救傷室) Tai Po Sports Ground (First Aid Room)	1, 8, 15, 22/2, 1, 8, 15, 22/3 (Fri)	2000-2200	跑步及單車(機) Run & Cycling
三項鐵人(青年及成人)入門訓練班 Triathlon Beginner's Training Course (Youth & Adult)				
Tri – YA1	九龍公園游泳池 (閘口) Kowloon Park Swimming Pool (Entrance)	*11, 18, 25/1, 1/2 (Fri)	2000-2200	跑步及游泳 Run & Swim
	大埔運動場 (救傷室) Tai Po Sports Ground (First Aid Room)	13, 20, 27/1(Sun) 2/2 (Sat)	1700-1900	跑步及單車(機) Run & Cycling
三項鐵人(青年及成人)中級訓練班 Triathlon Intermediate Training Course (Youth & Adult)				
INT-YA1	荔枝角游泳池(閘口) Lai Chi Kok Swimming Pool (Entrance)	*19, 26/2, 5, 12/3 (Tue)	1900-2130	跑步及游泳 Run & Swim
	大埔運動場 (救傷室) Tai Po Sports Ground (First Aid Room)	7, 21, 28/2, 7/3 (Thur)		跑步及單車(機) Run & Cycling

\* 游泳測試 Swim Test

# 如上課日期另有更改，本會將以電郵通知各學員。

Subject to be changed, participants will receive notification through Email in due course.

# 三項鐵人基層發展計劃 2012/2013 (第三期)

## Triathlon Grass Root Athlete Development Plan 2012/2013 (Phase 3)

報名表格 (可自行影印)

Entry Form (Photocopy the form for more entries)

姓名: \_\_\_\_\_ 年齡: \_\_\_\_\_ 性別: \_\_\_\_\_  
Name: \_\_\_\_\_ (中文) \_\_\_\_\_ (英文) Age: \_\_\_\_\_ Gender: 男(M) / 女(F)

聯絡電話: \_\_\_\_\_ 緊急聯絡電話: \_\_\_\_\_ 聯絡人: \_\_\_\_\_  
Contact No.: \_\_\_\_\_ Emergency No.: \_\_\_\_\_ Contact person: \_\_\_\_\_

電郵: \_\_\_\_\_ 香港三項鐵人總會會員: \_\_\_\_\_ 若是, 會員編號  
E-mail: \_\_\_\_\_ Tri HK Member: 是 Yes / 否 No If yes, Membership No.: \_\_\_\_\_

地址(請用英文填上): \_\_\_\_\_  
Address (In English): \_\_\_\_\_

曾否參加本會鐵人訓練班: \_\_\_\_\_ 若有, 請列出:  
Have you ever taken any of Tri HK courses: 有 Yes / 否 No If yes, please list: \_\_\_\_\_

如何得知此訓練班 How did you find out about Tri HK course:

- ☐ 三項鐵人講座 ☐ 三項鐵人同樂日 ☐ 總會會訊 ☐ 總會網頁 ☐ 朋友/同事  
Triathlon Seminar Triathlon Fun Day Tri HK Newsletter Tri HK Website Friend/Colleague  
☐ 報章 ☐ 橫額 ☐ 康文署分區辦事處 ☐ 其他  
Newspaper Banner LCSD District Office Others: \_\_\_\_\_

*\*你所提供的資料, 只會用於本會及合辦機構的康體活動及活動宣傳之用。如遞交報名表後, 欲更改個人資料, 可與本會職員聯絡  
The information provided by you will only be used for the enrolment and promotion of recreation and sports activities organized by our Association and co-organizing parties. For the correction of or access to personal data after submission of this entry form, please contact our staff of Tri HK*

請填上參加之活動編號 (如參與超過一個同樂日/訓練班, 請將有關活動編號填寫於同一選擇空格內)

Please fill in the fun day code/course code (Put the codes in the same box, if more than one FD/course will be entered):

	第一選擇 1 <sup>st</sup> Choice	第二選擇 2 <sup>nd</sup> Choice		第一選擇 1 <sup>st</sup> Choice	第二選擇 2 <sup>nd</sup> Choice	第三選擇 3 <sup>rd</sup> Choice
同樂日編號 Fun Day Code	(FD )	(FD )	訓練班編號 Course Code			

### 責任聲明 Declaration:

本人 \_\_\_\_\_ (參加者姓名) 是自願參加此活動及願意承擔自身的意外風險及責任。本人並無權向主辦機構及所有與這比賽直接或間接有關的獨立機構, 就本人在活動進行期間及往返活動場地時所引致之所有損失, 包括但不限於自身意外、死亡或其他任何形式的損失, 進行任何索償或追討責任。本人准許香港三項鐵人總會使用本人所提供之資料, 作為本活動及未來活動宣傳之用。

I \_\_\_\_\_ (Applicant's Name) understand that by participating in the Event there are risks of injury, death and/or loss. I am hereby entering the Event at my own risk and responsibility. I discharge the Organizer and any other individual organization connected directly or indirectly with the Event from any responsibility in the event of including but not limited to injury, death or loss of property incurred during as consequence of or while travelling to or from the Event. I permit the Tri HK to use the above personal data in the operation of this activity and to inform me of future activities.

本人聲明本人身體健康及有能力參加此活動, 並經由執業醫生確認本人之體適能適合參加此活動。  
I am physically fit and capable of participating in the Event and have not been otherwise advised by a qualified medical practitioner.

\*\* 家長簽署: \_\_\_\_\_ 參加者簽署: \_\_\_\_\_ 日期: \_\_\_\_\_  
Parent's Signature: \_\_\_\_\_ Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(\*未滿十八歲必須家長簽署 Parent's Signature is necessary for participant aged under 18)

### 三項鐵人同樂日 / 三項鐵人訓練班: - 回覆通知書

Triathlon Fun Day / Triathlon Training Course - Reply Slip

參加者姓名: \_\_\_\_\_  
收據編號: \_\_\_\_\_

- ☐ 台端之報名(同樂日 \_\_\_\_\_ / 班號 \_\_\_\_\_)已被接納。  
請注意以下事項 Please be informed that your application has been accepted, please pay attention to following issues:  
開課日期為 \_\_\_\_\_ The first lesson will be on \_\_\_\_\_
- 請於上課時間前 15 分鐘到達, 並遵守訓練場地的規則, 及聽從教練的指導  
Attend the classes 15 minutes before, and abide the regulations of training venues and the instructions of coaches
  - 參加者每堂都必須帶備游泳及跑步用品, 而訓練場地亦設有沖身及更衣設施  
Please bring the swimming and running gear at all training sessions. Changing rooms are available in all venues
  - 參加者可選用本會提供之頭盔及單車, 或自備  
Bicycle and Helmet is provided, Participants may also use their own helmet.
  - 如訓練進行時身體感到不適, 請立即請知教練  
Inform coaches immediately when feeling uncomfortable during the training
  - 請帶備少量食物及飲品  
Bring foods and drinks if in need
  - 上課前請留意天氣情況, 或致電天文台查詢 (電話: 1878200)  
Please check the weather from the Hong Kong Observatory in advance of the Fun Day or training session (Tel: 1878200)

☐ 因名額已滿, 本會未能接納台端之報名。隨函退還閣下寄來的報名表格及支票  
We could not accept your application, since the course was full.