** The Hong Kong Award for Young People**

**Hong Kong Police Operating Authority**

**2025 Adventurous Journey (Gold Level) Hiking Course**

**Application Form**

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| **Date** | | **Time** | **Location** | **Content** |
| 2025/07/10 | Thursday | 1800-2200 | Hong Kong Cultural Centre | **Theory Course**  Module 1- Aims and Requirements of Expeditions Section.  Module 2- Team Spirit and Leadership  Module 3-Equipment  Module 8- Food and Cooking |
| 2025/07/15 | Tuesday | Hong Kong Cultural Centre | **Theory Course**  Module 4-Map Reading |
| 2025/07/17 | Thursday | Hong Kong Cultural Centre | **Theory Course**  Module 9- First Aid  Module 12- Care of Environment |
| 2025/07/22 | Tuesday | Hong Kong Cultural Centre | **Theory Course**  Module 11- Expedition Planning |
| 2025/07/24 | Thursday | Hong Kong Cultural Centre | **Theory Course**  Module 10-Safety Precaution and Emergency  Module 13-Collection of Data |
| 2025/07/26  2025/07/27 | Saturday &  Sunday | 2 days &  1 night | Hong Kong Police Force Man Yee Activity and Training Centre | **Theory Course**  Module 5- Use of Compass  Module 6- Navigation  Module 7- Camp craft  Module 8- Food and Cooking(cooking)  Module 14- Rope Skill |
| 2025/07/29 | Tuesday | 1800-2200 | Hong Kong Cultural Centre | **Theory Course**  Submit field 3 Plan Book |
| 2025/08/07 | Thursday | 1800-2200 | JPC Office 15/F Revenue Tower | Submit field 3 Log Book and  Submit field 4 Plan Book |
| 2025/08/29 | Friday | 1800-2200 | JPC Office 15/F Revenue Tower | Submit field 4 Log Book |
| 2025/11/07 | Friday | 1800-2200 | JPC Office 15/F Revenue Tower | Submit Assessment Plan Book |
| 2026 | Pending | 1800-2200 | JPC Office 15/F Revenue Tower | Submit Assessment Log Book |

**Outdoor Training**

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| **日期** | | **時間** | **地區** | **訓練內容** |
| 2025/07/19 | Saturday | One Day | Sai Kung Country Park | Field Work( 1) |
| 2025/07/26-27 | Sat & Sun | 2 days & 1 night | Sai Kung Country Park | Field Work( 2) |
| 2025/08/02-03 | Sat & Sun | 2 days & 1 night | Sai Kung Country Park | Field Work( 3) & Night Walk |
| 2025/08/15-17 | Sat & Mon | 3 days & 2 nights | Sai Kung Country Park | Final Practice |
| 2025/12/27-30 | Sun & Wed | 4 days & 3 night | Lantau Island Country Park | Assessment |

**Note: Participants must attend all theory course and all outdoor training, otherwise they will be disqualified**

Requirements: Aged between 16 and 23 JPC member for direct Gold Level

: Unrestricted aged limit for progress gold participant

Quota: 21

Photo: Please bring two ID photos and submit them in the first lesson

If you register as an AYP participant for the first time, please fill in the following form POA02 and submit it together

Application Deadline: 2025/07/02 (Wednesday)

Application Method: Please complete the application form and return it to the **Central Unit of HKPOA** before the deadline.

Address and phone list of all JPC district：<http://www.police.gov.hk/ppp_tc/16_jpc/districtjpc.html>

Enquiry: Please contact through Tel. 3660 0587 / Website: <http://www.police.gov.hk/hkayp>

PERSONAL DATA

The Hong Kong Award for Young People

Hong Kong Police Operating Authority

2025 Adventurous Journey (Gold Level) Hiking Course

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| JPC District： | | | | | | | | | JPC No.： | | | | | | |
| Name(Chinese)： | | | | | | | | | (English)： | | | | | | |
| Age： |  | Date of Birth： | |  | | (dd/mm/yyyy) |  | |  |  | |  | Gender：M / F | | |
| Tel. No. (Home)： | | | | | | | | | (Mobile)： | | | | | | |
| Email (Block Letters) ： | | | | | | | | | | | | | | | |
| Medical History(If any)： | | | | | | | | | | | | | | | |
| School Attending: | | | | | | | | | | | | | | Level： | |
| Emergency Contact Person： | | |  | | Relations： | | |  | | | Mobile： | | | |  |
| **Parent / Guardian Declaration（For applicants under 18 only）** | | | | | | | | | | | | | | | |
| \* I hereby permit my child/ward to participate in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.  Name of Parent/Guardian：\_\_\_\_\_\_\_\_\_\_ Signature：\_ \_\_\_\_Date：\_ | | | | | | | | | | | | | | | |
| Award Progress, Please tick as appropriate：□ Received AYP Record Book  Bronze - □ Service □ Skills □ Physical Recreation | | | | | | | | | | | | | | | |
| Personal Data(Confidential)  Personal Data (Privacy) Collection Statement:   1. The personal data provided by you will only be used internally by the organization. 2. Under Section 18, Section 22 and Principle 6 of Schedule 1 of the Personal Data (Privacy) Ordinance, you have the right to request access to and correction of the personal data provided in this form. 3. Your personal data may be transferred if he event is jointly held with other organizations. | | | | | | | | | | | | | | | |

**Physical Activity Readiness**

**Questionnaire (PAR-Q)**

**(A Questionnaire for People Aged 14 to 69)**

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 twelve questions in the box below. If you are between the ages of 14 and 69, the PAR-Q will tell you if you should check with your doctor before you start.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO

|  |  |  |
| --- | --- | --- |
| **YES** | **NO** |  |
| 🞏 | 🞏 | 01. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? |
| 🞏 | 🞏 | 02. Do you feel pain in your chest when you do physical activity? |
| 🞏 | 🞏 | 03. In the past month, have you had chest pain when you were not doing physical activity? |
| 🞏 | 🞏 | 04. Do you lose your balance because of dizziness or do you ever lose consciousness? |
| 🞏 | 🞏 | 05. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity? |
| 🞏 | 🞏 | 06. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? |
| 🞏 | 🞏 | 07. Do you know of any other reason why you should not do physical activity? |
| 🞏 | 🞏 | 08. Do you need to take any medication regularly? |
| 🞏 | 🞏 | 09. Have you had any previous surgical operation(s)? If yes, please list type of operation: |
| 🞏 | 🞏 | 10. Do you have any serious health problems or illnesses? |
| 🞏 | 🞏 | 11. Have you had any close contacts with confirmed or probable COVID-19 patients in the past 14 days? |
| 🞏 | 🞏 | 12. Have you ever been tested for COVID-19? If yes, please give details: |

|  |  |
| --- | --- |
| **If you answered:** | **YES to one or more questions** |
| Consult with your doctor by phone or in person **BEFORE** you start becoming much more physically active or **BEFORE** you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES. |
| * You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Consult with your doctor about the kinds of activities you wish to participate in and follow his/her advice. |
| * Find out which community programs are safe and helpful for you. |

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| **NO to all questions** | **→** | **DELAY BECOMING MUCH MORE ACTIVE:** |
|  |
| If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:   * start becoming much more physically active–begin slowly and build up gradually. This is the safest and easiest way to go. |  | * if you are not feeling well because of a temporary illness such as a cold or a fever – wait until you feel better; or * if you are or may be pregnant – consult with your doctor before you start becoming more active. |
| * take part in a fitness appraisal–this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, consult with your doctor before you start becoming much more physically active. |  |  |
|  | PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan. |
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| **No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.** |

Source of PAR-Q：The Canadian Society for Exercise Physiology

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:

(for participants under the age of majority)

Name of Parent/Guardian: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature of Parent/Guardian: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Note：1. All your information collected and held by the Hong Kong Award for Young People, Hong Kong Police Operating Authority which will only be used for the purpose of application. If you want to update or check your personal information after submitting the questionnaire, please contact the Hong Kong Police Operating Authority.

1. If you answered YES to one or more questions, which means your physical condition may not be suitable for the activity. Therefore, for safety reasons, please consult your doctor; and you must submit a medical certificate to affirm sound health conditions for participation in the activity.