

Continuous Professional Development Programme

Presented by HKCTA Coaches Development and Qualifications Committee
中國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

Hong Kong - Ways to prevent heatstroke and dehydration **防止缺水及預防中暑方法**

Content 內容	<p><i>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.</i></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>
Speaker 講者	Mr Lo Siu Tak - Former Assistant Chief Ambulance Officer 羅紹德 - 前助理救護總長
Date 日期	12 July 2024 (Fri) 2024年7月12日 (星期五)
Time 時間	11:30 – 12:30 (English 英文) 12:30 – 13:30 (Cantonese, 廣東話)
Venue 地點	HKCTA Tennis Centre, Kowloon Tsai 中國香港網總網球中心
Fee 費用	HKCTA Licensed Coaches/ HKCTA Member: Free 網總持牌教練/ 網總會員: 免費
Quota 名額	30 pax/session 30 位/每節
Deadline of Enrolment 截止日期	11 Jul 2024 2024年7月11日
Language 語言	English & Cantonese 英語及廣東話
Licensing Scheme credit points 教練牌照分數	2 Credit Points 2 分

教練牌照計劃手冊已上載於本會網頁

The HKCTA 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字不在名單上，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 HKCTA office within 2 working days after the enrolment deadline.