

## New 2021 Hong Kong Sailing Federation Dinghy and Keelboat Sail Training Scheme

The Hong Kong Sailing Federation (HKSF) is pleased to announce the launch of our new Sail Training Scheme. The new scheme has been written over several years and development included extensive input from centres, clubs and instructors across Hong Kong.

### Significant Changes

The new Scheme follows the last revision to the previous scheme (2013). It includes a number of significant changes and revisions which include the following:

- Introduction of a new four step “Junior” Programme
- A three-stage keelboat scheme
- A two-step multihull component
- The old Level 4 course replaced by two shorter units – “Spinnakers” and “Trapeze Techniques”
- Course content refined, in particular at Level 3, to allow more focus on practical sailing skill
- The requirement for a “season of sailing” between courses removed
- One-day assessments re-introduced at Level 2 and Level 3 standard
- Environmental and sustainability units introduced across the scheme

### Transitional Period and Validity of Issuing Old Certificates

While new logbooks will be issued by the HKSF, certification from the old scheme will still be available by request for a period of 6 months. This means clubs and centres may continue, for example, to run the Level 4 during that period, and may continue to teach based on the old syllabus content for that 6 month “grace period”.

### Level 4, Spinnaker and Trapeze Courses

The Level 4 certification from the old scheme is deemed equivalent to the new “Spinnakers” and “Trapeze Techniques” courses, so holders of a Level 4 may choose to progress without attending the two new units.

### Transfer across the scheme

Young sailors who have successfully completed “Junior Sail 3” may transfer to the Youth and Adult Scheme, joining at Level 2 (they need not attend Level 1). Holders of an HKSF Level 2 Dinghy Certificate may enroll in the “Keelboat 2” Competent Crew Course (they need not attend “Keelboat 1”)

### Guidance Notes, seminars and workshops

The HKSF will issue a series of “Guidance Notes” on various topics to assist with the implementation of the scheme and offer clarity to both clubs, centres and instructors. Seminars and Workshops are also planned for future Continuous Professional Development (CPD) for Instructors.

### Future Revisions and further queries

Any training scheme must progress and be refined over time, and the HKSF will consider improvements and revisions in future. Any specific queries or questions on the new scheme should be directed to the local centre or club, who will then pass on feedback to the HKSF office.

## 2021 年新推出香港帆船運動總會小帆船及龍骨帆船訓練計劃

香港帆船運動總會宣布推出新的帆船訓練計劃。新計劃的編寫歷時數年，過程中廣泛收集採納了各帆船訓練中心和帆船教練的建議。

### 重大改變

新計劃以 2013 年修訂的舊計劃為基礎，做出一系列重大改變和修訂，其中包括：

- 新的四級**少年帆船訓練計劃**
- 三級龍骨帆船訓練計劃
- 兩級雙體船訓練課程
- 舊的第四級課程被兩個較短的課程取代：**球型帆技巧**和**吊掛式壓弦技巧**
- 更新各級課程內容，第三級將更注重航行技術
- 取消了課程之間一個航行季節的要求
- 為第二級和第三級加入一天評核課程
- 在整個計劃中加入了環境和可持續發展元素

### 發出舊計劃證書的過渡期和有效期

本會開始發行新計劃及航行日誌。新計劃推出後六個月之內，本會仍可應訓練中心的要求發出舊計劃課程的證書。在六個月的寬限期內，各會所和中心仍可以繼續開辦舊訓練計劃第四級課程，並根據舊的教學大綱內容進行教學。

### 舊計劃第四級、球型帆技巧和吊掛式壓弦技巧課程

舊計劃第四級證書可視為等同於新計劃的**球型帆技巧和吊掛式壓弦技巧**課程，因此舊計劃第四級證書的持有人可以選擇不參加**球型帆技巧和吊掛式壓弦技巧**此兩個新課程而參加更高級課程。

### 跨計劃資格的轉移

少年帆手完成**少年帆船**第三級後，可以加入青年和成人計劃參加第二級（即不需要參加第一級）。青年和成人計劃第二級證書持有人可直接參加龍骨帆船計劃第二級課程（即不需要參加龍骨帆船第一級課程）

### 指導說明、研討會和講習班

本會將就各種主題發布一系列指引，以協助新計劃的實施，並為會所、中心和教練提供清晰的信息。本會亦計劃為未來的教練持續專業發展舉辦研討會和講習班。

### 未來修訂和進一步查詢

本會將持續對計劃做出改進和修訂，務求計劃隨著時間的推移而不斷進步和完善。對新計劃的任何具體查詢或問題，可直接向中心或會所提出，以反饋給本會辦公室。