



2016 Water Skiing and Wakeboarding Beginners Course **Notice**

2016 初級滑水及尾波花式滑水訓練班須知

Organized by HKWSA & Subvented by LCSD

由香港滑水總會主辦及康樂文化事務署資助

Aim: To introduce basic Water Skiing and Wakeboarding equipment, techniques, safety and on-water practice to those interested by certified coaches

目的: 介紹滑水及花式滑水運動之基本設備、技術、安全守則及水上實習，使有興趣之初學人士得到專業教練之指導。

Time / 時間: 9 am to 4 pm

Course Date / 日期: (i) Sept 04, (ii) Oct 23 or (iii) Nov 06, 2016 (Sunday) (3 Courses)

Lunch Break / 午餐休息: 12:00-1:00pm

Venue: Chong Hing Water Sports Centre, High Island, Sai Kung

地點: 西貢萬宜水庫創興水上活動中心

Fee / 費用 : Age 7-11 \$100/person/day

Age 12 and over \$200 /person/day

(equipment such as wet suit, floatation vest, skis and wakeboard board will be provided / 包括租借所有滑水設備)

Class Size / 人數 : 8

Requirement : Age 7 and over (Male or Female) and can swim for 50m

資格 : 7歲以上人士 (性別不限) 及可游泳50米

Bank account : Standard Chartered Bank 411-0-597241-8

payable to Hong Kong Water Ski Association

Enquiry: For details please call HKWSA at 2504-8168 Ivy JUNG or E-mail to hkwsa@hkolympic.org

查詢: 有關詳情可致電香港滑水總會 2504-8168 鍾小姐或電郵:

hkwsa@hkolympic.org

Remarks: Each applicant may take part in one course only.

備註: 每人限報一班

*Trainings courses will be cancelled if typhoon signal number three or above is hoisted. Refund of entry fee will be arranged.

* 如三號或以上颱風訊號懸掛，訓練班將會取消，已繳交之報名費將安排退款。

Bad Weather Arrangements

In case of bad weather, please refer to the following tables for various arrangements for different types of weather condition.

Tropical Cyclone Warning			
	Weather Condition	Time	Training courses yet to be held
1.	If Strong Monsoon Signal / Thunderstorm Warning Amber Rainstorm Warning Signal /Red Rainstorm Warning Signal / typhoon signal No. 1 is issued 如發出強烈季候風信號、雷暴警告 / 黃色暴雨警告信號 / 紅色暴雨警告信號 / 一號颱風信號	N/A	All trainings will be held as scheduled. 訓練班如常進行 HKWSA has discretion to cancel the activity for safety's sake. 主辦單位有可能因應當時天氣的變化而決定取消活動，以策安全。
2.	If Thunderstorm Warning is issued AND Red flags hoisted at Chong Hing Water Sports Centre 如發出雷暴警告並同時於創興水上活動中心懸掛紅旗	9am to 4pm 上午九時至下午四時	Activities on lake at Chong Hing Water Sports Centre suspended 創興水上活動中心水上活動暫時停止 HKWSA has discretion to cancel the activity for safety's sake. 主辦單位有可能因應當時天氣的變化而決定取消活動，以策安全。
4.	If: Black Rainstorm Warning Signal / Typhoon Signal No. 3 or above is hoisted 如發出黑色暴雨警告信號 / 三號	At 7 am 上午七時	All activities on the water will be cancelled 全日水上訓練班活動取消。 On land activities can be continued.

	或以上颱風信號		陸上課堂可仍然繼續。
		Between 7 am to 4pm 早上七時至下午四時	All activities on the water will be cancelled immediately. 水上訓練班活動立刻取消。 On land activities can be continued. 陸上課堂可仍然繼續。
5.	If: Typhoon Signal No. 8 or above is hoisted 如發出八號或以上颱風信號	At 7 am 上午七時	All activities will be cancelled immediately. 全日將會立即活動取消。
		Between 7 am to 4pm 早上七時至下午四時	
6.	If Black Rainstorm Warning Signal / Typhoon Signal No. 3 / Tropical Cyclone Warning Signal No. 8 or above is lowered or cancelled before 如以下信號改為較低的信號或取消: 紅色暴雨警告信號 / 黑色暴雨警告信號 / 三號颱風信號 / 八號或以上熱帶氣旋警告信號	n/a	All categories remained cancelled 全日比賽活動仍然取消。

For weather information please kindly visit Hong Kong Observatory website <http://www.hko.gov.hk/>

備註:

- 學員需於活動當日出示銀行有關之繳款通知書正本
- 中心會免費借用救生衣及保護衣
- **學員須自備全日所需之食物及食水**，中心並沒有購物及膳食服務提供，只有提供自動飲品售賣機。
- 學員須自備足夠之**保暖衣物及泳衣**。(如遇下雨，請自備雨衣或防水衣物)
- 中心所屬禁區限制地方，其他車輛及犬隻一律不能進入。(的士除外)
- 有關中心詳情可查詢 http://www.lcsd.gov.hk/tc/watersport/index/inde_chong.html

Remark:

- Please bring the original Bank payment notice
- Wet suit and life suit will be provided by Centre
- Please prepare lunch by yourself. **No water & food service provided** in the Centre. Only soft drink vending machines are available.
- **Swim suit and enough dry clothes are recommended.** (Raincoat or waterproof coat are recommended when raining)
- No dog and car is allowed in the restricted area around the centre.(except Taxi)
- For enquiry, please check http://www.lcsd.gov.hk/en/watersport/index/inde_chong.html

Map of Pak Tam Chung / 北潭涌地圖：



往北潭涌巴士總站之交通資訊：

1. 九巴 94號 由西貢市中心至黃石碼頭，到中途站 北潭涌巴士總站下車，於閘口外乘的士直往創興水上活動中心(的士費約為\$30-35)
2. 九巴 96R 號 由鑽石山地鐵站至黃石碼頭，到中途站 北潭涌巴士總站下車，於閘口外乘的士直往創興水上活動中心(的士費約為\$40-45)



Getting to Sai Kung Pak Tam Chung Country Park

1) To Sai Kung Bus Terminus

By Bus 92 from Diamond Hill/Choi Hung MTR station; By Bus 299 from Shatin Central , By Bus 792M from Tiu Keng Leng MTR Station; By Mini-bus 1A from Choi Hung MTR Station near Ngau Chi Wan Fire Station; By Bus 96R from Diamond Hill MTR via Sai Kung Bus Terminus (stay on until Pak Tam Chung)

2) To Pak Tam Chung

By Bus from Sai Kung Bus Terminus to Pak Tam Chung - Bus #94 (or #96R on Sunday)

By Car - From Ma On Shan - head for Sai Kung until you reach the roundabout with directions to Pak Tam Chung; From Sai Kung - head for Ma On Shan until you reach the roundabout and follow road signs to Pak Tam Chung. Take the road to Pak Tam Chung until you reach the barrier of Sai Kung Park. Park your car in the car park on the left.

3) To Chong Hing Water Sports Centre, Sai Kung

By taxi from Sai Kung Bus Terminus.