

Riding for the Disabled Association Ltd.

HONG KONG



馳 騁

香港傷健策騎協會有限公司

MAGAZINE



30th Issue - Apr 2020

Contents 目錄

Event 活動

- 1-2 RTHK Community Involvement Broadcasting Service
("CIBS") Program "Disabled Riding for the Future"
香港電台社區參與廣播服務節目「傷健馳騁創未來」
- 3-4 Hong Kong Riding for the Disabled Association Cup
Luncheon 2019
一年一度馬場盛事
「香港傷健策騎協會盃暨午宴2019」
- 5 Volunteer Training with Overseas Trainer Sally Francis
海外導師Sally Francis到訪進行義工培訓
- 6 Grade 3 Examination with Sue Adams-Wheeler
Sue Adams Wheeler為本會義工三級教練考核試進行評估
- 7 HETI Asian Forum
國際馬匹輔助教育與治療協會亞洲論壇
- 8 Riding for the Disabled Association Annual General
Meeting 2019
香港傷健策騎協會二零一九年度週年大會
- 9-12 Riding for the Disabled Association Annual Charity
Ball 2020
香港傷健策騎協會2020年週年慈善餐舞會

New members 新成員

- 13 Welcome to New Ponies
歡迎新小馬

Acknowledgments 鳴謝

- 14 The Hong Kong Jockey Club Charities Trust
- 15 HSBC
Chow Tai Fook Charity Foundation
Cathay Pacific Airways Ltd.
Tricor Services Limited
Baker Tilly Hong Kong
HKROA
TMF Group
Café Deco Group

Coming Events 活動預告

- 16 Coming Events 活動預告

Timetable 時間表

- 17 Timetable - Tuen Mun Spring Term 2020
二零二零年屯門春季課堂時間表
- 18 Timetable - Pokfulam Spring Term 2020
二零二零年薄扶林春季課堂時間表

Form 表格

- 19 Volunteer Application Form
義工報名表格



Ms. Apple Wong
Administration & Projects Manager
(Appointed Office-In-Charge)



Mr. Andrew Shellum
Instructor



Ms. Carol Chan
Public Relations Officer



Ms. JoElle Scott
Assistant Instructor



Mr. Alvin Kwan
Administrative Officer



Ms. Emily Lee
Accounting Administrator



Ms. Clara Siu
Office Administrator (Tuen Mun)



Ms. Catherine Chan
Office Administrator (Pokfulam)

RTHK Community Involvement Broadcasting Service (“CIBS”) Program “Disabled Riding for the Future”

The production of thirteen episodes of RTHK CIBS Program “Disabled Riding for the Future” had been completed. First of all, RDA would like to express our heartfelt thanks to CIBS for giving us an opportunity. Besides, we would like to thanks Dr. Edward Leong Che-hung, GBM, GBS, OBE, JP, a renowned surgeon, and Ms. Karina Li, a physiotherapist and RDA volunteer for being the program hosts. In addition, thanks to our guests (name listed as below) for sharing their stories that touched the audiences so much.

Each episode interviewed the riders, riders’ parents, or volunteers, with the objective of exploring the hardship and needs of the disabled. It will also convey the positive aspects of riding to the disabled, enabling them to make changes to their mind as well as their physical wellbeing.

*Vote of thanks: Guests of each episode

First & second episode: Ms. Margaret Chung (RDA Ambassador)

Third episode: Leung Pui Yee(RDA Rider)

Forth episode: Louie Lam(RDA Rider) & Mrs. Lam(Parent)

Fifth episode: Khan Anthony Sterling(RDA Rider) & Ms. Tanni Ma(Parent)

Sixth episode: Lo Mei Wa(RDA Rider) & Mrs. Lo(Parent)

Seventh episode: Chan Chun Kiu(RDA Rider) & Mrs. Chan(Parent)

Eighth episode: Ian Lee(RDA Rider) & Mr. Lee(Parent)

Ninth episode: Leung Nok Shing(RDA Rider) & Mrs. Leung(Parent)

Tenth episode: Choi Hoi Lam(RDA Rider) & Mrs. Choi(Parent)

Eleventh episode: Chan Kun Kiu(RDA Rider) & Mr. Chan(Parent)

Twelfth episode: Ms. Apple Wong(RDA Administration & Projects Manager(Appointed Office-in-Charge) & Ms. Karina Li(RDA Volunteer)

Thirteenth episode: Mr. Thomas Yeung(RDA Chairman) & Mr. Benson Wong(RDA Honorary Treasurer)



香港電台社區參與廣播服務節目「傷健馳騁創未來」

「傷健馳騁創未來」十三集節目已經順利完成，除了要感謝香港電台社區參與廣播服務組給予本會機會去製作節目外，同時衷心感謝著名外科醫生梁智鴻太平紳士及李律盈小姐義務擔任主持，更要感激所有嘉賓無私地分享他們的故事(見下列鳴謝名單)，令聽眾感動。

每集透過專訪本會的騎生與家長，從醫學角度去探討傷健人士的困難與需要，亦會帶出習騎對傷健人士的正面作用，讓大家了解到傷健人士習騎後身心的改變。

*鳴謝：每集嘉賓名單

第一及第二集：鍾麗淇女士 (本會宣傳大使)

第三集：梁佩儀 (本會騎生)

第四集：林樂兒 (本會騎生)及林太 (家長)

第五集：恩朗 (本會騎生)及馬女士(家長)

第六集：盧美樺(本會騎生)及盧太(家長)

第七集：陳臻翹 (本會騎生)及陳太(家長)

第八集：李彥衡 (本會騎生)及李生(家長)

第九集：梁諾誠 (本會騎生)及梁太(家長)

第十集：蔡愷琳 (本會騎生)及蔡太(家長)

第十一集：陳貫翹 (本會騎生)及陳生(家長)

第十二集：王碧涓女士(本會行政及項目經理(辦公室主管))及李律盈女士(本會義工)

第十三集：楊存洲先生(本會主席)及黃煒邦先生(本會榮譽司庫)





Hong Kong Riding for the Disabled Association Cup Luncheon 2019

More than 250 guests, community partners and avid supporters of the Riding for the Disabled Association Limited (RDA) gathered at the Hong Kong Jockey Club's Sha Tin Racecourse to join the Hong Kong Riding for the Disabled Association Cup Luncheon 2019 on 8th June 2019.

This year, RDA is honored to have Mr. Matthew Cheung Kin Chung, GBM, GBS, JP, Chief Secretary for Administration, HKSAR joined the event as our guest of honor. Moreover, Professor Sophia S C Chan, JP, Secretary for Food and Health, Mr. Law Chi Kong, Joshua, GBS, JP, Secretary for the Civil Service and Mr. Chan Jick Chi, Jack, JP, Under Secretary for Home Affairs joined the event as our officiating guest.

Before the luncheon starts, Mr. Thomas Yeung, Chairman of RDA extended his warmest welcome to the guests in his welcome remarks. Moreover, Mr. Matthew Cheung Kin Chung, GBM, GBS, JP, Chief Secretary for Administration, also recognized RDA's contribution to the disabled community in his speech and called for the continuous support from all donors to RDA.

The highlight was at the 6th Race, the Hong Kong Riding for the Disabled Association Cup. Twelve race horses aimed for gold over 1,800 metres turf race. The representative of the winning owners, received the trophy of Hong Kong Riding for the Disabled Association Cup from Mr. Matthew Cheung Kin Chung, GBM, GBS, JP, Chief Secretary for Administration. Afterward, Mr. Thomas Yeung, Chairman of RDA, Mr. John Witt, Voting Member of RDA and Group Finance Director of Jardine Matheson Group, and Mrs. Purviz R. Shroff, MH, the Gold Table Sponsor of the Luncheon presented miniature trophy to Mr. Chung Kit Leung, the winning owners, CS Shum, the winning trainer, and, A Domeyer, the winning jockey respectively.

At the end of the Luncheon, Mr. Matthew Cheung Kin Chung, GBM, GBS, JP, Chief Secretary for Administration, Dr. Anthony W K Chow, SBS, JP, President of RDA and Mr. Thomas Yeung, Chairman of RDA, toasted and congratulated the success of the event with Mr. John Witt, Voting Members of RDA, Mrs. Purviz R. Shroff, MH, Gold Sponsor of the Cup Luncheon, Mr. Winfried Engelbrecht-Bresges, Chief Executive Officer of HKJC, Mr. William A. Nader, Director of Racing Business and Operations of HKJC, Mr. Benson Wong, Honorary Treasurer of RDA and Ms. Ann Kwok, Honorary Secretary and Coordinator(Interim) of RDA and the winning owners.

Carol Chan



一年一度馬場盛事 「香港傷健策騎協會盃暨午宴2019」

香港傷健策騎協會有限公司（下稱香港傷健策騎協會或本會）主辦的「香港傷健策騎協會盃暨午宴2019」，於2019年6月8日在香港賽馬會沙田馬場圓滿舉行。席間吸引逾二百五十位城中名人、本會伙伴與支持者出席，場面熱鬧。

本會非常榮幸邀請到香港特別行政區政務司司長張建宗太平紳士蒞臨作午宴主禮嘉賓，而食物及衛生局長陳肇始教授太平紳士、公務員事務局局長羅智光太平紳士及民政事務局副局长陳積志太平紳士亦有出席。

在午宴正式開始前，本會主席楊存洲先生致辭歡迎各位來賓，而香港特別行政區政務司司長張建宗太平紳士亦為本會向來賓致辭並肯定本會對傷健人士作出的貢獻，又呼籲所有善長人翁繼續支持本會。

是日焦點賽事落在第六場「香港傷健策騎協會盃」。共十一匹馬角逐一千八百米草地賽事，陣容鼎盛。「香港傷健策騎協會盃」最終由馬匹「開心日子」贏得，勝出馬匹的馬主鍾杰良先生在香港特別行政區政務司司長張建宗太平紳士手上接過「香港傷健策騎協會盃」獎盃；本會主席楊存洲先生、本會遴選委員及怡和控股集團財務董事韋梓強先生、以及午宴金贊助施羅孚夫人亦隨即頒發小型獎盃予勝出馬匹的馬主、練馬師及騎師。

午宴尾聲，香港特別行政區政務司司長張建宗太平紳士、本會會長周永健博士太平紳士及主席楊存洲先生，本會遴選委員韋梓強先生、午宴金贊助施羅孚夫人、香港賽馬會行政總裁應家柏先生、香港賽馬會賽馬業務及營運總監利達賢先生、本會榮譽司庫黃煒邦先生、本會榮譽秘書及聯絡幹事（臨時）郭靄欣女士、以及「香港傷健策騎協會盃」勝出馬匹馬主鍾杰良先生與賓客祝酒，祝賀今屆「香港傷健策騎協會盃」順利完滿。

心悅





Volunteer Training with Overseas Trainer Sally Francis

RDA was very fortunate to have Mrs. Sally Francis visit us from 12-14 November to run 4 days of volunteer and instructor training at both of our RDA Centres. Sally comes from Australia and has worked very closely with RDA Australia. During the sessions, Sally taught our volunteers some different leading techniques which could be utilized in the lessons. Sally also showed the volunteers some simple stretches for the horses and ponies which could be done during the warm-up before lessons. During her visit, Sally spent 2 days at Pok Fu Lam and 2 days at Tuen Mun. All volunteers and instructors who were able to attend the sessions found them very informative and interactive. We very much look forward to Sally coming back again in the future.

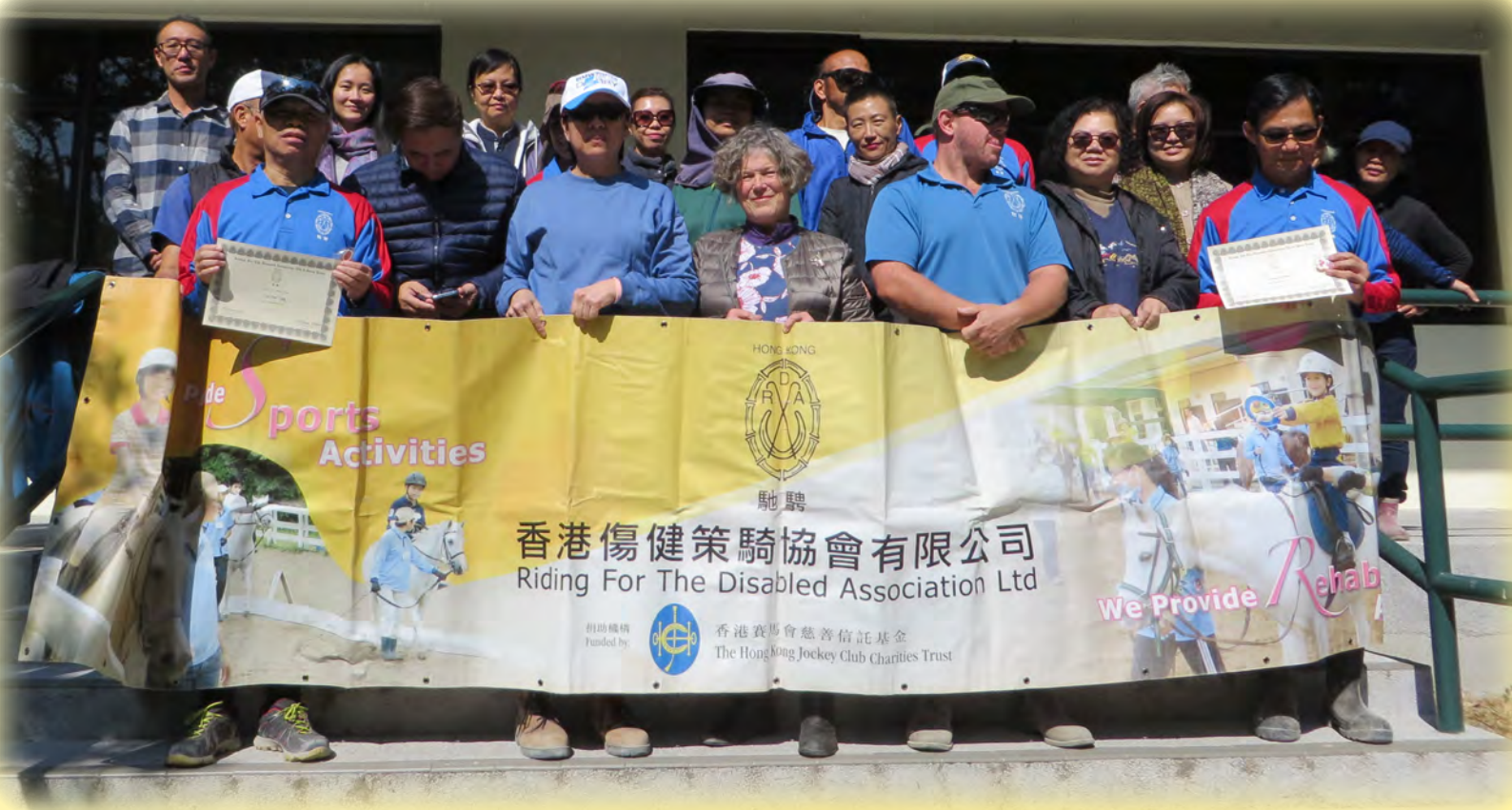
Andrew Shellum

海外導師Sally Francis到訪進行義工培訓

本會非常榮幸獲Sally Francis於11月12日至14日蒞臨探訪，並於本會在薄扶林及屯門分處舉行為期四天的義工及教練培訓。Sally 來自澳洲，並與當地的傷健策騎協會有緊密的合作。在培訓期間，Sally 教授本會的義工一些可以在課程中應用的技巧，Sally 更向義工們展示了一些簡單動作，幫助馬匹和小馬伸展，讓馬匹在課堂前作好熱身準備。總括而言，是次培訓課程讓所有參加的義工和教練感到非常受用。我們非常期待Sally下次的蒞臨。

心悅





Grade 3 Examination with Sue Adams-Wheeler

Once again we had the pleasure to have had Sue Adams-Wheeler visit us at RDA who this time came to assess 4 of our regular volunteers for their Grade 3 Instructor qualification, all of whom had been working very hard in preparation for the exam. We are very pleased to announce that Angela Smith, Julia Griffiths, Wong Kai Ming and Tso Hoi Tong have all achieved their Grade 3 Instructor certification. A huge congratulations to all 4 of them for an extremely well-deserved pass. All 4 of them will be teaching lessons during 2020 Spring Term. A big thank you to Sue for coming to Hong Kong to assess our instructors.

Andrew Shellum

Sue Adams-Wheeler 為本會義工三級教練考核試進行評估

本會很榮幸再次邀請Sue Adams Wheeler來訪並為我們的四位義工進行三級教練資格考核，他們均努力在為考試前做足準備。我們很高興Angela Smith、Julia Griffiths、王繼明和曹海棠均已順利考獲三級教練資格證書，衷心恭喜四位義工教練。他們將於2020年春季學期開始教授課堂，非常感謝Sue蒞臨為我們的考試進行評估。

心悅



HETI Asian Forum

The Hong Kong Riding for the Disabled Association was honored to receive an invitation from The Korean Association of Therapeutic Horsemanship ("KATH") to send an RDA representative to be a guest speaker at the HETI Asian Forum, which was held on 30th Nov 2019.

Ms. Apple Wong the Administration and Projects Manager of RDA attended and represented Hong Kong at the Forum, where she spoke about RDA's experiences of organizing The Asia Pacific Conferences over the past 15 years in Hong Kong, and all the logistical preparation that went into hosting such an important event.

Notable speakers also in attendance at the Forum included:

Sanna Mattila-Rautiainen - President of Horses in Education and Therapy International (HETI)

Uta Rindfleisch-Wu - Founder of The Therapeutic Riding Centre of Taiwan

Shinichi Takisaka - Technical Advisor of Japan International Cooperation Agency (JICA)

As well as an opportunity to share knowledge and experience, one of the main focuses of the Forum was to discuss the upcoming 17th HETI Congress, scheduled to be held from 7-11 June, 2021 in Seoul, Korea. This Congress, which takes place every 3 years and involves a huge amount of organisation and planning, as it is one of the largest congresses in the therapeutic riding industry.

The HETI Congress is an amazing opportunity to hear International experts from all over the world present and discuss their practices and successes in horse education and therapy. It provides a means of collaborating, sharing and enhancing technical and educational expertise at the international level in the field of Therapeutic Riding. We hope to see you at this wonderful Congress in Seoul next year.

Apple Wong



國際馬匹輔助教育與治療協會亞洲論壇

香港傷健策騎協會(下稱"本會")十分榮幸獲得韓國治療性馬術活動學院的邀請,派代表出席2019年11月3日的國際馬匹輔助教育與治療協會亞洲論壇。

本會行政及項目經理王碧涓小姐代表出席,在論壇上分享本會過去十五年在香港籌辦亞太區會議的經驗及舉辦大型活動的後動準備。

參與是次論壇包括以下著名講者:

Sanna Mattila-Rautiainen - 國際馬匹輔助教育與治療協會會長

林嫻恬 - 台灣馬術治療中心創辦人

Shinichi Takisaka - 獨立行政法人國際協力機構技術顧問

出席者除了藉此機會分享及交流經驗及知識外,論壇另一重點是討論將於2021年6月7至11日在首爾舉行的第十七屆國際馬匹輔助教育與治療協會會議。這個會議是每三年舉行一次,是馬術復康界最大型的會議之一,故此需要龐大的組織及計劃。

國際馬匹輔助教育與治療協會會議是非常難得的機會,讓大家聽取來自世界各地的專家的分享及討論他們在馬術復康治療的成功個案及經驗。透過在會議的合作及分享,去提升馬術復康治療的專業技術及知識到國際水平。大家均期待來年在首爾舉行的會議碰面。

心悅



Riding for the Disabled Association Annual General Meeting 2019

The Annual General Meeting of the Riding for the Disabled Association was held on 2nd December 2019, at The Hong Kong Jockey Club, Happy Valley Clubhouse.

Dr. Anthony Chow, President of RDA, and Mr. Thomas Yeung, Chairman of RDA reported on the major activities and achievements during 2019, including but not limited to the progress of the Para-Equestrian athletes who are now sponsored by Hong Kong Equestrian Performance Plan, Hong Kong Junior Para-Dressage Training Programme, and the fund raising events, such as, the RDA Annual Charity Ball and RDA Cup Luncheon, etc. Dr. Chow also expressed his gratitude to the Hong Kong Jockey Club, the Hong Kong Jockey Club Charity Trust and all donors who have continuously supported RDA.

The meeting was followed by an enjoyable dinner. The 2019 Annual General Meeting concluded with good wishes for RDA to continue making positive contributions to the Hong Kong disabled community in the year ahead.

香港傷健策騎協會二零一九年度週年大會

香港傷健策騎協會週年大會於二零一九年十二月二日假香港賽馬會跑馬地會所舉行。

本會會長周永健博士及主席楊存洲先生在會上簡述二零一九年香港傷健策騎協會的主要活動和成果，包括香港精英運動員比賽進展、香港傷健馬術青少年訓練計劃及籌款活動，如週年慈善餐舞會及RDA盃午宴等。同時，周博士亦感激香港賽馬會、香港賽馬會慈善信託基金及其他捐助者一直支持本會。

晚宴在二零一九年度週年大會完滿結束後隨即舉行，期望香港傷健策騎協會於來年繼續為香港的殘疾社群作出更多貢獻。



Riding for the Disabled Association Annual Charity Ball 2020

Riding for the Disabled Association Annual Charity Ball 2020 was successfully held on the 10th Jan 2020 at Grand Hyatt, Hong Kong. This year, nearly 300 honorable guests, community partners and avid supporters of RDA gathered to support this major fundraising event. The guest of honor this year was The Honorable Mrs. Carrie Lam Cheng Yuet-Ngor, GBM, GBS, The Chief Executive of HKSAR. Other guests included Professor Sophia Chan Siu Chee, JP, Secretary for Food and Health, Mr. Law Chi Kong, Joshua, GBS, JP, Secretary for the Civil Service together with President of RDA & Chairman of HKJC Dr. Anthony Chow Wing Kin, SBS, JP, Chairman of RDA Mr. Thomas Yeung, Mr. Tung Moon Fai and Mrs. Purviz R. Shroff, MH etc.

Before the banquet officially began, Dr. Anthony Chow Wing Kin, SBS, JP, extended a warm welcome to all the guests, briefly introducing RDA's mission and services. Over the past 44 years, RDA has actively been promoting rehabilitative riding to the disabled community to help build their self-confidence, balance and co-ordination. This provision complements the Government's rehabilitation programmes.

The highlight of the evening was the marvelous charity singing by celebrity singers: Dr. Anthony Chow Wing Kin, SBS, JP and Mr. Thomas Yeung. The excellent performance made the night wonderful. We are looking forward RDA might arouse the public awareness and encouragement to disabled community always.

Carol Chan

香港傷健策騎協會2020年週年慈善餐舞會

香港傷健策騎協會週年慈善餐舞會已於二零二零年一月十日假香港灣仔君悅酒店圓滿舉行，超過三百位城中名人、協會夥伴和支持者出席活動，全力支持本會一年一度的慈善盛事。當晚，由香港特別行政區行政長官林鄭月娥女士出任主禮嘉賓，其他嘉賓包括：食物及衛生局局長陳肇始教授、公務員事務局局長羅智光太平紳士、周永健博士太平紳士（香港傷健策騎協會會長及香港賽馬會主席）、楊存洲先生（香港傷健策騎協會主席）、董滿輝先生、施羅孚夫人等城中名人紛紛出席支持，共襄善舉。

周永健博士太平紳士於晚宴上致辭時表示，協會在過去四十四年來，一直致力為香港傷健兒童及成人提供復康策騎治療服務，幫助他們鍛鍊肌肉及肢體的控制，令他們重新建立自信心及成就感，活出生命的精彩。協會提供的服務與政府推行的復康活動相輔相成。

當日焦點節目為名人慈善演唱，周永健博士太平紳士及楊存洲先生親身演唱多首金曲，令觀眾聽出耳油。最後，精彩的表演為大家帶來一個歡樂的晚上。在此，希望協會能夠經常喚起社會人士對傷健人士的關心及鼓勵。

心悅









Welcome to New Ponies

歡迎新小馬

We are very fortunate to have Belle and Ladysden Painted Tarak join our family of therapy ponies. Belle and Tarak arrived in January from the UK and are settling in well to their new homes. At the moment Belle is at Pok Fu Lam and Tarak is at Tuen Mun. Their training will be over seen by the head coach. They both have very sweet personalities and are very eager to learn.

Meanwhile, after a bit of a delay Mable has finally arrived. She was released from quarantine on Sunday 23rd February, and is now settling in the Tuen Mun Public Riding School. Mable is a 13HH Piebald pony from the UK and is 5 years old. Mable will have a period of time to settle in to her new surroundings in Hong Kong before she starts training for her new role as an RDA Therapy pony.

We look forward to seeing how they progress and will be providing updates on how they are getting on in the new role.

Andrew Shellum

我們非常高興地為大家介紹，兩匹小馬 Belle及Ladysden Painted Tarak已於一月加入本會這個大家庭，兩匹皆是來自英國的馬匹將會協助本會為有需要人士提供身體及精神復康治療服務。Belle已在薄扶林公眾騎術學校安頓，而Tarak則被安排在屯門公眾騎術學展開新生活。兩匹小馬會由本會總教練訓練，牠們性格均友善及願意學習。

同時，另一匹小馬Mable雖然較以上兩位新成員遲一點到港，但亦已於2月23日完成檢疫，並於屯門公眾騎術學校安頓。Mable是來自英國的五歲花斑小馬，相信這位小成員在香港適應一段時間，便可投入訓練。

我們期待在不久將來會為大家分享更多三匹小馬的生活及工作情況。

心悅



*With
the
Compliments of*



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust

同心 同步 同進 *RIDING HIGH TOGETHER*

Acknowledgments

HSBC  滙豐

周大福

CHOW TAI FOOK

周大福慈善基金

Chow Tai Fook Charity Foundation


CATHAY PACIFIC
國泰航空公司

tricolor
The Business Enablers


BAKER TILLY
HONG KONG 天職香港



香港馬主協會慈善基金有限公司
The Hong Kong Racehorse Owners Association
Charitable Foundation Limited

TMF
GROUP

CAFE DECO GROUP



Event 活動

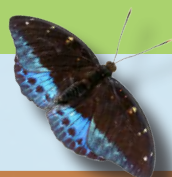
Date 日期

Location 地點

TMPRS Open Day
屯門公眾騎術學校開放日

15th November 2020
2020年11月15日

TM Public Riding School
屯門公眾騎術學校



COMING
EVENTS

活動預告

Autumn 2020 Calendar (TM) 二零二零年春季課程時間表 (屯門)

Month	Wk	Su	Mo	Tu	We	Th	Fr	Sa	Remarks
月份	週	日	一	二	三	四	五	六	
2月 Feb						30	31	1	30,31/1 新義工訓練 New Helpers Training
		2	3	4	5	6	7	8	4 恆常策騎開課 Start of Spring Term
	1st	9	10	11	12	13	14	15	4-7 一日騎馬樂 Group Ride
	2nd	16	17	18	19	20	21	22	21 義工週年晚宴 Tuen Mun Annual Helpers Dinner
	3rd	23	24	25	26	27	28	29	
3月 Mar	4th	1	2	3	4	5	6	7	
	5th	8	9	10	11	12	13	14	
	6th	15	16	17	18	19	20	21	
	7th	22	23	24	25	26	27	28	31-3 一日騎馬樂 Group Ride
		29	30	31					
4月 Apr					1	2	3	4	4 清明節 Ching Ming Festival
		5	6	7	8	9	10	11	7-17 復活節假期 Easter Term Break
		12	13	14	15	16	17	18	
	8th	19	20	21	22	23	24	25	
	9th	26	27	28	29	30			30 佛誕 Buddha' s Birthday
5月 May							1	2	1 勞動節 Labour Day
	10th	3	4	5	6	7	8	9	
	11th	10	11	12	13	14	15	16	
	12th	17	18	19	20	21	22	23	
	13th	24	25	26	27	28	29	30	
		31							
6月 Jun	14th		1	2	3	4	5	6	
	15th	7	8	9	10	11	12	13	9-12 畢業禮 Graduation Ceremony
	16th	14	15	16	17	18	19	20	
		21	22	23	24	25	26	27	25 端午節 Dragon Boat Festival
		28	29	30					
2020年秋季課程於 9月8日 開始 Autumn Term 2020 will start on 8 Sep 2020									

Notes:

- All RDA riding lessons will be cancelled when: 當天文台發出以下警告，所有傷健策騎課堂將會自動取消:
 - Typhoon Signal No. 3 or above is hoisted; 懸掛三號颱風訊號或以上;
 - Red or Black Rainstorm Warning Signal is in effect; 紅色或黑色暴雨警告生效時。
 - Thunderstorm and/or Amber Rainstorm Warning Signal is in effect: at the discretion of the Instructor.
- We cannot guarantee that replacement session will be provided. 我們不能保證會提供補課。

Autumn 2020 Calendar (PFL) 二零二零年春季課程時間表 (薄扶林)

Month	Wk	Su	Mo	Tu	We	Th	Fr	Sa	Remarks	
月份	週	日	一	二	三	四	五	六		
Feb		26	27	28	29	30	31	1	29 Jan	New Helpers Training
		2	3	4	5	6	7	8	4-Feb	Commencement of Spring 2020
		9	10	11	12	13	14	15	4-7 Feb	Group Ride (PM Lessons as usual)
	1st	16	17	18	19	20	21	22	11-14 Feb	Group Ride (PM Lessons as usual)
	2nd	23	24	25	26	27	28	29	29 Feb	Annual Helpers Gathering
Mar	3rd	1	2	3	4	5	6	7		
	4th	8	9	10	11	12	13	14		
	5th	15	16	17	18	19	20	21		
	6th	22	23	24	25	26	27	28		
	7th	29	30	31						
Apr	8th				1	2	3	4	4-Apr	Tomb Sweeping Day
		5	6	7	8	9	10	11	10-13 Apr	Easter Holiday
		12	13	14	15	16	17	18	30-Apr	Buddha's Birthday
	9th	19	20	21	22	23	24	25		
	10th	26	27	28	29	30				
May							1	2	1-May	Labour Day
	11th	3	4	5	6	7	8	9		
	12th	10	11	12	13	14	15	16		
	13th	17	18	19	20	21	22	23		
	14th	24	25	26	27	28	29	30		
		31								
Jun	15th		1	2	3	4	5	6		
	16th	7	8	9	10	11	12	13		
		14	15	16	17	18	19	20		
		21	22	23	24	25	26	27	25-Jun	Dragon Boat Festival
		28								

Autumn Term 2020 commences on 8 September 2020 二零二零年秋季課程將於二零二零年九月八日開始

Notes: 1) All RDA riding lessons will be cancelled when: 當天文台發出以下警告，所有傷健策騎課堂將會自動取消:

- Typhoon Signal No. 3 or above is hoisted; 懸掛三號颱風訊號或以上；
- Red or Black Rainstorm Warning Signal is in effect; 紅色或黑色暴雨警告生效時。
- Thunderstorm and/or Amber Rainstorm Warning Signal is in effect: at the discretion of the Instructor. 雷暴警告及/或黃色暴雨警告信號生效時: 由教練決定。

2) We cannot guarantee that replacement session will be provided.
我們不能保證會提供補課。



Riding for the Disabled Association Ltd

香港傷健策騎協會有限公司

Tuen Mun Public Riding School, Lot 45, Lung Mun Road, Tuen Mun, NT

Tel: 2454-9961

Fax: 2465-5914

E-Mail: info@rda.org.hk

Pokfulam Public Riding School, 75 Pokfulam Reservoir Road, Pokfulam, HK

Tel: 2875-7711

Fax: 2875-7933

E-Mail: infopfl@rda.org.hk

Website: www.rda.org.hk

Charity Reg. No. 91 / 1615

Volunteer Application Form 義工報名表

Name 姓名	(Chi 中文)	(Eng 英文)
DOB 出生日期		ID Card No. 身份證號碼
Gender 性別	<input type="checkbox"/> Male 男 <input type="checkbox"/> Female 女	Occupation 職業
Address 地址		
Tel 電話		Mobile 手提電話
Fax 傳真		Email 電郵
Location(s) Preference 工作地方意向: Please put tick (✓) in appropriate box(es) 請在適當方格內加(✓)		
<input type="checkbox"/> Pokfulam Public Riding School 薄扶林公眾騎術學校 75 Pokfulam Reservoir Road, Pokfulam, Hong Kong 香港薄扶林水塘道七十五號 Tel 電話: 2875 7711 Contact 聯絡: Ms. Catherine Chan 陳小姐		<input type="checkbox"/> Tuen Mun Public Riding School 屯門公眾騎術學校 Lot 45, Lung Mun Road, Tuen Mun, N.T. 新界屯門龍門路四十五號地段 Tel 電話: 2454 9961 Contact 聯絡: Ms. Clara Siu 蕭小姐
Day(s) & Time Available 可參與義務工作的日期和時間:		
<input type="checkbox"/> Tue 星期二 (上午 9:30am – 12:00pm) <input type="checkbox"/> Wed 星期三 (上午 9:30am – 12:00pm) <input type="checkbox"/> Wed 星期三 (下午 3:00pm – 5:00pm) <input type="checkbox"/> Thu 星期四 (上午 9:30am – 12:00pm) <input type="checkbox"/> Fri 星期五 (上午 9:30am – 12:00pm) <input type="checkbox"/> Fri 星期五 (下午 3:00pm – 5:00pm) <input type="checkbox"/> Sat 星期六 (上午 7:30am – 11:30am)		<input type="checkbox"/> Tue 星期二 (上午 9:00am – 12:00pm) <input type="checkbox"/> Tue 星期二 (下午 2:00pm – 4:30pm) <input type="checkbox"/> Wed 星期三 (上午 9:00am – 12:00pm) <input type="checkbox"/> Wed 星期三 (下午 2:00pm – 4:30pm) <input type="checkbox"/> Thu 星期四 (上午 9:00am – 12:00pm) <input type="checkbox"/> Fri 星期五 (上午 9:00am – 12:00pm) <input type="checkbox"/> Fri 星期五 (下午 2:00pm – 4:30pm)
The following information helps us to bring your knowledge and experience into full play. Kindly tell us what you would like to do! Please attach extra page, if necessary. 以下的資料有助我們發揮您的學識和經驗。請告訴我們您喜歡的工作。如有需要，請用另一頁紙書寫。		
Experience with Riding For The Disabled 協助傷健人士習騎的經驗? <input type="checkbox"/> No 沒有 <input type="checkbox"/> Yes 有 Details 詳情: _____		
Riding/Horse Experience 騎馬的經驗 <input type="checkbox"/> No 沒有 <input type="checkbox"/> Yes 有 Details 詳情: _____		
Medical Experience 醫療的經驗 (e.g. Doctor, nurse, physio, first aid, etc 已考獲醫生、護士、物理治療師、救傷等證書) <input type="checkbox"/> No 沒有 <input type="checkbox"/> Yes 有 Details 詳情: _____		
Knowledge and Experience 知識及經驗 <input type="checkbox"/> Photography/Video Making 攝影/影片製作 <input type="checkbox"/> Working with Children 與小孩工作 <input type="checkbox"/> Working with people with disabilities 與傷健人士工作 <input type="checkbox"/> Media 媒體 <input type="checkbox"/> Others 其他 (Please specify 請說明) _____		
How did you find out about RDA Hong Kong? 您如何得知香港傷健策騎協會? <input type="checkbox"/> RDA HK Website 本會網站 <input type="checkbox"/> RDA Facebook 本會臉書 <input type="checkbox"/> Search Engine 搜尋工具 <input type="checkbox"/> Friends 朋友 <input type="checkbox"/> Others 其他 (Please specify 請說明) _____		

I hereby declare that I undertake to be a volunteer helper at my own risk. I accept full responsibility for my actions and behaviour when attending RDA sessions. Please note that RDA Hong Kong may take photos or videos during the volunteering session and or RDA events for publicity purposes 本人謹此聲明，在香港傷健策騎協會有限公司習騎活動擔當義工所遇到的一切風險，將由本人自行承擔，並同意對本人的言行負責。

Signature 簽署: _____

Date 日期: _____

After completion, please return to RDA office via fax or email. 填妥後請傳真或電郵至本會辦公室。