



中國香港啦啦隊總會

啦啦隊教練

註冊教練證書及續證要求

(2025 年 6 月)

A. 理論及實習課

- 1). 學員必須出席課程滿 80% 方可參與考試 (按時數計算) , 否則需重新報讀課程 !
- 2). 如學員在該節課堂遲到或早退合共 15 分鐘或以上 , 作缺席論 !
- 3). 考試合格者可獲實習教練資格。筆試及實習試合格成績為 70%。

B. 實習

- 1). 學員在完成課程後最遲 18 個月內需進行實習 , 最少實習時數為 20 小時 , 逾時需重新上課。
- 2). 有關實習時數記錄 , 如為總會編排之訓練 , 可毋須提供證明 , 若為私人參與之訓練 , 則須在第一天開課前 最少七天前 提交訓練班資料予總會 (電郵) , 以便安排評審導師觀課 , 完成訓練後並須由相關機構提供書面證明。

C. 註冊證書及續領證書要求

- 1). 滿 18 歲人士才能參與 , 必須參加本會舉辦教練培訓班並考試合格。
- 2). 完成下述要求 :
 - i. 觀課表現合格 (符合安全及技術要求) ;
 - ii. 完成實習時數 20 小時教練才可獲總會頒授一級「教練證書」。
- 3). 證書有效期為 2 年 , 期滿後如滿足以下要求可予續證 :
 - i. 每年均參與教授不少於 20 小時之訓練課程 , 並可提供相關書面証明 ;
 - ii. 於最後一年為本會會員/代表隊隊員 ; 或教練員或從事相關工作
 - iii. 參加本會安排之教練延續培訓課程及比賽活動。
- 4) 如持有國際啦啦隊聯盟 (ICU) 亞洲啦啦隊聯盟 (ACU) 中國啦啦操分會(CCA) 和其他國家和地區有效之啦啦隊教練資歷者 , 都必須得到技術委員會認可, 推薦及教練監察小組確認資格。
- 5) 繳交 1 年牌費港幣 \$500。或繳交 2 年牌費港幣 \$800。
- 6) 所有申請教練證人士 , 必須領取香港警務處的 [性罪行定罪紀錄] , 並通過查核。

D. 其他要求

- 1) 本會建議要求註冊教練 :
 - i. 一、二(中級)、三級 (高級) 教練需考取 30 小時急救證書 ;
 - ii. 三級 (高級) 教練需考取香港教練培訓委員會運動通論證書。

中國香港啦啦隊總會有權對上述各項進行最終審議及修訂!



Cheerleading Federation of Hong Kong China Limited

Registration Requirement & Renewal

of

Coach Certificate

(2023 April)

A. Theory and Practical Training Course

- 1). Participants must have 80% attendance before taking the test (calculated by hours), otherwise they will need to re-take the course!
- 2). Please come to the class on time. Late in or leave early no more than 15 mins.
- 3). Participants must achieve a passing score of 70% or higher on the exam including written and skills test. Those who pass the exam will be eligible for the internship coach.

B. Practical Training

- 1). Students/applicant must finish practical training within 18 months upon completing the course. The minimum hour of practical training is 20 hours.
- 2). For the practical training internship hours record, practical training can be arranged by CFHK or private training. For private training information should be submitted to the CFHK by email at least seven days before the start of the first day. 20 hours training by written proof is needed. Please fill out the CFHK Time Sheet.

C. Obtaining a certificate and renewing the certificate requirements

- 1). Applicant must over the age of 18, participant must completed and passed the exam of our Coach Training Course.
- 2). Complete the following requirements;
 - i. Qualified in class (in compliance with safety and technical requirements);
 - ii. To have Level 1 "Coaching Certificate", applicant should have the Completion for 20hours practical training.
- 3). The Level 1 Coaching Certificate is valid for 2 years. Renew certificate meets the following requirements,
 - i. Participate in the training of no less than 20 hours each year and provide relevant written proof;
 - ii. a member of CFHK/the team of CFHK in the last year; or coach, team leader, teacher or relating person
 - iii. Participate in the coaching continuation training course, competition event arranged by the CFHK
- 4). An applicant who holds the official and effective qualification in Cheerleading Coach Certificate from International Cheer Union (ICU), Asia Cheer Union (ACU), China Cheerleading Association (CCA), or other countries/regions should be approved by Technical Committee that he/she is eligible for the registration.
- 5). 1 years License Fee HK\$500 must be paid, OR 2 years License Fee HK\$800 must be paid.
- 6). Applicant should have and passed the Sexual Conviction Record Check.

D. Other requirements

- 1) We encourage coaches:
 - i. Level 1, 2, 3 coaches need to obtain a 30 Hours First Aid certificate;
 - ii. Level 3 (advanced) coach is required to obtain the certificate of "Foundation Certificate in Sports Coaching Theory" ~ Hong Kong Coaching Committee