

2026 Hong Kong World Triathlon Coaches Level 1 Course

Course Information

Date:	12 to 16 December 2026, SAT to WED
Time:	09:00-17:30
Venue:	Hong Kong Sports Institute (No. 25 Yuen Wo Road, Shatin, New Territories, Hong Kong)
Course Materials:	Chinese
Course Fee:	HKD \$13,500/person
Quota:	Minimum number of participants is 6 & maximum is 18 with at least 30% females
Language:	Cantonese & English

Triathlon Association of Hong Kong China reserves the right to cancel the course should the number of participants be less than 12.

Schedule details

Start of the World Triathlon Education & Knowledge (online phase): TBC
Pe-course tasks (online) 30% deadline: TBC
Pre-course task (online) 50% deadline: TBC
First day of onsite course: 12 December 2026
Last day of onsite course: 16 December 2026
Post-course tasks (online) deadline: TBC

Entry Requirements:

1. 2026 TriHK Member
2. Aged 18 or above
3. Attend the World Triathlon Cup Meeting & Service

Advantages for selection:

1. Current or Former National Squad members.
2. Existing Triathlon Coaching Certificate.
3. Past level of participation & contribution in triathlon activities & races.
4. 2026 TriHK registered coach.

- Pre-Level One Coach Requirements & Post-Course Obligations:

Mandatory Attendance:

- **Coach & Official Meeting:** 17 October 2026 (Briefing for the World Triathlon Cup on 7–8 November 2026)

Service Requirement (within 12 months of certification): Complete 30 total service hours for TriHK:

- **20 hours of Coaching**
- **10 hours of Race Officiating** (must include officiating at the World Triathlon Cup; any remaining hours must be fulfilled through other TriHK events)

*Upon successful completion of the course, including the online tasks and service requirements, participants will be awarded both the **TriHK Level 1** and **World Triathlon Level 1** Coaching Certificates.

Payment:

- Deposit or transfer the prescribed amount into the HSBC saving account of TriHK (No: 502-118375-838) – Triathlon Association of Hong Kong China Limited.

Remarks:

- (1) Due to limited places available for this course, the following level of experience and qualifications will be considered in selecting and nominating the candidates with the requirements below for this course:
World Triathlon is dedicated to providing equal opportunities to both genders in all aspects. On a Level 1 coaching course, we require at least 30 % of the participants to be female. Shall less female apply, the total number of participants should be reduced to match this ratio.
- (2) Triathlon Association of Hong Kong China reserve the right to reduce the number of participants from those NFs who withdraw their earlier registered nominees. We do encourage the careful selection of dedicated participants.
- (3) Final Name list is approved by Triathlon Association of Hong Kong China.
- (4) Once your entry is accepted by the Triathlon Association of Hong Kong China, your course fee will not be refunded.

Application:

Please email forms and attach all supporting documents (e.g. certificates, results etc.) to development@triathlon.com.hk on or before 17:00, 5 October 2026



TRIATHLON ASSOCIATION
OF HONG KONG CHINA
中國香港三項鐵人總會

2026 Hong Kong World Triathlon Coaches Level 1 Course
Hong Kong – 12 to 16 December 2026

GENERIC INFORMATION*		
National Federation		
First name (as worded on passport)		
Family name (as worded on passport)		
Preferred Full Name		
Nationality		
E-mail address(s)		
Phone Number (with country code)		
Date of Birth (dd/mm/yyyy)		
Gender	Male	Female
Mailing address (Street, Number)		
Mailing address (City, Post Code)		
Mailing Address (Country)		
Medical Insurance Details (insurance plan and number) Please scan a copy of the insurance certificate with your application		
Please indicate if you have any special nutritional requirements.		

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Sports Federation &
Olympic Committee of Hong Kong, China



中國香港三項鐵人總會 Triathlon Association of Hong Kong China

香港銅鑼灣掃桿埔大球場徑1號奧運大樓1020室

Room 1020, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong
T.(852) 2504 8282 F.(852) 2576 8253 Email : trihk@triathlon.com.hk www.triathlon.com.hk



TRIATHLON ASSOCIATION
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Emergency Contact Please list name and contact phone number (incl. country code) and email we can use in the case of an emergency.			
Your level of Cantonese (oral)	Beginner	Intermediate	Advanced
Your level of Chinese (written)	Beginner	Intermediate	Advanced
Internet Access Do you have daily access to the net?	YES		NO
Computer / Laptop Access Do you have daily access to a computer or a laptop?	YES		NO
Are you in the National Squad or retired from National Squad?	YES (Period: -)		NO
COACHING EXPERIENCE / COACH PROFILE*			
Existing Triathlon Coaches Certificate and level of certification that you have already achieved (e.g. World Triathlon /TriHK/others):			
Years in Coaching			
In triathlon			
Other sports (Please specify)			
Level of athletes coached			
Ages of athletes coached			
Past level of participation & contribution in triathlon activities & races.			



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Coaching Education

****List all coaching-relevant education, courses, etc.**

**Please make sure that all details will be provided.*

Declaration

- I understand that in considering my application for the above post, the Triathlon Association of Hong Kong China references my present and past employers listed above. I agree to this arrangement.
- I also understand that if I willfully give any false information or withhold any material information, I shall render myself liable to dismissal if I am nominated to the captioned course.
- I declare that all the above details are true and correct. I agree to abide by the obligations & decisions of the Triathlon Association of Hong Kong China.

Signature

Date