

陳樹渠紀念中學

Chan Shu Kui Memorial School

學校通告編號：S19/20-056

敬啟者：

多元智能挑戰營

「多元智能挑戰營」由教育局與香港消防處合辦，旨在透過一連串的紀律和體能活動、領導才能訓練和講座，讓學生從經驗中學習，培養他們成為自律、自信、合群和具抗逆力的青年人，並將所學成果應用在日常生活中。

貴子弟獲選參加「多元智能挑戰營」，詳情如下：

活動	多元智能挑戰營		
日期	2019年11月4日(星期一)至2019年11月8日(星期五)共5日4夜		
地點	消防及救護學院(新界將軍澳百勝角路11號)		
費用	全免		
統籌老師	周華老師 隨營老師：周華老師、林美欣老師		
集合日期及時間	2019年11月4日早上6時30分	地點	本校
解散日期及時間	2019年11月8日下午6時30分		太子港鐵站

請於2019年10月11日或以前將下列回條交回周華老師，以便辦理。如有查詢，可致電23800241與周華老師聯絡。

此致
貴家長



招祥麟 校長 招祥麟博士

2019年10月10日

附件 ①家長須知 ②挑戰營概要(包括學員須知、學員守則、自備裝備核對表)
③惡劣天氣警告信號下的安排

✂
回條

敬覆者：

本人已知悉有關「多元智能挑戰營」的詳情，謹覆如下：

<input type="checkbox"/> 本人不准許敝子弟參加「多元智能挑戰營」。
<input type="checkbox"/> 本人准許敝子弟參加「多元智能挑戰營」，並同意下列事項： 1. 學生參加由消防處舉辦2019年11月4日至11月8日的「多元智能挑戰營」。 2. 教育局於整個計劃期間(包括跟進活動)拍攝「多元智能挑戰營」的活動花絮和訪問參加學生，拍攝內容日後可能用作教學或宣傳用途。 3. 教育局於「多元智能挑戰營」前後進行問卷調查，以評估計劃的成效。 4. 香港消防處收集敝子弟之健康狀況資料以用作評估其是否適合參與「多元智能挑戰營」，有關資料將於本學年結束時銷毀。 5. 「多元智能挑戰營」以密集式體能訓練方式進行訓練，包括當學生在違規或表現未達要求時，必須承擔相應後果或接受處罰，例如掌上壓、仰臥起坐及跑樓梯等體能鍛煉動作。
<input type="checkbox"/> 本人及 _____ 位家屬將 *會 / 不會 出席2019年11月8日(星期五)下午4時正的「多元智能挑戰營」畢業典禮。(詳細的集合時間及地點另行通知)
本人對「多元智能挑戰營」仍有下列查詢/意見：

此覆

陳樹渠紀念中學校長

學生姓名：_____

家長姓名：_____

班別：_____ 班號：_____

簽署：_____

緊急聯絡電話：_____

2019年 _____ 月 _____ 日

- 請將回條交周華老師或林美欣老師
- 最後交回條日期：10月11日

陳樹渠紀念中學

Chan Shu Kui Memorial School

Circular no. S19/20-056
To: Parents

10 October 2019

The Smart Teen Challenge Camp

The Smart Teen Challenge Camp (STCC) is co-organized by the Education Bureau and the Fire Services Department (FSD). This activity aims at nurturing students to become self-disciplined, confident teenagers with team spirit and resilience through experience-based learning, including disciplinary and physical activities, leadership training and seminars. It is hoped students will apply what is learned in their daily life.

Your child is selected to participate in the STCC. Details are as follows:

Activity	Smart Teen Challenge Camp		
Date	4 November 2019 (Mon) to 8 November 2019 (Fri) (Five days and four nights)		
Venue	Fire and Ambulance Services Academy (11 Pak Shing Kok Road, Tseung Kwan O, New Territories)		
Teacher Coordinator	Mr. Chow Wah	Accompanying Teacher	Mr. Chow Wah, Ms. Lam Mei Yan
Fee	Free		
Gathering Date and Time	6:30 a.m., 4 November 2019 (Mon)	Venue	School
Dismissal Date and Time	6:30 p.m., 8 November 2019 (Fri)		Prince Edward MTR Station

Please complete the reply slip and return it to Mr. Chow Wah or Ms Lam Mei Yan by 11 October 2019 for further arrangements.

Annexes	① Notes to Parents ② Overview of the STCC (including general notes to participants, codes for participants and personal equipment checklists) ③ Arrangement when Severe Weather Warning Signals are Hoisted
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Dr. Chiu Cheung Ki
 Principal

Reply Slip

To: The Principal, Chan Shu Kui Memorial School

Circular no. S19/20-056 has been read and understood. The following is my reply:

<input type="checkbox"/> I do not allow my child to participate in the STCC.
<input type="checkbox"/> I allow my child to participate in the STCC and agree to the following: <ol style="list-style-type: none"> 1. My child will participate in the "Smart Teen Challenge Camp" from 4 November to 8 November 2019 at the Fire and Ambulance Services Academy, organized by the Fire Services Department. 2. The Education Bureau will film the highlights of the training camp and interview students throughout the project, including follow-up activities. Filmed contents may be used for educational or publicity purposes in future. 3. The EDB will conduct a survey before and after the STCC to assess the effectiveness of the project. 4. The Fire Services Department will collect questionnaires on the learning and health condition of my child to assess whether he/she is suitable for participating in the STCC. The relevant information collected will be disposed when the school year ends. 5. My child will receive intensive physical training in the STCC. If students violate the rules or could not meet the standard or requirement during the training, he/she will receive firm verbal instructions or disciplinary training, e.g. push up, sit up or stair climbing.
<input type="checkbox"/> I and _____ (no.) family member(s) will/ will not attend the passing-out-parade of the STCC at 4p.m. on 8 November 2019 (Friday). (Details of gathering time and place will be available later)
I have the following questions /views on the STCC:

Name of student: _____

Name of parent: _____

Class: _____ Class no.: _____

Signature: _____

Please return the reply slip to Mr. Chow Wah or Ms Lam Mei Yan on or before **11 October 2019**.

Emergency Contact Tel. No.: _____

Date: _____

「多元智能挑戰營」

家長須知

家長請於子女入營前細閱下列各項，並與學校統籌教師保持聯絡。

1. 訓練營前：

- ✦ 仔細閱讀學校派發有關挑戰營的資料，如挑戰營目的、活動程序、集合及解散資料、學校負責教師之姓名及其聯絡方法等；
- ✦ 出席校方所舉辦之「家長營前聚會」（如有）或主動致電校方了解挑戰營之詳情；
- ✦ 小心填寫「多元智能挑戰營」之運動問卷調查，並了解有關紀律部隊對學員的體格要求；
- ✦ 安排時間出席結業典禮以示對子女參加挑戰營的支持和鼓勵；
- ✦ 提醒子女帶備所需物品入營（詳情可參閱《自備裝備核對表》）；
- ✦ 訓練期內，子女如需服用藥物，請預先通知統籌教師。



2. 入營期間：

- ✦ 學員不可使用手提電話。
- ✦ 鑒於挑戰營在遠郊地方，故不設學員延遲入營或提早出營的安排；
- ✦ 為免影響學員訓練，如非緊急事故，家長毋須致電營中子女；
- ✦ 倘若學員於訓練過程中因身體不適需外出就醫或基於特殊情況而要中途離營，家長將會接獲隨營教師通知，而家長須親往營地接回子女。如有困難，請與隨營教師商討，一切以學員的安全為首要考慮。

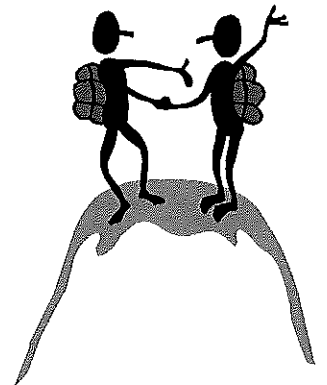


3. 結業禮：

- ✦ 由於訓練過程要求嚴格，學員需付出極大努力才能成功結業，故家長出席結業禮表達認同及讚賞對學員來說尤為重要；
- ✦ 結業禮結束後，校方負責安排學員離開訓練營地，並於學校解散。如個別家長或學員需有特別安排，請家長於入營前向校方提出申請。有關學員於訓練營後的回程安排，可向校方統籌教師查詢。

4. 挑戰營後：

- ✦ 請支持子女參與營後學校舉辦的跟進活動，並鼓勵完成在營中所訂立的目標；
- ✦ 對子女的進步要多加讚賞。



教育局訓育及輔導組 消防處 消防及救護學院

「多元智能挑戰營」

惡劣天氣警告信號下的安排

* 挑戰營舉行首天天氣惡劣下的安排：

各種惡劣天氣警告信號	安排
a. 黃色暴雨警告 b. 雷暴警告	★ 除非教育局宣布停課，否則挑戰營照常舉行。
c. 紅色或黑色暴雨警告 d. 一號（或以上）熱帶氣旋警告信號 e. 空氣質素健康指數到達嚴重（10+）級別 *按照[將軍澳空氣質素監測站]指數	★ 上午六時仍然生效，首日的訓練取消，學生回校照常上課。（如教育局宣布停課，則學生遵照停課指示。） ★ 訓練營將延至第二天依原有程序開始。

* 挑戰營延期後第二天的安排：

暴雨/熱帶氣旋警告信號	安排
★ 若營期的第二天上午六時前已除下所有惡劣天氣警告信號	★ 挑戰營改為四日三夜，學生依照第一天的原定時間在原地點報到。
★ 若營期的第二天上午六時上述（c）至（e）項的惡劣天氣警告信號仍然生效	★ 整個挑戰營取消，學生回校照常上課。 （如教育局宣布停課，則學生遵照停課指示）

* 如挑戰營前已天氣惡劣，校方應密切留意電台/電視台的公布。

* 如在挑戰營進行期間天文台發出任何惡劣天氣警告信號，教官會因應實際環境在安全情況下安排學生留在消防及救護學院或離營回校解散。

* 如在挑戰營進行期間空氣質素健康指數到達嚴重（10+）級別，教官會停止戶外活動，安排學生逗留在室內進行非體力消耗活動。

* 遇有任何緊急事故，學生需要特別安排（如離營），校方須盡快通知家長有關事宜。

消防處 消防及救護學院

「多元智能挑戰營」運動問卷調查

填寫須知：

此問卷的第一部分是用作評估學生是否適宜參加「多元智能挑戰營」的訓練，所有學生必須填寫。家長應填寫問卷的第二部分並根據子女的回答決定是否讓其子女參加「多元智能挑戰營」。如有疑問請諮詢醫生意見。

第一部分：由參加挑戰營的學生填寫，在適當的方格內加上“✓”號

請仔細閱讀下列問題，然後誠實回答。如任何答案曾被修改，父母/監護人須在修改位置旁加簽。

- | | | |
|----------------------------------|-------------------------------|-------------------------------|
| (a) 你以前曾否參加「多元智能挑戰營」？ | <input type="checkbox"/> 從未參加 | <input type="checkbox"/> 曾經參加 |
| (b) 若曾經參加，該「挑戰營」由下列那一個部隊舉辦？ | | |
| <input type="checkbox"/> 警務處 | <input type="checkbox"/> 入境處 | <input type="checkbox"/> 民安隊 |
| <input type="checkbox"/> 消防處 | <input type="checkbox"/> 懲教署 | <input type="checkbox"/> 海關 |
| <input type="checkbox"/> 香港少年領袖團 | | |

如答案曾經修改，請家長/監護人於每項修改處旁加簽。

	是	否	問題
1.	<input type="checkbox"/>	<input type="checkbox"/>	醫生曾否說過你的心臟有問題？
2.	<input type="checkbox"/>	<input type="checkbox"/>	你進行體能活動時，是否感到胸口痛？
3.	<input type="checkbox"/>	<input type="checkbox"/>	過去一個月，你曾否在沒有進行體能活動時也感到胸口痛？
4.	<input type="checkbox"/>	<input type="checkbox"/>	你曾否因感到暈眩而失去平衡，或曾否失去知覺？
5.	<input type="checkbox"/>	<input type="checkbox"/>	你的骨骼或關節是否有毛病？且會因改變體能活動而惡化？
6.	<input type="checkbox"/>	<input type="checkbox"/>	醫生現時是否有給你一些有關血壓或心臟藥物(例如去水丸)給你服用？
7.	<input type="checkbox"/>	<input type="checkbox"/>	過去五年內，你曾否接受外科或內科手術？
8.	<input type="checkbox"/>	<input type="checkbox"/>	你是否患有慢性疾病？
9.	<input type="checkbox"/>	<input type="checkbox"/>	你曾否遇過呼吸困難或肺部不適的情況？(例如：哮喘)
10.	<input type="checkbox"/>	<input type="checkbox"/>	你有否受到肌肉關節腰背不適或過往的傷患困擾？
11.	<input type="checkbox"/>	<input type="checkbox"/>	你有沒有糖尿或甲狀腺疾病？
12.	<input type="checkbox"/>	<input type="checkbox"/>	是否有其他理由令你不應進行體能活動？

本人已閱讀及明白這份問卷，並對所有問題誠實及認真作答。

學生簽署：_____

學生姓名：_____

日 期：_____年_____月_____日

第二部分 (由家長/監護人填寫)：

聲明 茲聲明本問卷已清楚列明敝子弟的健康情況。如敝子弟因參加「多元智能挑戰營」中的活動期間，身體不適或傷亡，而又非因消防及救護學院的疏忽造成，消防處則無須付上任何責任。

本人 _____ (家長姓名) 已詳閱並明白「多元智能挑戰營」的時間表和概要(包括參加者須知、紀律規定、自備裝備核對表)，並 **同意** 敝子弟 _____ (_____ 學校 _____ 班學生)參加「多元智能挑戰營」。

本人謹聲明敝子弟

只選一項；如
曾經修改，請
家長/監護人
加簽。

- ☐ 身體健康及體能良好，適宜參與「多元智能挑戰營」的所有活動 (包括密集式體能訓練)。本人已叮囑他/她遵守教官和老師的所有指示，如他/她在挑戰營期間感到不適，必須立即通知教官或老師。
- ☐ 雖然在第一部分的答案中有一個或以上「有」，但**醫生**[#]認為他/她適宜參與「多元智能挑戰營」的所有活動 (包括密集式體能訓練)。本人已叮囑敝子弟遵守教官和老師的所有指示，如他/她在挑戰營期間感到不適，必須立即通知教官或老師。(須附上醫生證明文件)

(如適用)請家長/監護人提供其他與敝子弟的健康狀況有關的補充資料(例如：敏感症、特殊教育需要等)，以便隨營教師和教官對 貴子弟加以適當的照顧。

家長/監護人簽名：_____ 與參加學生的關係：_____

家長/監護人姓名：_____ 日期：_____ 年 _____ 月 _____ 日

核實人簽署：_____
(學生班主任或老師)

核實人姓名：_____ 日期：_____ 年 _____ 月 _____ 日

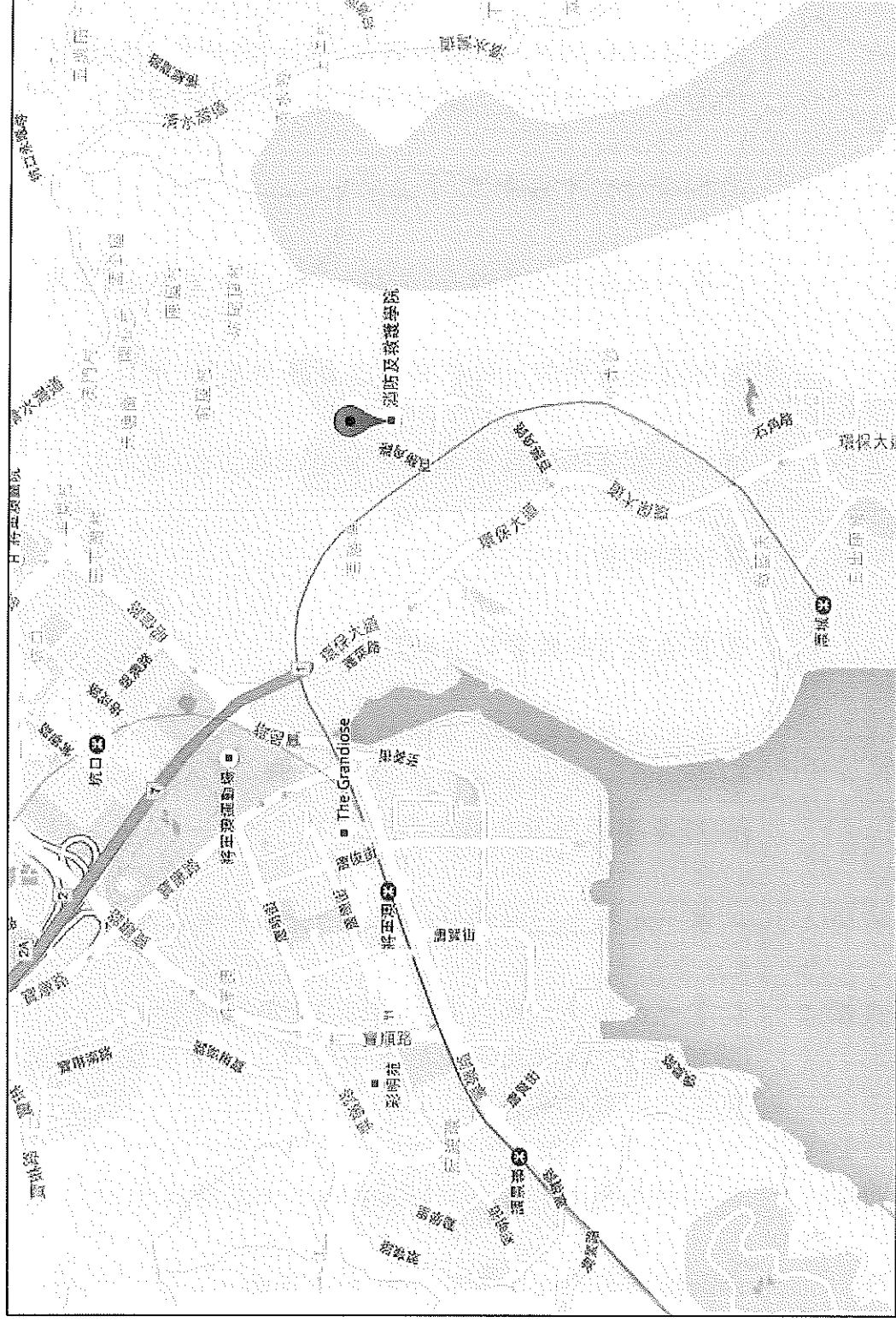
消防處 消防及救護學院

「多元智能挑戰營」

概要

- 目的：透過嚴謹的紀律、體能和領袖訓練，提升學生的自律、自信心、抗逆力、解難能力、團隊精神及人際相處技巧。
- 對象：每間學校四十名中二/中三學生
- 日期：二零一九年十一月四日(星期一)至 十一月八日(星期五)
- 營地：消防及救護學院 (新界將軍澳百勝角路 11 號)
- 訓練導師：消防及救護學院教官及多元智能訓練主任(消防)
- 受訓形式：留宿訓練營
- 費用：營費全免 (由教育局資助)
- 交通：入營和離營交通安排由學校負責
訓練活動所需的交通安排由消防及救護學院負責
(附將軍澳消防及救護學院地圖)
- 入營時間：二零一九年十一月四日(星期一)上午八時三十分
- 結業典禮：二零一九年十一月八日(星期五)下午四時正
(歡迎校長、教師及家長於下午三時三十分到達將軍澳消防及救護學院出席結業典禮)
- 離營時間：二零一九年十一月八日(星期五)下午五時三十分
- 備註：參加挑戰營學生的制服由教育局資助。

將軍澳消防及救護學院地圖



消防處 消防及救護學院

「多元智能挑戰營」

學員須知

參與活動須知

1. 學員於訓練期間須嚴守紀律，並需要接受各項挑戰；
2. 學員如在訓練期間需要服用藥物，必須通知教官；
3. 挑戰營不設個人延遲入班或提早出班的安排；訓練期內(除結業禮)，亦不設家長探營之安排；
4. 學員須遵守一切訓練指示，違規、屢勸不改者會被取消訓練資格；
5. 學員守則：請參閱《附件二：學員守則》；
6. 所需自備裝備：請參閱《附件三：自備裝備核對表》；
7. 挑戰營的活動詳情：請參閱《附件四：「多元智能挑戰營」時間表》；
8. 因應實際情況，教官有權更改或取消任何活動或課程。

查詢訓練詳情之將軍澳消防及救護學院聯絡電話：

2411 8661 或 2411 8662 (行政辦公室)

訓練期間之緊急聯絡電話：

2411 8888 (當值室)

消防處消防及救護學院

「多元智能挑戰營」

學員守則

紀律

1. 不可在消防及救護學院內進行任何未經教官許可之活動；
2. 必須保持良好紀律，不可粗言穢語；
3. 嚴禁作任何形式的賭博；
4. 不准在消防及救護學院內貯存或吸食任何違禁藥物、煙草及含酒精飲品；
5. 未經教官許可，學員不可擅闖任何地方；
6. 未經教官許可，學員不可接見任何探訪者；
7. 不可攜帶電玩、手提電話或任何通訊器材；
8. 不論進行任何活動，學員都必須準時集隊；
9. 私人物件只可貯存於宿舍內上鎖的個人衣物櫃內，不准擺放在其他地方；
10. 不可塗指甲，入營前及於營內指甲必須剪短；
11. 不准染髮，但染成本身或天然的髮色則除外；
12. 不可擅自離營；
13. 未得教官許可，不得拍攝或錄影正在受訓的消防/救護學員或教官；
14. 嚴禁性騷擾、欺凌或任何暴力等相關行為。
15. 未經教官許可，不得自行退出「多元智能挑戰營」或不參與教官安排之活動。

制服

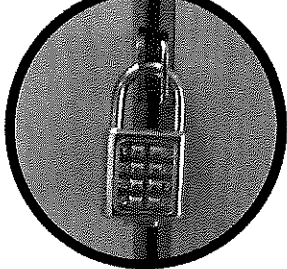
16. 必須穿著整齊制服，包括名牌、鴨舌帽及**黑色綁帶皮鞋**(就寢時除外)；
17. 營期內一律嚴禁佩戴手錶及任何飾物，如戒指、耳針、頸鍊或手鍊等；女生如需綁紮頭髮，必須用**黑色橡膠圈**；
18. 消防及救護學院借予學員之個人裝備須於離開學院前交還(鴨舌帽及水樽除外)；

宿舍、課室或飯堂

19. 只可在教官、隨營教師/社工帶領下，才可離開宿舍、課室或飯堂；
20. 離開課室、宿舍前，必須將電燈及冷氣機關閉；

21. 除樓梯、走廊及洗手間外，所有燈光須於晚上十時半關掉；
22. 不准在宿舍及課室內飲食；
23. 不准在宿舍內使用任何樂器或視聽音響器材；
24. 必須保持消防及救護學院內地方清潔，如廁後必須立刻沖水。
25. 必須保持個人衛生，如發覺有生病徵狀（如發燒、咳嗽等），應立即通知教官作適當的安排。

消防處 消防及救護學院
「多元智能挑戰營」
自備裝備核對表

1. 素色運動鞋[#]（遠足用）
2. 綁帶黑皮鞋[#]（步操及結業典禮時用）
3. 數字密碼鎖（鎖頭最少 1 吋闊） → 
4. 毛巾
5. 內衣褲（數量須足夠替換。不可帶其他便服，包括睡衣）
6. 個人清潔用品
7. 純黑色襪（高筒過腳眼 5 對）（不可穿著「船」襪，俗稱「踩蹺」襪）
8. 純白色運動襪（高筒過腳眼 5 對）（不可穿著「船」襪，俗稱「踩蹺」襪）
9. 少量金錢
10. 一公升裝水樽（遠足用）
11. 黑色原子筆 1 支
12. 拖鞋
13. 身份證
14. 指甲鉗
15. 肌肉痠痛按摩膏
16. 深色打底衫及褲（女生）
17. 紮頭髮之黑色橡膠圈及黑色髮夾（長髮女生必須攜帶）
18. 剃鬚用品（男生）
19. 蚊怕水或蚊膏*
20. 眼鏡帶*（黑色）
21. 個人藥物*

[#]如沒有帶備適當的運動鞋/黑皮鞋將不得參與訓練

*自行考慮是否需要帶備

注意：

-受訓期間學員必須穿著消防及救護學院提供的制服

-切勿攜帶行李箱及貴重物品入營

消防處消防及救護學院「多元智能躍進計劃」多元智能

星期 時間	星期一	星期二	星期三		
0625-0700		早晨集會及早操			
0700-0735		整理營房			
0735-0810		早餐			
0810-1045	教育局問卷 (0830-0900) /提取裝備	檢查營房/ 基本步操	檢查營房/ 戶外遠足	檢 消防安	
1045-1100	致歡迎詞	小息	戶外遠足		
1100-1200	認識紀律及基本步操	沿繩下降/ 黑箱訓練		結業	
1200-1300					
1300-1400	午膳				
1400-1420	休息/整理營房				休息
1420-1600	基本步操及 消防學	沿繩下降/ 黑箱訓練	參觀消防博物館		匪
1600-1615	小息		消防喉轆訓練	體	
1615-1700	體能訓練			班主任	
1700-1745	整理制服	遠足知識			
1745-1900	晚膳/整理營房				
1900-1945	基本步操及 紀律訓練	遠足紀律及 「大無畏」	「大無畏」及 消防學		
1945-2000	小息				
2000-2100	師生夜話				
2100-2230	清潔梳洗				
2230	熄燈睡覺				

Smart Teen Challenge Camp

Notes to Parents

Parents should read the following notes and keep in touch with the teacher coordinator before the commencement of the Smart Teen Challenge Camp (STCC).

1. Before the STCC:

- ✦ read the information provided by school carefully, e.g. aims of the STCC, activity schedules, assembly and dismissal information, names and contacts of teachers in charge;
- ✦ attend the “Pre-camp Parents’ Gathering” (if any) organised by school, or contact school to get more information about the STCC;
- ✦ fill in the Physical Activity Questionnaire of the STCC carefully and learn more about the fitness requirements of the related Disciplinary Force;
- ✦ arrange time to attend the Passing-out Parade to show your support and encouragement to your child’s participation in the STCC;
- ✦ remind your child to bring all the necessary items to the STCC (please refer to the *Personal Equipment Checklist* for details);
- ✦ if your child needs to take medications during training, please inform the teacher coordinator in advance.

2. During the STCC:

- ✦ students are not allowed to use mobile phones;
- ✦ as the STCC site is situated in a remote area, there is no late admission or early departure arrangement;
- ✦ in order not to disturb students’ training, parents are advised not to phone your child in the course of the STCC, unless in emergencies;
- ✦ if students feel unwell during training and need to leave the site for medical consultation or to depart from the camp under special circumstances, parents will be notified by teachers. Parents must pick up their child in person from the camp site. In case of difficulties, please discuss with teachers and give the top priority to students’ safety.

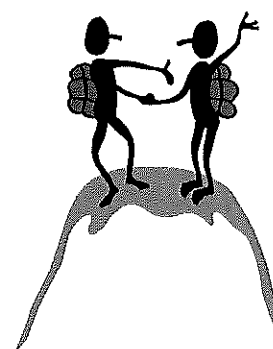
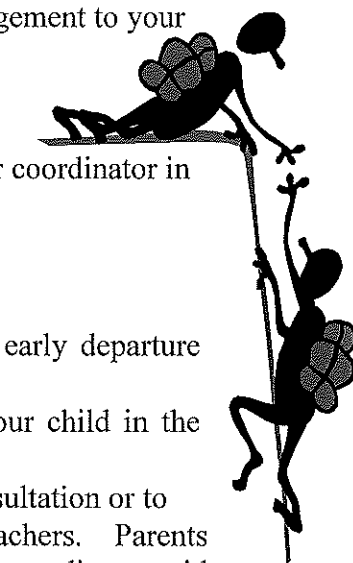


3. Passing-out Parade:

- ✦ the STCC is demanding and students have to put in a lot of efforts to complete the training in order to join the Passing-out Parade. Thus, parents’ presence at the Passing-out Parade will show their recognition and appreciation which are influential to students;
- ✦ after the Passing-out Parade, school will arrange transportation for students to leave the camp site and dismiss at school. If individual parents or students require special arrangements, please apply to school before the STCC. For enquires about students’ return after the STCC, please contact the teacher coordinator.

4. After the STCC:

- ✦ please support your child to participate in the follow-up activities organised by school after the STCC, and encourage them to achieve the goals set in the STCC.
- ✦ praise your child for the progress made.



Guidance and Discipline Section, EDB
Fire and Ambulance Services Academy, FSD

Smart Teen Challenge Camp
Arrangements when Severe Weather Warning Signals are Issued

*** Arrangements under severe weather conditions on the first day of the STCC:**

Types of severe weather warning signals	Arrangements
a. Amber rainstorm warning b. Thunderstorm warning	★ Unless the EDB has made announcements on suspension of classes, the STCC will proceed as usual.
c. Red or Black rainstorm warning d. Tropical Cyclone Warning Signal No.1 (or above) e. Air Quality Health Index (AQHI) has reached the “Serious” level (i.e. 10+), *Based on [Tseung Kwan O Monitoring Station] index	★ If the signal is still in force at 6:00am , training of the first day will be cancelled. Students should go to school as usual. (If the EDB has announced suspension of classes, students should follow the class suspension instructions). ★ The STCC will be postponed to the following day in accordance with the original schedule.

*** Arrangements on the second day for the postponed STCC:**

Rainstorm/Tropical cyclones warning signals	Arrangements
★ If all severe weather warning signals are cancelled before 6:00 a.m. on the second day of the STCC	★ The STCC will change to 4 days 3 nights, students should assemble at the same venue at the same time as per the scheduled first day arrangement.
★ If severe weather warning signals c. to e. mentioned above are still in force at 6:00 a.m. on the second day of the STCC	★ The whole STCC will be cancelled and students should return to school as usual. (If the EDB has announced suspension of classes, students should follow the class suspension instructions).

- * In case of severe weather before the STCC, schools are advised to pay attention to the radio/television announcements.
- * If any severe weather warning signal is issued during the STCC, instructors will arrange students to stay at the Fire and Ambulance Services Academy or leave the STCC to return school for safe dismissal having regard to the actual circumstances.
- * If the (AQHI) has reached the “Serious” level (i.e. 10+), instructors will suspend all outdoor activities and students will stay indoors to carry out non-exercise physical activities.
- * In case of emergency when special arrangements for students are required (e.g. leaving the STCC), schools should notify parents as soon as possible.

Smart Teen Challenge Camp Physical Activity Questionnaire

General Notes for Completion :

Part I aims at assessing students' suitability for the training activities of the Smart Teen Challenge Camp (STCC). All STCC participants are required to complete it. Parents should complete Part II of the questionnaire and decide whether to allow students to join the STCC based on students' answers. Consult your doctor when in doubt and then fill in Part II of this questionnaire.

Part I: STCC participants are required to complete this part. Please check the appropriate option. Please read the questions carefully and answer each one honestly. Parent/Guardian's initials are required against any amendments.

(a) Have you ever participated in the STCC ? ☐ No ☐ Yes

(b) If yes, which of the following was the organiser of the STCC?

☐ Police Force ☐ Immigration Department ☐ Civil Aid Service ☐ Fire Services Department ☐ Correctional Services Department ☐ Customs and Excise Department

☐ Hong Kong Adventure Corps

**Parent/
guardian's
initials are
required
against any
amendments.**

	Yes	No	Questions
1.	<input type="checkbox"/>	<input type="checkbox"/>	Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
2.	<input type="checkbox"/>	<input type="checkbox"/>	Do you feel pain in your chest when you do physical activity?
3.	<input type="checkbox"/>	<input type="checkbox"/>	In the past month, have you had chest pain when you were not doing physical activity?
4.	<input type="checkbox"/>	<input type="checkbox"/>	Do you lose your balance because of dizziness or do you ever lose consciousness?
5.	<input type="checkbox"/>	<input type="checkbox"/>	Do you have a bone or joint problem that could be made worse by a change in your physical activity?
6.	<input type="checkbox"/>	<input type="checkbox"/>	Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
7.	<input type="checkbox"/>	<input type="checkbox"/>	Have you had any operations?
8.	<input type="checkbox"/>	<input type="checkbox"/>	Have you had any chronic diseases?
9.	<input type="checkbox"/>	<input type="checkbox"/>	Have you had breathing difficulties or pulmonary discomfort? (e.g. asthma)
10.	<input type="checkbox"/>	<input type="checkbox"/>	Have you been bothered by muscle, joint and back discomfort or old injuries?
11.	<input type="checkbox"/>	<input type="checkbox"/>	Have you had diabetes or any thyroid diseases?
12.	<input type="checkbox"/>	<input type="checkbox"/>	Do you know of any other reason why you should not do physical activity?

I have read and understood the full contents of this questionnaire. I have answered all the questions honestly and seriously.

Name of Student: _____

Signature of Student: _____

Date: (DD/MM/YY)

Part II (To be completed by parents / Guardians) :

Declaration I hereby declare that my child's health condition is clearly listed in this questionnaire. The Fire Services Department shall not be liable for any discomfort, injury or death which my child may suffer when taking part in the STCC activities if it is not due to the negligence of the Fire and Ambulance Services Academy.

I _____ (Name of parent or guardian) have carefully read and understood the outline and the training program of the STCC (including the general notes to participants, rules of discipline, checklist for personal equipment, etc.) I agree to let my child _____ (Name of student) (Student of Class _____ from _____ School) participate in the STCC.

I hereby declare that my child

**Choose one
option only.**
Parent/guardian's
initials are
required against
any amendments.

☐ is healthy, physically fit, and suitable to participate in all the training activities (including intensive physical training) of the STCC. I have told my child to follow all the instructions given by the camp instructors and the teachers, and that in case he/she feels uncomfortable during the STCC, he/she must inform the camp instructors and the teachers immediately.

☐ has answered YES to one or more questions in the questionnaire, but **the doctor** thinks that he/she is suitable to participate in all the training activities (including intensive physical training) of the STCC. I have told my child to follow all the instructions given by the camp instructors and the teachers, and that in case he/she feels uncomfortable during the STCC, he/she must inform the instructors and the teachers immediately. (*Medical certificate of fitness issued by a doctor is attached herewith*)

Parents/guardians are requested to provide supplementary information about the health of the child (if any) (e.g. allergy, special educational needs, etc.) so that the teachers and the camp instructors can take proper care of your child.

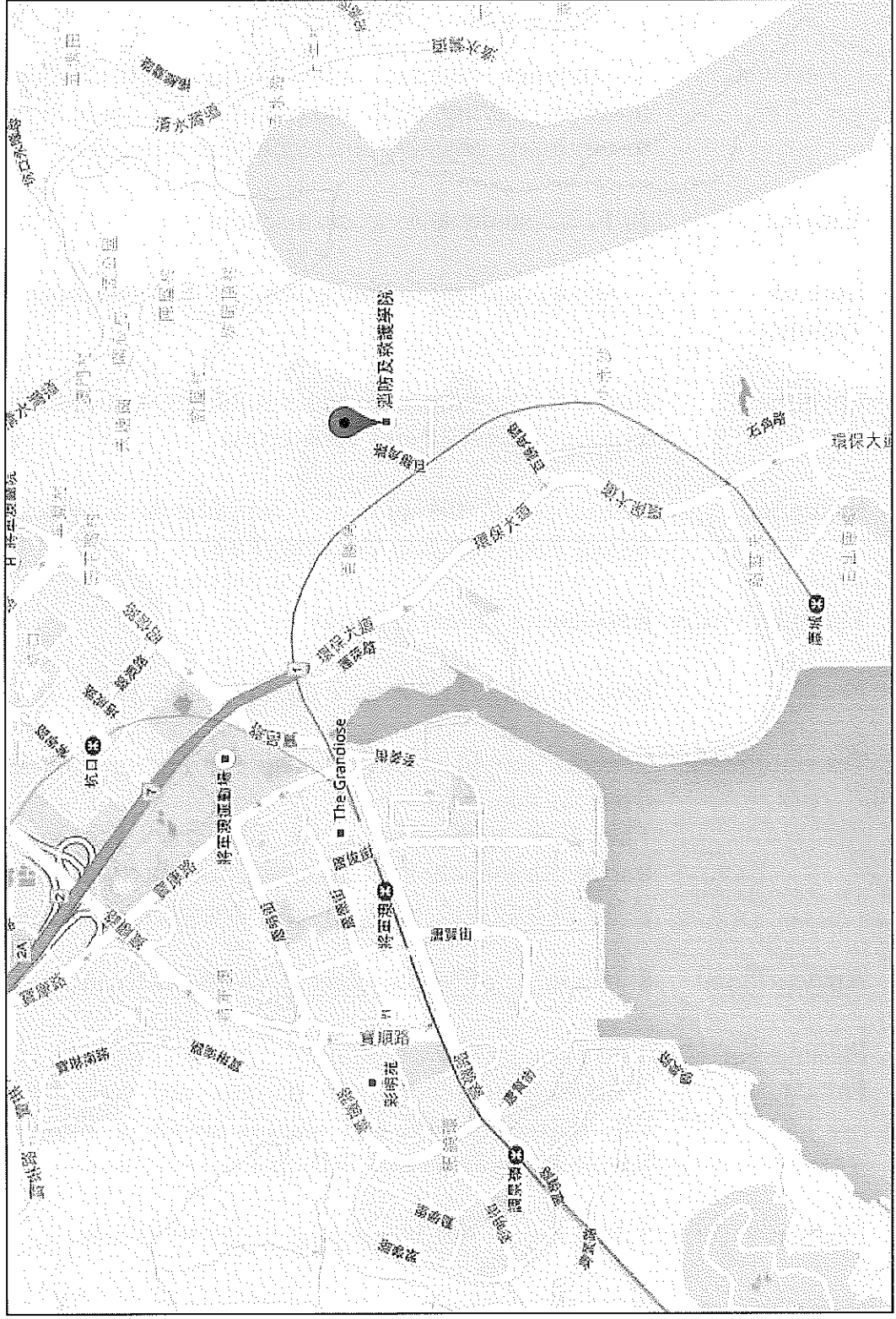
Name of Parent/Guardian: _____ Relationship with the Student: _____
Signature of Parent/Guardian: _____ Date: _____ (DD/MM/YY)

Name of Verifier: _____
(Class teacher of the student)
Signature of Verifier: _____ Date: _____ (DD/MM/YY)

Fire and Ambulance Services Academy, FSD
Smart Teen Challenge Camp
Overview

- Objectives: To enhance students' self-discipline, self-confidence, resilience, problem solving skill, team spirit and leadership through strict disciplinary, physical and leadership training.
- Targets: 40 F. 2/3 students from each school
- Date of Training: (4th November) (Monday) to (8th Novemeber) 2019__ (Friday)
- Location: Fire and Ambulance Services Academy (11 Pak Shing Kok Road, Tseung Kwan O, New Territories)
- Instructors: Instructors at the Fire and Ambulance Services Academy and Smart Teen Training Officers (Fire)
- Training Mode: Residential Training Camp
- Fees: Free of charge (funded by the Education Bureau)
- Transportation: Schools should arrange transportation for their students to and from the campsite.
The Fire and Ambulance Services Academy will arrange transportation which is necessary for the training activities.
(Map of Fire and Ambulance Services Academy attached)
- Arrival Time: 8:30 a.m., (4th November) 2019__ (Monday)
- Passing-out Parade : 4:00 p.m., (8th November) 2019__ (Friday)
(Principals, teachers and parents are welcome to attend the Passing-out Parade and should arrive at Fire and Ambulance Services Academy at 3:30 p.m.)
- Dismissal Time: 5:30 p.m., (8th November) 2019__ (Friday)
- Remarks: Student uniforms of the Challenge Camp are sponsored by the Education Bureau.

Map of Fire and Ambulance Services Academy
 (11 Pak Shing Kok Road, Tseung Kwan O, New Territories)



Fire and Ambulance Services Academy, FSD

Smart Teen Challenge Camp

Notes to Participants

Points to note

1. Students shall be more disciplined in everyday life and be ready for various kinds of challenges.
2. Students must inform instructors if they need to take medications during the training.
3. Requests for individual late admission or early departure will not be accepted. Parents' visit to camp during the training period (except for the Passing-out Parade) will not be arranged.
4. Students shall follow all instructions during the training. Students violating rules and instructions repeatedly will be disqualified from the training.
5. Disciplinary Rules: please refer to *Annex 2*.
6. Personal Equipment Checklist: please refer to *Annex 3*.
7. Smart Teen Challenge Camp Training Schedule: please refer to *Annex 4*.
8. Instructors may change or cancel any activities due to unforeseeable circumstances.

Contact number of Fire and Ambulance Services Academy for details of the training: **2411 8661** or **2411 8662** (Administrative Office)

Emergency contact number during training: **2411 8888** (Duty Room)

Fire and Ambulance Services Academy, FSD

Smart Teen Challenge Camp

Code for Participants

Discipline

1. Students shall not perform any activities in Fire and Ambulance Services Academy without the permission of instructors;
2. Students shall maintain good conduct and foul language is not allowed;
3. Gambling of any kind is prohibited;
4. Students are not allowed to keep or use any illicit drugs, tobacco or alcoholic beverages;
5. Students shall not enter any places without the permission of instructors;
6. Students shall not meet any visitors without the permission of instructors;
7. Students shall not bring with them any electronic games, mobile phones or communication devices;
8. Students shall maintain punctuality for assembly during all activities;
9. Personal belongings shall only be locked up in individual closet inside the dormitory but not elsewhere;
10. Students shall not apply any nail polish and should keep their nails short before and during the training ;
11. Students are not allowed to dye their hair unless it is dyed in a colour similar to the students' own hair colour or natural colour;

12. Students are not allowed to leave camp without permission;
13. No photo taking or video shooting of any recruits or instructors;
14. Bullying, sexual harassment or any kind of violent acts are strictly forbidden;
15. Students are not allowed to withdraw from the camp or choose not to participate in the arranged activities without permission;

Uniform

16. Students shall wear tidy uniforms, including **black leather shoes with shoelaces**, name tags and caps (except when sleeping);
17. Students shall not wear watches or any accessories such as rings, earrings, necklaces or bracelets; If female students need to tie up their hair, a **black** rubber band should be used;
18. Before leaving the camp, students shall return all personal equipment lent to them by Fire and Ambulance Services Academy (except for caps and water bottles);

Dormitory, Classroom or Canteen

19. Students could only leave the dormitories, classrooms or canteen when accompanied by instructors, accompanying teachers/social workers;
20. All lights and air conditioners shall be turned off before leaving classrooms and dormitories;
21. All lights shall be turned off at 10:30 p.m. except for the lighting for staircases corridors and toilets;
22. No eating and drinking is allowed in dormitories and classrooms;
23. No musical instruments or audio and visual equipment shall be used in dormitories;

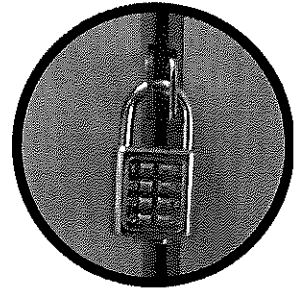
24. All places inside Fire and Ambulance Services Academy shall be kept clean.
Students shall flush the toilets after use; and
25. Students should maintain good personal hygiene. If there are any symptoms of sickness (e.g. fever, cough etc), students should notify instructors immediately for appropriate arrangements.

Fire and Ambulance Services Academy, FSD

Smart Teen Challenge Camp

Personal Equipment Checklist

1. **Sports shoes in plain color[#]** (for hiking)
2. **Black leather shoes with shoelaces[#]** (for foot drill and Passing-out Parade)
3. Combination padlock (should be at least one inch wide)
4. Towels
5. Underwear (Should have enough pairs for changing.
Students **shall not** bring other clothing, including pyjamas)
6. Personal toiletries
7. Black socks (**long enough to cover ankles; 5 pairs**)
(Students should not wear “ankle socks”)
8. White sports socks (**long enough to cover ankles; 5 pairs**)
(Students should not wear “ankle socks”)
9. Small amount of money
10. A 1-litre distilled water bottle (for hiking)
11. A black ball pen



12. Slippers
13. Hong Kong Identity Card
14. Nail clippers
15. Massage ointment for relieving muscle pain
16. Dark undershirts and slip shorts (for female students)
17. Black rubber bands and black hairpins for tying up hair
(Female students with long hair must bring them)
18. Shaving items (for male students)
19. Mosquito repellent spray or balm*
20. Eyeglasses straps* (black)
21. Medications*

#Students will not be allowed to participate in training without the appropriate shoes

* Optional and subject to personal decision

Note:

- Students are required to wear the uniform provided by the Fire and Ambulance Services Academy in the Camp.
- Do not bring **suitcase** or valuable items into the Camp.

Fire and Ambulance Services Academy, FSD
Enhanced Smart Teen Project
Smart Teen Challenge Camp Schedule

Day Time		Monday	Tuesday	Wednesday	Thursday	Friday
0625-0700			Morning Roll-call & Exercise			
0700-0735			Tidy up Dormitories			
0735-0810			Breakfast			
0810-1045	EDB Questionnaire (0830-0900)/ Draw Store	Inspection / Basic Foot Drill	Inspection / Hiking	Inspection / Fire Safety Ambassador Training	Inspection / Fire Safety Ambassador Examination	
1045-1100	Welcoming Speech	Recess	Hiking	Recess	Passing-out Photo Taking	
1100-1200	Knowing Discipline & Basic Foot Drill	Abseiling/ Black Box Training		Passing-out Parade Rehearsal		
1200-1300	Lunch	Lunch				
1300-1400						
1400-1420	Recess/Tidy up Dormitories		The Fire and Ambulance Services Education Centre cum Museum	Recess/Tidy up Dormitories	Passing-out Parade Rehearsal	
1420-1600	Basic Foot Drill & Fire Science	Abseiling/ Black Box Training		Team building Training	Recess	
1600-1615	Recess				EDB Questionnaire	
1615-1700	Physical Training			Physical Training	Passing-out Parade (1600-1700)	
1700-1745	Tidy up Uniforms	Hiking Knowledge	Fire Fighting Training	Station Officer's Sharing (1700-1815)	Pack up (1700-1725)	
1745-1900	Dinner/Tidy up Dormitories			Party Night	Leave Camp (1730)	
1900-1945	Basic Foot Drill & Discipline Training	Hiking Discipline & "Fearless"	Fire Science & "Fearless"			
1945-2000	Recess					
2000-2100	Night Chat					
2100-2230	Clean up					
2230	Lights off & Bed Time					

