

IHP Triathlon Training Registration Form: April-May 2013

Whether you are a novice or training for an Ironman, IHP Tritons coaches are here to guide you.

Schedule

	Monday	Tuesday	Wednesday	Thursday
IHP reserves the right to change the schedule as necessary. Please check website for updates.	Swim 6:30 - 8:00am IHP Henry Fok Pool, Stanley Ho Sports Centre Squad A /B/C/D *Starting 8th Apr	Swim 7:00 - 8:00pm Squad D & IMPROVERS ONLY 7:30pm – 8:30pm Squad A/B/C/D TECHNIQUE Session IHP Henry Fok Pool, Stanley Ho Sports Centre *Starting 9th Apr	Swim 12:15 - 1:45pm Wanchai Training Pool Squad A /B/C/D *Starting 10th Apr Run Interval Training 7:15 - 8:30pm IHP Track, Stanley Ho Sports Centre All levels welcome *Starting 10th Apr	Swim 7:00 - 8:30pm IHP Henry Fok Pool, Stanley Ho Sports Centre Squad A /B/C/D & *Starting 11th Apr

Squad Structure & Pre-requisites

Although the IHP Triathlon program is home to the Tritons Triathlon Club, our training sessions are open to all adult triathletes and swimmers. Novices are most welcome in the IMPROVERS programme.

- * Participants must be 18 yrs or over, unless specifically invited to join by the programme coordinator.
- * Contact the swimming coaches if you are unsure of your swimming abilities or wish to be assessed.

Note: IMPROVERS is not a LEARN TO SWIM class. This session is conducted in a smaller group setting with emphasis on learning the basics for freestyle improvement. For safety reasons, participants must be able to swim at least swim 100m continuously.

Squads	Repeat Intervals 10 x 100m Free	Olympic Distance 1500m	Half Ironman 1900m	Ironman 3800m
A	< 1:40	< 25mins	< 32 mins	< 1hr4min
B	1:45 - 1:55	26 - 29 mins	33 - 36 mins	1hr5m - 1hr 13m
C	2:00 - 2:10	30 - 33 mins	37 - 41 mins	1hr15m - 1hr23m
D	2:15 - 2:30	34 - 38 mins	42 - 48 mins	1hr25m - 1hr35m
IMPROVERS	> 2:30 A beginners group made up of folks that are brand new to triathlon and the open water, who need a lot of help and guidance. Typically they have little swimming experience, perhaps lack knowledge of training skills and lingo, and may be a bit timid or think "I can't do those workouts." This is all about skill development and confidence building to help overcome apprehension about participating in any open water event. This group will build up to being able to swim 1.5-2k in any 60 min session and move into Squad D. NOTE: this is an IMPROVERS group, not a LEARN TO SWIM program. Pre-requisite is the ability to swim 200m freestyle.			

Required Equipment

Bring Swim wear, cap, goggles, towel and drink bottle, and a \$5 coin for lockers.

Training Gear: All swimmers will be required to bring **short/mid length training fins** (flippers) – available at various swim / triathlon shops such as Sports World, Tribal, Escapade or GigaSports (Pacific Place). And a **front mounted snorkel** (Finis/Speedo) available from coach or various sport shops. Additionally Squads A, B, C will also be expected to purchase **Small Paddles** (approx. size of your hand), a pull buoy and **Finis Tempo Trainer**.

Getting There

IHP Track & Henry Fok Swimming Pool, HKU Stanley Ho Sports Centre, Sandy Bay, Pokfulam - conveniently situated near Cyberport. The Centre is a 20 min ride from both IFC in Central via the Expressway, or from Wanchai/Causeway Bay via the Aberdeen Tunnel. Please visit the IHP Triathlon website for further information regarding directions and public transportation options.

Wanchai Training Pool, located in Wanchai North, adjacent to the Wanchai Running Track and opposite the Sun Hung Kei Centre.

Please try to be punctual to all your training sessions.

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First Name: _____	Last Name: _____	Title: _____
Date of Birth: _____ (DD/MM/YY)	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	
Mobile No.: _____	E-mail Address: _____	
Address: _____		
Emergency Contact: (Name) _____ (Contact No.) _____		
Which Squad do you qualify for? <input type="checkbox"/> A <input type="checkbox"/> B <input type="checkbox"/> C <input type="checkbox"/> D <input type="checkbox"/> Improver		
Current Tritons member please provide your membership number here to enjoy the discount: _____ Tritons Number		
Current HKU Annual Sports Member/Student/Staff please provide your membership number here to waive the Quarterly Membership Fee: _____ HKU Staff/Student/Sports Membership Number		

FEE STRUCTURE *(please put a ✓ in the box where applicable)*

Usage of IHP Parking Facilities and Sports Facilities	<input type="checkbox"/> IHP Triathlon Group Training Monthly Package	<input type="checkbox"/> IHP Triathlon Walk-in Session
<p>The Triathlon Quarterly Membership is no longer available in Year 2013. If you wish to use the IHP sports facilities outside the group training sessions, please consider to join the IHP Annual Community Sports Membership at \$5000 per person. All membership will be valid for 12 months from the submission date. Please click HERE or contact Ms. Chi Wah Lau at chiwah_lau@hku.hk for Membership Application Form.</p> <p><u>Car Parking Fee for Non-members</u> Parking fee (\$8 per ½ hour) will be applied to those who come for group training sessions at IHP without Sports Membership.</p>	<p>Please see the our training schedule on the previous page.</p> <p>4 Sessions per month package</p> <p><input type="checkbox"/> \$400 for Tritons/IHP Community Sports Members</p> <p><input type="checkbox"/> \$500 for Others</p> <p>Unlimited Sessions per month package</p> <p><input type="checkbox"/> \$1000 for Tritons/IHP Community Sports Members</p> <p><input type="checkbox"/> \$1200 for Others</p> <p>The IHP will deduct the monthly fee automatically from your credit card in the 1st week of each month until December 2013. Please email to chiwah_lau@hku.hk at least 7 days in advance if you wish to terminate the training for the upcoming month.</p>	<p><input type="checkbox"/> \$150 per session <i>(upon availability only)</i></p>
<p>Payment Methods <i>(payment receipt will only be provided upon request):</i></p> <p>1. CREDIT CARD – All payment for monthly package must be settled by credit card. Please complete the payment authorization section below. The monthly fee will be deducted automatically from your credit card in the 1st week of each month until December 2013. Walk-in members may also submit credit card details, whereby you will be charged at the end of the month for the number of session you attended at a walk0in rate of \$150/200 per session.</p> <p>2. CASH/CHEQUE - available for registrations submitted to our office in person.</p>		

LIABILITY WAIVER

I hereby affirm that I am in good physical condition to exercise. My participation is purely voluntary and in no way mandated by The University of Hong Kong. Also, I understand that I can stop training anytime if I have any discomfort or even without any particular reason. In no event shall The University of Hong Kong, its officers, employees, or agents be held liable for any injury, death, or property loss which I may suffer during the activities if caused by either my own negligence, inadequacies in health and fitness or by accident.

Signature of Applicant: _____ Date _____

CREDIT CARD PAYMENT AUTHORIZATION

Type of Card: ☐ VISA ☐ MASTERCARD ☐ JCB

Name of the Cardholder: _____

Credit Card Number: _____

Expiration Date (MM/YY): _____ / _____ CVC Code _____
(last 3 digits number on the back of the card)

I hereby authorize The University of Hong Kong to charge my credit card in the amount and purpose stated above.

Cardholder's Signature: _____ Date _____

PAR-Q & YOU**(For People Aged 15 to 69)**

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of <u>any other reason</u> why you should not do physical activity?

“YES” to one or more questions

If
you
answered

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES

- You may be able to do any activity you want – as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe to you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

“NO” to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active – begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal – this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

**DELAY BECOMING MUCH MORE ACTIVE:**

- If you are not feeling well because of a temporary illness such as a cold or a fever – wait until you feel better; or
- if you are or may be pregnant – talk to your doctor before you start becoming more active.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional.

Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: Neither the Canadian Society for Exercise Physiology, Health Canada, and their agents assume any liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purpose.

“I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction.”

NAME _____ SIGNATURE _____ DATE _____

SIGNATURE OF PARENT _____ WITNESS _____
OR GUARDIAN (for participants under 18 years old)

The original PAR-Q was developed by the British Columbia Ministry of Health.
It has been revised by an Expert Advisory Committee of the Canadian Society for Exercise Physiology chaired by Dr. N. Gledhill (2002).