



香港滾軸運動總會有限公司 Hong Kong Federation of Roller Sports Limited

香港銅鑼灣掃桿埔大球場徑一號奧運大樓1016室
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電郵email : hkfrs@hkolympic.org 網頁website: www.rollersports.org.hk

HKFRS accredited Skateboarding Coaching Course 2020-2021

Course Information

- Purpose** : This course aims to provide proper training for potential skateboarding coaches in Hong Kong, it includes the essential knowledge and critical techniques of skateboarding coaching. In this way, the culture of skateboarding will be well promoted in Hong Kong.
- Instructor** : Mr. Warren R. M. Stuart
- Skill Test** : Skill Test will be done prior to the course, only who pass the test can participate in this course. Tentative information please refer to the following table.
- Deadline** : 2 December 2020, 1 p.m., first-come, first serve
- Fee** : Membership Annual Fee - HK\$50.00
Course Fee* - HK\$2,800.00 *Course Fee is non-refundable.
(incl. Course, Examination and Practical assessment, Certificate)
- Pre-requisite** : - Applicants must be HKFRS Valid Member of Affiliated Club or Association.
*Please submit the filled memberships form and bank slip(s) before the deadline
- Applicants must be of age 18 or above.
- Applicants must have an adequate level of Skateboarding experience
- Applicants must undergo the Skill Test before the course, only who pass the test can participate in this course.
- Course Content** : 1. History of skateboarding and HKFRS
2. Code of conduct and best practices for Coaches
3. Planning and preparation for quality coaching
4. Lesson plans and lesson delivery
5. Risk management and emergency procedures
6. Promoting and building culture of skateboarding in the community

Tentative schedule: (This schedule is not the final version, it may be subjected to change.)

Date	Time	Content	Venue
5 Dec 2020 (Sat)	13:00 - 16:00	Skill Test	Lai Chi Kok Skatepark
8 Dec 2020 (Tue)	18:00 - 22:00	Lecture	Meeting Room, Olympic House
11 Dec 2020 (Fri)	18:00 - 22:00	Lecture	Meeting Room, Olympic House
12 Dec 2020 (Sat)	13:00 - 16:00	Field Training	Skatepark / Skate ground
13 Dec 2020 (Sun)	10:00 - 13:00	Field Training	Skatepark / Skate ground
15 Dec 2020 (Tue)	18:00 - 22:00	Field Training & Exam	Skatepark / Skate ground
18 Dec 2020 (Fri)	18:00 - 20:00	Written Exam	Meeting Room, Olympic House
Jan – Dec /2021	-	Practical	Skatepark / Skate ground

- Remarks** : - This course will be limited to 15 participants only.
- Please bring your own skateboard (if applicable).
- Applicants must attend every lesson of the course (100% attendance).
- Please read the **Important Notes** in detail.
- Enquiry** : Please do not hesitate to contact Ms. Zoe Yip at HKFRS Office at 2504-8204 or e-mail to hkfrs@hkolympic.org



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Important Notes

1. Instruction language will be in Chinese and English. Lecture notes will mainly in English.
2. Course Fee is non-refundable. Once the application is accepted, the course fees will not be refunded.
3. Applicants must undergo the Skill Test before the course, only who pass the test can participate in this course.
4. Applicants must attend every lesson of the course (100% attendance); otherwise the participant will be disqualified from both Written Examination and Field Examination.
5. Participant can ONLY take the re-test once if they meet the re-test requirements.
6. Only the participants, who complete the lessons, pass the examinations and complete practical, can be awarded to the certificate of HKFRS accredited Skateboarding Coaching Course.
7. Participates have to complete the Practical within 12 months after the last lesson of the course.
8. All participants will be qualified to register as a valid Registered Skateboarding Coach in HKFRS once they receive the certificate.
9. If applicant cannot provide sufficient documents or valid cheque within the application period, the HKFRS reserves the authority to reject the application
10. All applicants must arrange their own personal accident insurance.
11. HKFRS reserves the right to accept or reject the application.
12. HKFRS reserves the right to make any change in the course and decision should be final. HKFRS will announce the change to the participants as early as possible.
13. In case of any discrepancy between the English version and the Chinese version, the English version shall prevail.

Application Method

Complete the Application Form, Membership Form with all payment records (please refer to **Payment Method**), and apply to HKFRS by:

1. Email to hkfrs@hkolympic.org
2. By Fax to 2577-5671
3. By Post to Room 1016, 1/F, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong.

Payment Method

Cheque (Payable to Hong Kong Federation of Roller Sports Limited) OR

Bank Transfer to Hong Kong Federation of Roller Sports Limited (HSBC #047-899-257-838)