

Organised by the Cycling Association of Hong Kong, China
Subvented by the Leisure and Cultural Services Department
Co-organised by the Education Bureau
School Sports Programme – Badges Award Scheme
〈 Cycling 〉

Purpose: To provide systematic skills assessment standards and awards for trainees participating in cycling training, so that they can have an idea of their skill levels through assessment tests and obtain recognised badges and certificates. Trainees will undergo progressive training through a promotion system to enhance their performance, which will in turn foster the sports development in schools.

Type of Badges:

1. Bronze, Silver and Gold
2. Content of Tests
 - Checking of Bicycle
 - Hand signals and road test

Trainees must pass all the tests to obtain the badges and certificates of the relevant levels.

Participation All trainees participating in the cycling training courses of the Easy Sport Programme and the Outreach Coaching Programme under the School Sports Programme may ask their coaches for an assessment to be conducted at the end of the courses based on the contents of the respective tests. The Cycling Association of Hong Kong, China will arrange for registered coaches to assess trainees' skills. Trainees who meet the standards may obtain the relevant badge and certificate at their own cost.

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Remark: The Badges Award Scheme for Cycling is co-ordinated and developed by the
Cycling Association of Hong Kong, China.

School Sports Programme – Badges Award Scheme

Standards and Assessment for Badges in Cycling

Procedures of Checking the Bicycle

Tyre Pressure:

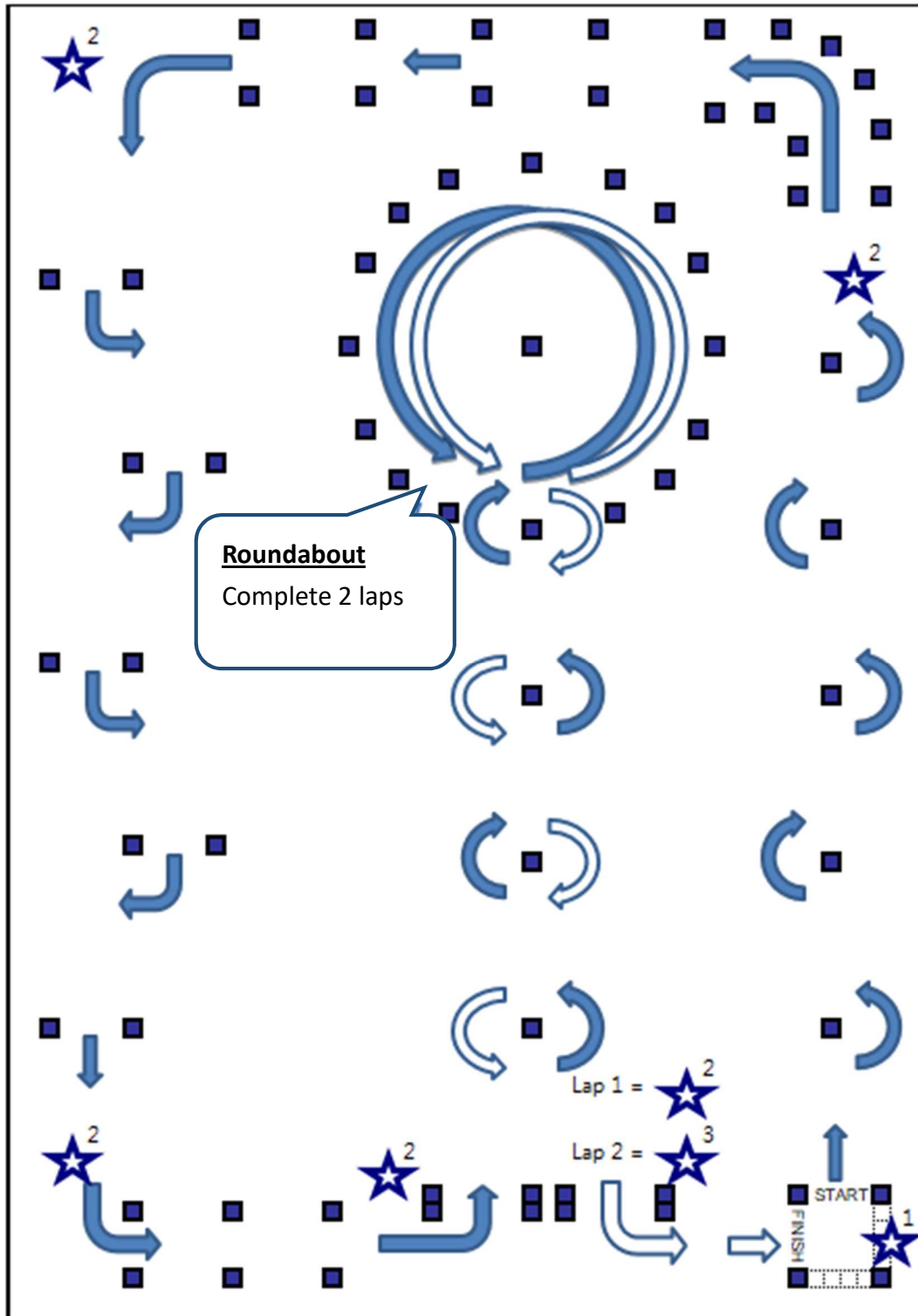
1. Press your thumb at the top of the tyre.
2. Front and rear brake levers:
 - . Front brake lever – Press the front brake lever with two fingers and push the bicycle forward and downward to raise the rear wheel.
 - . Rear brake lever – Press the rear brake lever with two fingers, take a step back and lift up the handlebar.
3. Saddle adjustment:
 - . The saddle should not exceed the height limit.
 - . The saddle should be properly aligned with the centre of the frame.
 - . The saddle should be adjusted to a level parallel to the ground.
4. Check the tightness of the handlebar: Stand in front of the handlebar, firmly straddle the front wheel with both legs and turn the handlebar from side to side.
5. Check the smoothness of the wheels: Lift the handlebar and turn the wheels forward.
6. Shifter: Lift the rear wheel off the ground with the kickstand, rotate the pedals forward while changing the gear of the shifter at the same time.
7. Check the kickstand: Make sure the kickstand can be raised and lowered, with a normally functioning safety lock, and is 90 degrees to the ground.

Roadmap for Bronze Badge Assessment

Minor Mistakes: Giving wrong or no hand signals, or the bicycle passing beyond the finishing zone after the assessment

Major Mistakes: Hitting traffic cones, landing/crashing, wrong route, or failing to stop the bicycle at the finishing zone after the assessment

Remarks: Complete two laps continuously within 3 minutes. After completion of the first lap, there is no need to stop the bicycle and give the hand signal for start.

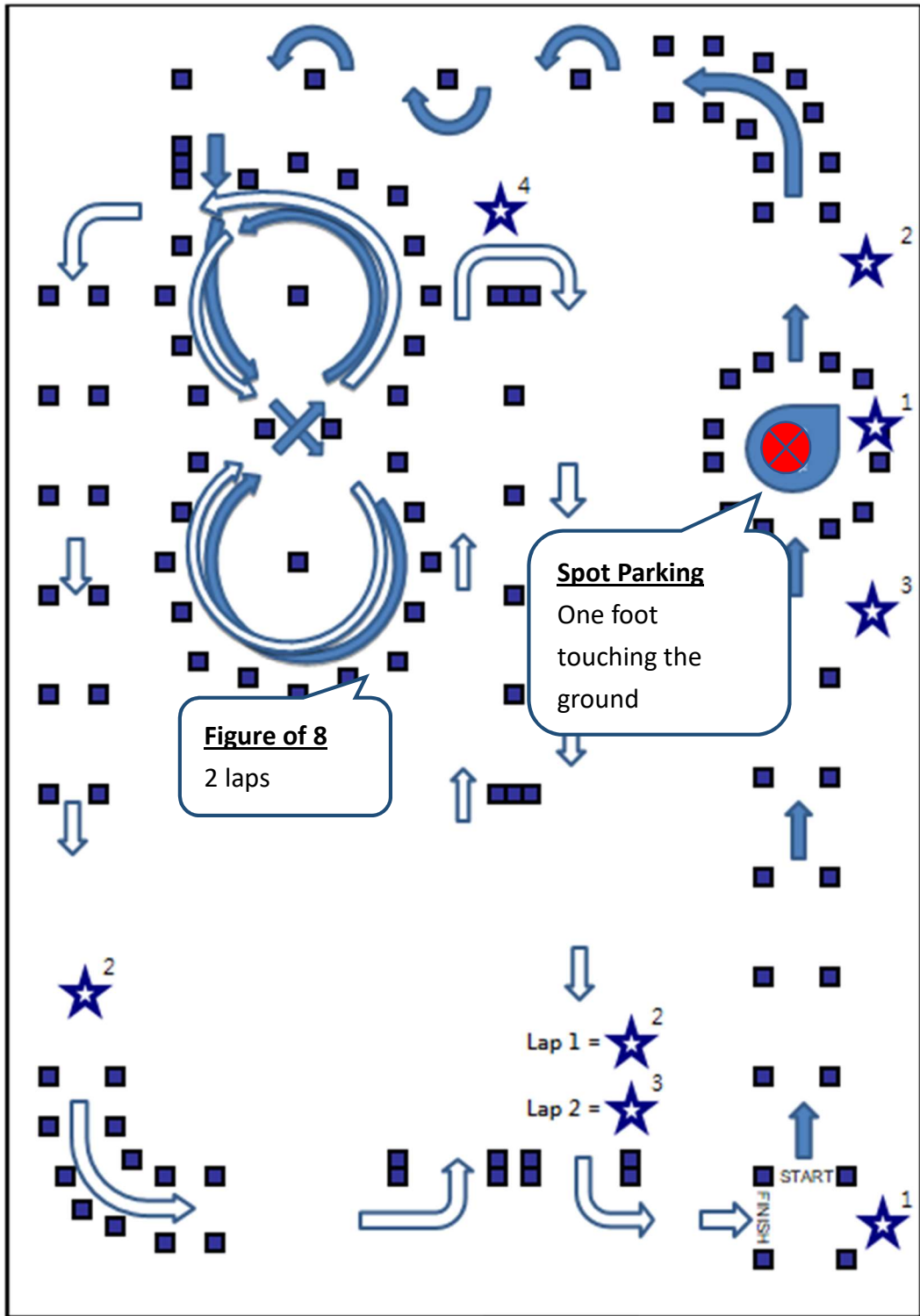


Roadmap for Silver Badge Assessment

Minor Mistakes: Giving wrong or no hand signals, the bicycle passing beyond the finishing zone after the assessment, or both feet touching the ground during spot parking

Major Mistakes: Hitting traffic cones, landing/crashing, wrong route, or failing to stop the bicycle at the finishing zone after the assessment

Remarks: Complete two laps continuously within 3 minutes. After completion of the first lap, there is no need to stop the bicycle and give the hand signal for start.



Roadmap for Gold Badge Assessment

Minor Mistakes: Giving wrong or no hand signals, the bicycle passing beyond the finishing zone after the assessment, or both feet touching the ground during spot parking

Major Mistakes: Hitting traffic cones, landing/crashing, wrong route, or failing to stop the bicycle at the finishing zone after the assessment

Remarks: Complete two laps continuously within 3 minutes. After completion of the first lap, there is no need to stop the bicycle and give the hand signal for start.

