

# 三項鐵人基層發展計劃 2019/2020 (第三期)

## Triathlon Grass Root Athlete Development Plan 2019/2020 (Phase 3)

報名表格 (可自行影印)

Entry Form (Photocopy the form for more entries)

姓名: \_\_\_\_\_ (中文) \_\_\_\_\_ (英文) 年齡: \_\_\_\_\_ 性別: \_\_\_\_\_  
Name: \_\_\_\_\_ (中文) \_\_\_\_\_ (英文) Age: \_\_\_\_\_ Gender: 男(M) / 女(F)

聯絡電話: \_\_\_\_\_ 緊急聯絡電話: \_\_\_\_\_ 聯絡人: \_\_\_\_\_  
Contact No.: \_\_\_\_\_ Emergency No.: \_\_\_\_\_ Contact person: \_\_\_\_\_

電郵: \_\_\_\_\_ 香港三項鐵人總會會員: \_\_\_\_\_ 就讀學校 (如有): \_\_\_\_\_  
E-mail: \_\_\_\_\_ Tri HK Member: 是 Yes / 否 No School: \_\_\_\_\_

地址(請用英文填上): \_\_\_\_\_  
Address (In English): \_\_\_\_\_

如何得知此訓練班 How did you find out about Tri HK course:  
學校 / 同樂日 / 會訊 / 網頁 / 朋友 / 同事 / 報章 / 橫額 / 康文署 / 其他: \_\_\_\_\_  
School / Fun Day / Newsletter / Website / Friend / Colleague / Newspaper / Banner / LCSD / Other: \_\_\_\_\_

訓練班編號: \_\_\_\_\_ 同樂日編號: \_\_\_\_\_  
Course code: \_\_\_\_\_ Fun Day Code: \_\_\_\_\_

*\*你所提供的資料，只會用於本會的活動宣傳、統計、日後聯絡及活動意見調查之用，亦只限獲本會授權人員方可查閱有關資料作前述目的之用。如遞交報名表後，欲更改或查詢個人資料，可與本會職員聯絡。  
The information provided by you will only be used for the enrolment and promotion of activities organized by our Association, statistical reviews, future contact purpose and opinion survey. Only those who are authorised by our Association will have access to such information for the aforesaid purposes. For the correction of or access to personal data after submission of this entry form, please contact our staff of Tri HK.*

### 責任聲明 Declaration:

本人 \_\_\_\_\_ (參加者姓名) 是自願參加此活動和願意承擔自身的意外風險及責任，本人並無權向主辦機構及所有與這比賽直接或間接有關的獨立機構，就本人在活動進行期間及往返活動場地時所引致之所有損失，包括但不限於自身意外、死亡或其他任何形式的損失，進行任何索償或追討責任。本人准許香港三項鐵人總會使用本人所提供之資料，作為本活動及未來活動宣傳之用。本人明白可隨時聯絡三項鐵人總會 (email: trihk@triathlon.com.hk) 以修改個人資料或提出拒絕接收往後之宣傳資料。

I \_\_\_\_\_ (Applicant's Name) understand that by participating in the Event there are risks of injury, death and/or loss. I am hereby entering the Event at my own risk and responsibility. I discharge the Organizer and any other individual organization connected directly or indirectly with the Event from any responsibility in the event of including but not limited to injury, death or loss of property incurred during as consequence of or while travelling to or from the Event. I permit the Tri HK to use the above personal data in the operation of this activity and to inform me of future activities. I understand I can contact Hong Kong Triathlon Association (email: trihk@triathlon.com.hk) to amend any of my personal data, and or to refuse receiving further promotional information by emailing to the said address.

本人聲明本人身體健康及有能力參加此活動，並經由執業醫生確認本人之體適能適合參加此活動。  
I am physically fit and capable of participating in the Event and have not been otherwise advised by a qualified medical practitioner.

\*\*監護人簽署: \_\_\_\_\_ 參加者簽署: \_\_\_\_\_ 日期: \_\_\_\_\_  
\*\*Guardian's Signature: \_\_\_\_\_ Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(\*未滿十八歲必須監護人簽署 Guardian's Signature is necessary for participant aged under 18)

回覆通知書 - 三項鐵人基層發展計劃 2019/2020 (第三期)  
Reply Slip - Triathlon Grass Root Athlete Development Plan  
2019/2020 (Phase 3)

參加者姓名: \_\_\_\_\_  
收據編號: \_\_\_\_\_

台端之報名 (同樂日 \_\_\_\_\_ / 班號 \_\_\_\_\_) 已被接納。  
請注意以下事項 Please be informed that your application has been accepted, please pay attention to following issues:

開課日期為 \_\_\_\_\_ The first lesson will be on \_\_\_\_\_

1. 學員每堂都必須帶備游泳及跑步用品，訓練場地設有沖身及更衣設施  
Please bring the swimming and running gear at all training sessions. Changing rooms are available in all venues
2. 學員可選用本會提供之頭盔及單車，或自備  
Bicycle and Helmet is provided, Participants may also use their own equipment.
3. 上課前請留意天氣情況，或致電天文台查詢 (電話: 187 8200)  
Please check the weather from the Hong Kong Observatory before the Fun Day or class (Tel: 187 8200)

因名額已滿 / 人數不足，本會未能接納台端之報名。隨函退還閣下的報名表格及支票  
We could not accept your application, since the course is full / insufficient participant.