

Regional squad entry assessment guidelines

The assessment is intended to confirm that the candidate has minimum sailing ability and potential for regional squad training.

Boats will be used for assessment:

Optimist squad - Optimist

Laser squad - Optimist/ Pico/ Laser

29er squad - Pico/ 420 / 29er

During the assessment, the candidate may be requested to perform below exercises

1. Sail around a triangular course
2. Launching and recovery
3. Come alongside a moored boat
4. "Follow my leader" sailing behind another boat.
5. Recover a capsized dinghy
6. Mini-Race

During the assessment the HKSF assessor will use an appropriate selection of these exercises to make a judgement of the candidates sailing ability/ potential and will look at his / her overall sailing standard.

*Note: HKSF reserves the right for final decision.

區域代表隊新隊員評估指引

本評核旨在肯定申請人具有基本的風帆航駛技術及潛質於區域代表隊中訓練。

評核使用之船種：

樂天區域代表隊 - Optimist

激光區域代表隊 - Optimist/ Pico/ Laser

29er 區域代表隊 - Pico/ 420 / 29er

評核期間，申請人有可能被要求作出以下練習：

1. 航駛三角形航道
2. 出航及回航
3. 靠泊一艘已下錨的船隻
4. 跟隨領航船航駛一段「追隨領袖」的航程
5. 扶正一艘傾覆之風帆，然後將風帆駛離。
6. 小型比賽

本會之評核員在評核期間將選擇適當的練習給申請人執行，以判斷申請人之航駛能力、潛質及整體航駛水平。

*注：香港帆船運動總會將保留最終決定權。