



# 香港定向總會

## Orienteering Association of Hong Kong

國際外定向聯盟成員及中國香港體育協會暨奧林匹克委員會會員  
Affiliated to: International Orienteering Federation and Sports Federation & Olympic Committee of Hong Kong, China

聯合名譽贊助人：  
Joint Honorary Patron:

施德論先生  
Mr. John E. Strickland

楊孝華先生  
Mr. Howard Young

義務法律顧問：  
Honorary Legal Advisor:

車偉恒律師  
Mr. Allen W.H. Che

Page 1/2

### Regulations of Hong Kong Orienteering Squads

#### 1. Participation of training and competitions

- 1.1 In order to maintain their places in the Squads, members should meet and maintain their fitness level as determined by the Squad Coaches and demonstrate a professional approach to training and competition throughout the training programme.
- 1.2 All Squad members are expected to participate in all the organized trainings as scheduled, and to give priority to such trainings over other activities.

#### 2. Attitude and behaviour

- 2.1 All Squad members are expected to adopt a positive attitude towards Squad trainings and to provide mutual support for improving the performance of all Squad members.
- 2.2 Any member who engages in disruptive activities to the detriment of the Squad(s) or other Squad member(s) is liable to be expelled from the Squad(s) and is liable to disciplinary action by the Orienteering Association of Hong Kong (OAHK).
- 2.3 Foul language or rude behavior during training and competition will not be tolerated. Members may be expelled from the Squad(s) on the basis of any type of unacceptable behaviour as determined by the Squad Coach(es).

#### 3. Requirements & responsibilities

- 3.1 Squad members are required to maintain an attendance of at least 70% of the training hours in each training phase. For junior squad members, an additional 50% attendance on each individual training category as indicated in the recruitment prospectus is required. Members who cannot attend regular squad training should submit their training proposal to the respective Squad Coach(es) for consideration and approval. Members who cannot fulfil the attendance requirement will be expelled from the Squad.
- 3.2 For any absence from training, prior approval must be given by the respective Squad coaches. Leave application form must be completed and submitted to the respective coaches and OAHK before taking leave. Supporting documents are to be enclosed with the leave application form. Training plan with details on the make up of the skipped training session is also to be enclosed with the leave application form.
- 3.3 Squad members have to submit their training log to the Squad Coach(es) at the pre-set time as decided by the coach(es).
- 3.4 Squad members are required to pass the assessment as indicated in the recruitment prospectus.



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Page 2/2

- 3.5 Squad members are required to pass the running and technical tests as set by the Squad Coach(es).
- 3.6 Squad members should make prompt notification to the Squad Coach(es) of any pre-existing or subsequent injury or illness which may impair their performance.
- 3.7 Squad members should NOT use banned drugs in contravention of the rules of the International Orienteering Federation and the Hong Kong Anti-Doping Committee.
- 3.8 Any person who fails to fulfill the above requirements or has infringed the Squad regulations will be expelled from the Squad and is liable to disciplinary action taken by OAHK. Squad members who received 3 warnings from Squad Coaches will be expelled from the Squad.

I fully understand and accept the above Squad regulations and will make full commitments in all trainings so as to attain the best results in all competitions.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Squad: \_\_\_\_\_ Date: \_\_\_\_\_

### **Parent/Guardian's Signature (For member with age under 18) :**

Parent/Guardian's Name \_\_\_\_\_

Parent/Guardian's Signature \_\_\_\_\_

Date \_\_\_\_\_