

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 heat stroke and dehydration Workshop

防止缺水及預防中暑方法工作坊

Content 內容	The weather in Hong Kong is hot during the summer. In high temperatures, the human body sweats more and breathes more rapidly to help cool itself. If the body fails to dissipate heat effectively, dehydration or even heat stroke may occur. This workshop will introduce ways to prevent dehydration and heat stroke. Course Structure : Lecture, Demonstration 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。 課程進行模式：導師講解，示範
Speaker 講者	Mr. LO Siu Tak 羅紹德先生 Former Assistant Chief Ambulance Officer 前助理救護總長
Date 日期	7 July 2026 (Tuesday) 2026年7月7日 (星期二)
Time 時間	11:30 – 13:00
Venue 地點	Gym 2, HKCTA Tennis Centre, Kowloon Tsai 中國香港網總網球中心 2號健身房
Fee 費用	HKCTA Full-time Coaches / HKCTA Licensed Coaches : Free 網總全職教練 / 網總持牌教練：免費
Quota 名額	40 pax/session 40 位/每節
Deadline of Enrolment 截止日期	6 July 2026 (Monday), 9am 2026 年 7 月 6 日 (星期一) 上午九時正
Language 語言	Cantonese 粵語
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 HKCTA office within 2 working days after the enrolment deadline.