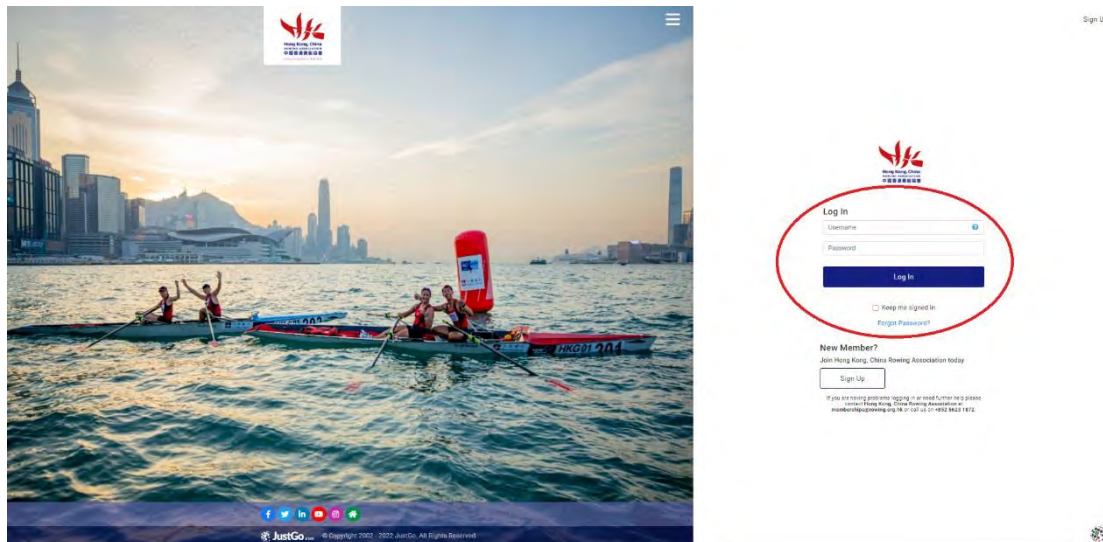
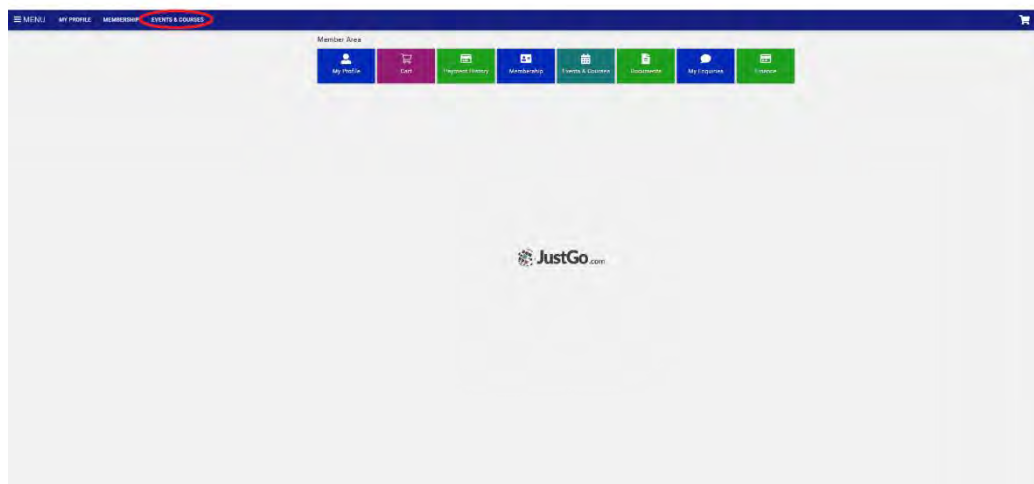


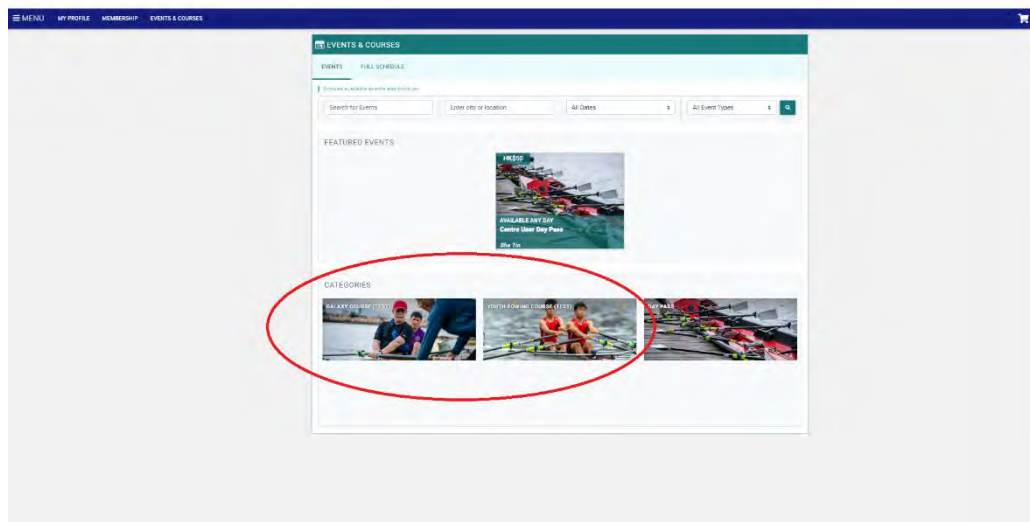
JustGo 網上報名流程



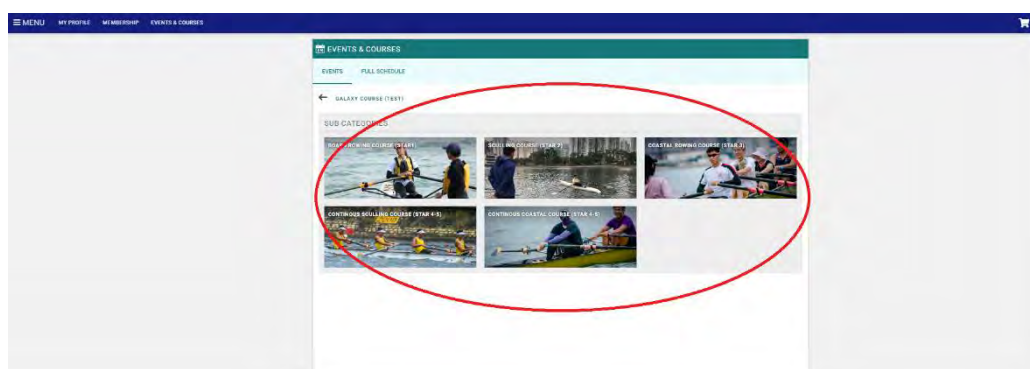
Please visit <https://hkera.justgo.com> and login your account ◦



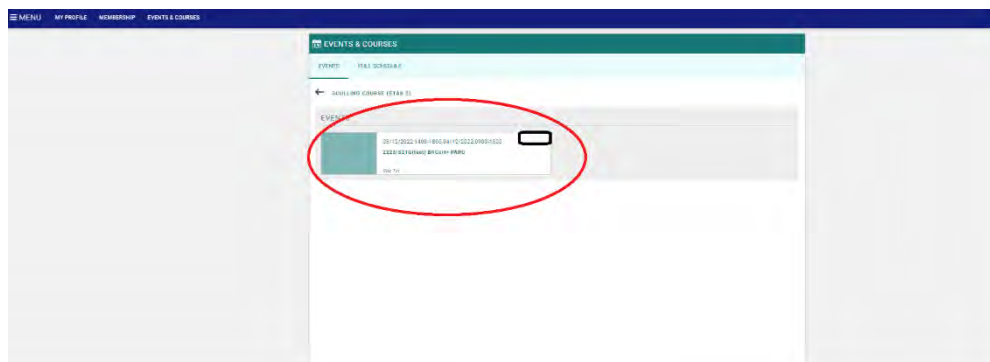
Click **Event & Course** ◦



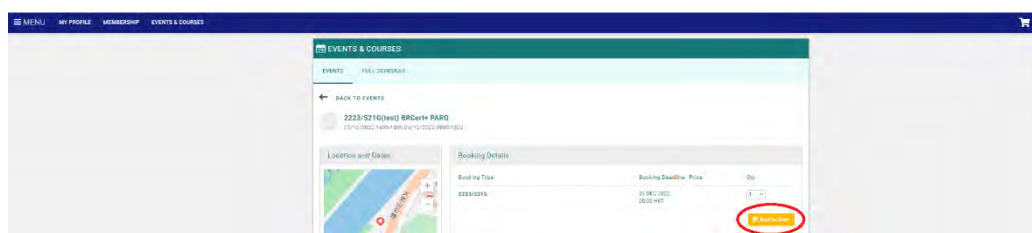
Select the course you want to enroll.



Select the course you want to enroll.



Select the course you want to enroll.



Click **Add to Cart**.



PAR-Q & YOU
(A Questionnaire for People Ages 18 to 65)
Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the short questions in the box below. If you are between the ages of 18 and 65, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 65 years of age, and you are not used to being very active, check with your doctor.

Correct errors in your test guide when you answer these questions. Please read the questions carefully and answer each one honestly.

Has your doctor ever said that you have a heart condition and that you should limit all physical activity (recommended by a doctor)?

No Yes

Do you feel pain in your chest when you do physical activity?

No Yes

In the past month, have you had chest pain when you were not doing physical activity?

No Yes

Do you often get dizziness because of dizziness or do you ever lose consciousness?

No Yes

Do you have a bone or joint condition that restricts back, knee or hip motion (such as back, neck or a straight or severe physical disability)?

No Yes

Upload Certificate

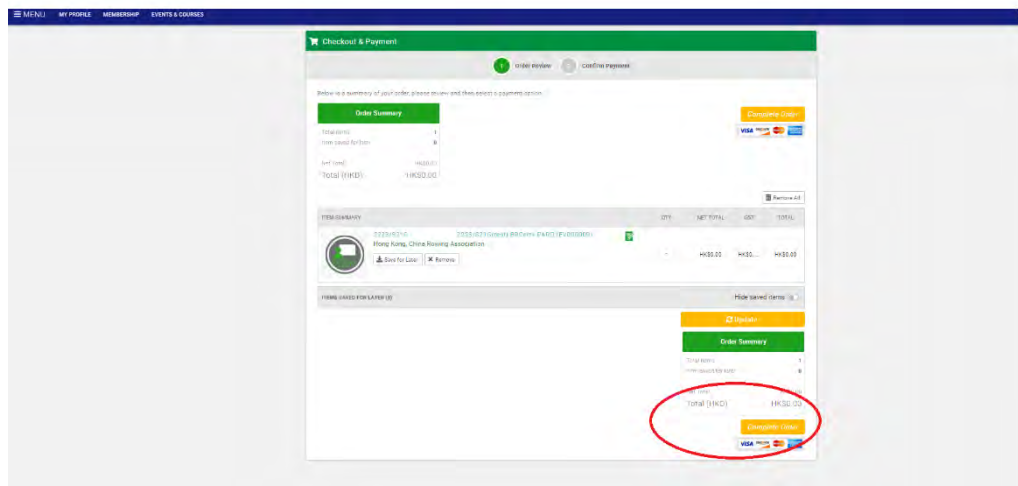
Upload your Star 1 certificate or other 1 star certificate (if you are not currently a Star 1 member) or other certificate of participation. The certificate should be a scan of the original certificate. The certificate should be in PDF or JPEG format. The certificate should be a scan of the original certificate. The certificate should be a scan of the original certificate. The certificate should be a scan of the original certificate.

Certification of Proof (Please upload .JPG/.PNG)

No record found

Upload file(s) (max file size: 10MB)

Please fill in the relevant information. If you apply for a Star 2 course, you should provide a Star 1 certificate, and so on.



Checkout & Payment

Order Review | Complete Payment

Below is a summary of your order. Please review and then select a payment option.

Order Summary

Total items	1
Item total (HKD)	0.00
Subtotal	1,950.00
Total (HKD)	1,950.00

ITEM SUMMARY

ITEM SUMMARY	QTY	NET TOTAL	GST	TOTAL
0223H21G - Hong Kong, China Rowing Association	1	HKD 0.00	HKD 0.00	HKD 0.00

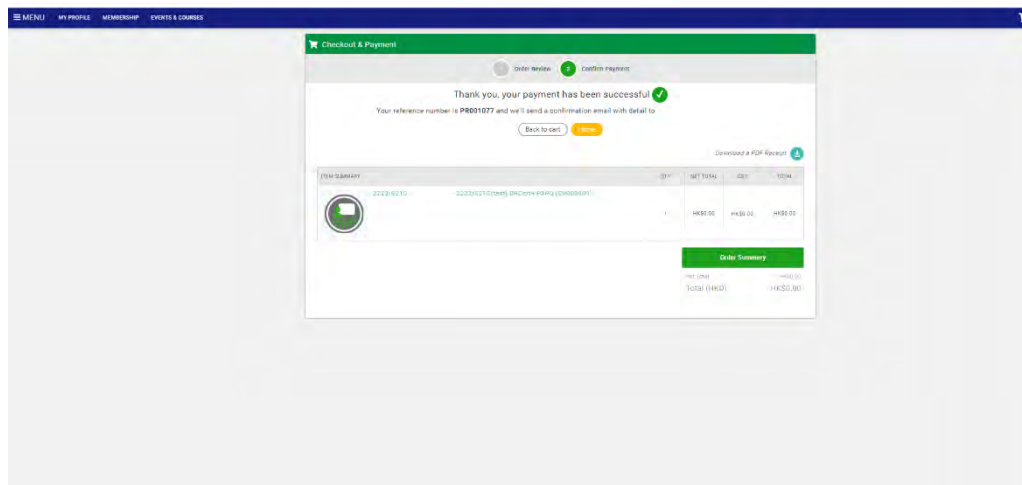
FORMS DUES FOR LAUNCH

Order Summary

Total items	1
Item total (HKD)	0.00
Subtotal	1,950.00
Total (HKD)	1,950.00

Complete Order

Click **Complete Order** .



After the payment, you will receive a payment confirmation email in your registered email, **which does not mean that the course has been confirmed.** A confirmation letter will be sent by email before the commencement of the course. Once the confirmation letter is sent, no changing course, transferring and refund will be accepted.