



Hong Kong, China
ROWING ASSOCIATION
中國香港賽艇協會

INDOOR ROWING DEVELOPMENT SCHEME

For Charity , Non-profit Organization
& HKCRA Affiliated Club



Indoor Rowing continues to grow in popularity around the world, not only as an all-round fitness and exercise workout contributing to community health, but also as a competitive sport at different levels. It is a fun and challenging team sport that anybody can do it anywhere and anytime. Presented to you by Hong Kong, China Rowing Association (HKCRA) and tailor-made to your needs, this scheme will bring you to the most exciting sport. It builds your strength, endurance and flexibility, as well as your physical health. It also eases your mind and helps you focus. What's more? It can also boost team spirit and teamwork.

INDOOR ROWING

PACKAGE 1

EQUIPMENT RENTAL

Equipment & support

- 2 or 4 rowing machines including delivery (surcharge may apply for remote area)
- information on maintenance, operation and organizing skill of races/activities

RATES (2 / 4 ergo)

- 1 year: HK \$3,650 / HK\$6,000
- 6-month: HK \$2,800 / HK\$4,500
- 3-month: HK\$2,000 / HK\$4,000



PACKAGE 2

INDOOR ROWING INSTRUCTOR (IRI) COURSE

Course content

- Online self-learning
- Examination
- Practical (suggested)

Rates

- Course & Examination fee : \$520
- Registration fee: (HK\$160/year)



become an IRI

PACKAGE 3

Hire an Instructor

- supervising instructor could be assigned to fit your schedule, if you don't have your own registered coach/instructor to develop indoor rowing activities.

- \$192/hour






Terms & Conditions

1. Activities or races must be supervised by a HKCRA Level 1 (or above) registered coach or IRI.
2. HKCRA may arrange supervising coach / IRI upon request.
3. Application should be made in 6 weeks advance.
4. Participants are liable to indemnify from damaging any equipment.
5. Rates are valid until 31 March 2023.
6. HKCRA reserves the right to amend the Terms and Conditions.



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INDOOR ROWING DEVELOPMENT SCHEME

室內賽艇發展計劃

慈善團體、非牟利機構及賽協屬會



室內賽艇持續在世界各地不繼發展，參與人數亦與日俱增。這項運動不單止為社區人士提供一個全身的體能訓練，亦成為不同階段及水平的競賽項目。無論在何時、何地均可進行，為個人及團體帶來不少樂趣及挑戰。

由中國香港賽艇協會(賽協)為大家帶來一個度身訂造的計劃，迎合不同人士/團體的需要，帶來充滿刺激的體驗！此運動不但可以為你建立力量、耐力、及柔韌性，更可以為你帶來放鬆的心情及讓你變得更集中！還有不可或缺的團隊精神！

室
內
賽
艇

計劃一

器材租用

器材及支援

- 租用2或4部室內賽艇機，包括運送費（如偏遠地區或會收取附加費）
- 維修保養、組織比賽或活動相關資訊

收費（2/4部機）

- 1年：港幣\$3,650 / 港幣\$6,000
- 6個月：港幣\$2,800 / 港幣\$4,500
- 3個月：港幣\$2,000 / 港幣\$4,000



計劃二

室內賽艇導師課程 (IRI)

課程內容

- 網上自學
- 考試
- 實習(建議)

收費

- 課程及考試費：港幣\$520
- 登記費(港幣\$160/年)



計劃三

聘用室內賽艇導師

- 如沒有相關資歷的導師/教練帶領室內賽艇活動及訓練，賽協可按你的需要而協助物色，以符合你的訓練安排。

• 港幣\$192 / 小時





條款及細則

1. 活動及比賽必須由賽協合資格之一級或以上的登記教練 / 室內賽艇導師帶領下進行。
2. 如有需要，賽協可協助安排合資格之教練 / 導師。
3. 申請必須要在6個星期前提出。
4. 有器材有任何損壞，計劃參與者有責任作出賠償。
5. 收費有效期至2023年3月31日。
6. 就所有條款及細則，賽協將保留最終決定權。



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請即聯絡我們！