



Continuous Professional Development Programme

Presented by HKTA Coaches Development and Qualifications Committee
香港網球總會教練發展及資歷委員會主辦之持續專業發展計劃

Ways to prevent heatstroke and dehydration

防止缺水及預防中暑方法

<p>Content 內容</p>	<p>Summer weather in Hong Kong can be very hot. As it gets hotter, we are more likely to sweat and breathe more heavily to cool down the body. If the cooling system of our body does not work properly, it may lead to dehydration or even heatstroke. This course will introduce some ways to prevent heatstroke and dehydration.</p> <p>香港夏季天氣炎熱，在酷熱天氣下，人體會加劇排汗，呼吸急促，幫助身體降溫。若身體未能有效散熱，便會出現缺水甚至中暑等情況。這個工作坊會介紹防止缺水及預防中暑的方法。</p>	
<p>Speaker 講者</p>	<p>Mr Lo Siu Tak 羅紹德 - Former Assistant Chief Ambulance Officer - 前助理救護總長</p>	<p>Mr Paul Hung 洪傳書 - Former Physical Training Instructor of HK Fire Services Department - 前香港消防處體能教官</p>
<p>Date 日期</p>	<p>12 Jul 2021</p>	
<p>Time 時間</p>	<p>12:00-13:00</p>	
<p>Format 形式</p>	<p>Zoom 網上教學</p>	
<p>Fee 費用</p>	<p>HKTA Licensed Coaches/ HKTA Member/ Non-HKTA Member: Free 網總持牌教練/ 網總會員/ 非網總會員: 免費</p>	
<p>Quota 名額</p>	<p>50</p>	
<p>Deadline of Enrolment 截止日期</p>	<p>5 JUL 2021 (Mon)</p>	
<p>Language 語言</p>	<p>Cantonese 廣東話</p>	
<p>Licensing Scheme credit points 教練牌照分數</p>	<p>2 Credit Points 2 分</p>	
<p>Remark 備註</p>	<p>Please make sure all the information you provided is correct. HKTA will send you zoom meeting details by email after enrollment. 請確保填寫的資料正確無誤，以便在報名後，以電郵方式將zoom會議資料傳送到你的電郵地址。</p>	

教練牌照計劃手冊已上載於本會網頁

The HKTA Coach License Scheme Hand Book has been uploaded on our website: www.tennishk.org

本會不會發出確認信予參加者。請到 www.tennishk.org 查閱取錄名單。如參加者發現自己的名子不在名單上，請於報名截止日期後 2 個工作天內與本會聯絡

No confirmation letter will be issued to participants. Acceptance list is available at www.tennishk.org. It is the applicant's responsibility to check the acceptance list. Any applicant who has submitted the application form but cannot find his/her names on the Acceptance List please call the HKTA office within 2 working days after the enrolment deadline.

報名方法 Enrolment Method :

1. 請按以下連結完成報名

For the **HKTA Licensed Coaches**, please click the below link to complete the enrolment

<https://docs.google.com/forms/d/e/1FAIpQLScWzJUHjNYUJIBUHc1atfCf8RQOT4yVFq6IJ7daj-tK8csKsQ/viewform>