

# 香港航空青年團

## HONG KONG AIR CADET CORPS

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Ref: PT_Memo2610_ACCDBT_Training _20260402	Date: 02 April 2026

### **Hong Kong Air Cadet Corps Dragon Boat Team** **Recruitment Team Member**

A physically demanding, cooperative activity that reflects the Corps' values of discipline, unity and excellence is offered by the Dragon Boat Team.

**The Stanley Dragon Boat Warm Up Races 250** is scheduled for Saturday, 23 May 2026, and **Hong Kong Dragon Boat Short Course Races** will be held on Sunday, 5 July 2026, at Stanley Dragon Boat Training Centre.

The training details are listed below:

<b>Training Date:</b>	All training will be held on Sunday Apr: 19, 26 May: 3, 17, 31 Jun: 7, 14, 28
<b>Venue:</b>	Stanley Dragon Boat Training Centre, Stanley (1 Stanley Link Road, Stanley, Hong Kong)
<b>Time:</b>	1700 hrs – 1900 hrs
<b>Target Participants:</b>	All members
<b>Training Contents:</b>	<ul style="list-style-type: none"><li>➤ Basic knowledge (history, safety precautions, etc)</li><li>➤ Basic skills<ul style="list-style-type: none"><li>■ Hold paddle, Posture</li><li>■ Paddling skills (forward, backward, stop, etc)</li></ul></li><li>➤ Race training of dragon boat</li></ul>
<b>Deadline:</b>	Thursday, 23 April 2026

All interested applicants are required to complete and submit the following documents via email to [phyasmt@gmail.com](mailto:phyasmt@gmail.com) :

- Unit Application Form (Appendix I)
- PAR-Q (Appendix II)

For any inquiries, please direct your questions to the same email address.

Remarks:

1. Those who completed the Basic Skill Course will be eligible join the Dragon Boat Team
2. Upon completion of the training, participants may apply for the Intermediate Dragon Boat Training Certificate, issued by the Hong Kong China Dragon Boat Association (HKCDBA). The certificate fee charge is \$ 200.
3. Please use the standard email title as the following:  
[ACCDDBT] Dragonbaot\_Training\_Application\_XXX(Unit)

Appendices:

1. Unit Application Form (Appendix I)
2. PAR-Q Form (Appendix II)

Fg Off (sp) Ken K L WONG  
OC Phy Asmt Flt  
SD Wg, SD&S Gp

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