



香港康樂管理協會
Hong Kong Recreation Management Association

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News from the Association 最新消息

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本會會訊已由2015年5月起全面轉為電子會訊，並將以電郵形式傳送予所有會員，如各會員想更新你的電郵地址以接收本會會訊，請將閣下的最新電郵、會員姓名或編號電郵至 admin@hkrma.com.hk 確認更新。各會員現在亦可透過本會網頁: <http://www.hkrma.com.hk> 瀏覽本會過往及最新的會訊。

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Hong Kong Recreation Management Association 香港康樂管理協會

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2017 Residential Clubhouse Management Award

2017 住宅會所管理大獎

Paul Cheung

Same as 2015, the Hong Kong Recreation Management Association (HKRMA) with the support of the Hong Kong Association of Property Management Companies continues to organise the Residential Clubhouse Management Award (RCMA). This event was first started in 2011 and was held once a year since. It was changed to be held once every two years in 2013 as the participants reflected that they needed more time to prepare for the next event. The response towards this event from the property companies managing clubhouses has so far been very good.

Before the launch of this event, we have reviewed the rules and guidelines for the coming event. We maintain the grouping of entries into two categories: for Category I with the number of households at 1,000 or below; and for Category II with the number of households exceeding 1,000. The nine selective criteria for assessing the applicants for receiving the awards remain unchanged. These nine criteria are: Environmental Quality, Security, Maintenance, Sanitation Conditions, Team Management, Diversity and Attraction of the Organised Activities, Customer Service, Facilities Utilisation, and Sustainable Development Plan. However, it was noticed that some of the requirements for certain criteria are not very clear and need further refinement so that the participants know exactly what are required and what information should be provided in the written submissions. Based on past years' experience, we noticed that the property companies could produce all the documentary proof to support the requirements in the nine criteria. Hence, we have further elaborated the requirements so as to make these clear to the participants on the required documents to be included so that they would provide the same when the Reviewing Committee (RC) members inspect the selected clubhouses on verifying these documents. We hope that this can remove any doubt on the participants what documents should be provided for inspection by RC members.

Same as previous years, we will send out the brochures to invite the property management companies to participate this year's competition by September this year. We will also invite them to attend a briefing session to be held in October so that they will have an opportunity to clarify on the requirements as mentioned in the brochures. They are welcome to raise questions

during the briefing session to clarify any doubts under each criterion for assessing their performances, and the standards for assessment.

The participating companies are required to send in their written submissions to the secretariat of the HKRMA on or before 30 November 2017. Late applications will not be considered. The application fee is \$2,500 and is non-refundable after the application is submitted. All submissions will first be assessed by RC. Any submissions that are not conformed with the required format outlined in the brochures will not be considered. After the first round of assessment by RC members, site visit will be conducted by them to the selected clubhouses between January and February 2018 to verify the details as mentioned in the written submissions with a view to drawing up a list of finalists to the Panel of Judges for making final decision of the awards. The finalists under each category being recommended by RC will be invited to attend an interview by the Panel of Judges in March 2018. During the interview, all finalists of each category are required to give a detailed presentation in front of the Panel and the decision on the awards will be made. Their decision on the awards will be final.

The results of the awards will be announced during the Annual Dinner of HKRMA to be held in April 2018. The winners of these two categories will be invited to give a presentation to all people attending the Annual Dinner to share their experience after the results are announced. Should the participating companies want to join the Annual Dinner, they are required to pay the prescribed fees.

We believe that some property companies may have already prepared themselves for this competition and are longing for the staging of this event. We anticipate that the response for submitting entries for this competition would be as high as previous years as this is a good opportunity for the companies to show their best performance in managing residential clubhouses.

We look forward to your continued support and participation in 2017 RCMA competition and may I encourage you not to miss this opportunity to show your excellent services on managing the clubhouse facilities.



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Kai Tak Development (KTD) is a huge and highly complex development project spanning a total planning area of over 320 hectares covering the ex-airport site together with the adjoining hinterland districts of Kowloon City, Wong Tai Sin and Kwun Tong. After thorough planning and public participation process, the finalised scheme of KTD with a mix of community, housing, business, tourism and infrastructural uses was proposed, i.e. Kai Tak Outline Zoning Plan.

It offers opportunities to bring the harbour to the people, provide quality living environment for around 90 000 residents, as well as revitalise all of the surrounding districts such as Kowloon City, Wong Tai Sin and Kwun Tong. What's more, KTD seeks to practise sustainable development and cultivate a comprehensive network of parks and gardens for everyone to enjoy.

The planning vision of KTD is to develop “a distinguished, vibrant, attractive and people-oriented community by the Victoria Harbour”.

In addition, an international multipurpose stadium is planned to create a local and international attraction for sports and entertainment. This part of the project is currently in the financing stage and once that is in place work will begin and be finished by 2018 or 2019 at an estimated cost of \$2.44 billion. The new stadium will have a retractable roof and a capacity of 50,000 spectators. The project is set up as a “design-build-operate” undertaking meaning design, construction, operations and maintenance

will be under a single entity to ensure the effective creation and operation of the facility.

The Kai Tak Sports Park is the most important investment of the Government in sports infrastructure in recent decades. Occupying 28 hectares of land, the Kai Tak Sports Park is about 9 hectares larger than the Victoria Park and will contribute significantly to sports development of Hong Kong:

- promoting the enjoyment and benefits of sports for people of different ages and abilities by providing a wide variety of sports facilities which meet a wide range of different needs of the community;
- attracting more major international sports events to Hong Kong; and
- supporting elite athletes by providing more opportunities for them to compete on home ground



Closely connected to local communities, the Sports Park will also provide large areas of landscaped park for daily enjoyment of the community. The multi-purpose sports facilities in the Park will meet the increasing needs for facilities for school sports competition and training.

At present, there are already a number of swimming facilities in East Kowloon, including swimming pools in Kwun Tong, Kowloon Tsai and Morse Park, as well as indoor swimming pools in Hammer Hill Road and Lam Tin. Hence, no swimming pools will be provided in the Sports Park. Meanwhile, government has reserved a site which is about 500 metres away from the Sports Park for the development of a sports centre project and they will consider providing a heated swimming pool in the proposed sports centre in order to meet the needs of local residents. When government is designing the three key venues in the Sports Park, the multi-purpose factor will be incorporated as far as possible so that a wider range of sports events can be held in the venues. Furthermore, given the vast open space in the Sports Park, temporary facilities may be provided for different types of sports activities if necessary.

There will be a cycle track in the Sports Park to be connected to the proposed Kai Tak cycle track network. In November 2015, the Civil Engineering and Development Department commenced a feasibility study on the cycle track network in the Kai Tak Development Area with a view to extending the network to about 13 kilometres.

The proposed seating capacity of the three key venues in the Sports Park is proposed taking into account a number of factors, including aspirations of the sports sector to host more major sports events in Hong Kong, the scale of existing sports venues in Hong Kong, site constraints of the Sports Park, impacts of the future operation of the Sports Park on residents and the environment nearby and cost effectiveness etc.

The Public Sports Ground with a seating capacity of 5 000 will provide a standard 400-metre athletics track, which is able to accommodate the needs of potential international athletics meets (e.g. Asian level athletic meets) to be held in Hong Kong. In case extra warm-up tracks are required for an athletics meet, government may consider the setup

of a temporary running track in the open space of the Sports Park. Providing a permanent and fixed athletics track at the Main Stadium will increase the distance between the spectator stands and the field which causes a direct impact on the angle and atmosphere for spectators to watch football and rugby matches. In addition, to meet the standards of international rugby competitions, the turf in the Main Stadium is larger than that of a regular athletic field, rendering it impossible to be incorporated in a standard 400-metre athletics track. Government hopes that the Main Stadium can be a first-class venue for football and rugby matches and allow spectators to experience the thrilling atmosphere of competitions. Therefore, they do not suggest providing an athletics track in the Main Stadium.

There will be appropriate provision of commercial facilities to attract more members of the public to visit the Sports Park. The facilities will include a retail space of about 57000 square metres (m²), a bowling centre with 40 lanes, a health and wellness centre of 2500 m² and a dining cove of about 3000 m², as well as parking facilities.

Kai Tak Sports Park will provide high-quality sports venues not only for major events but also daily enjoyment by the community. With a wide variety of sports facilities, open space, park features, office accommodation and retail and dining outlets, it is a park to meet the diversified needs of general public, amateur and professional athletes.




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世界賽在香江 香港世界桌球大師賽2017

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香港桌球界近年成績輝煌，揚威國際，令不少港人迷上桌球。七月舉辦的「香港世界桌球大師賽2017」已經圓滿結束，市民不但可以一睹一眾桌球巨星的球技和風采，更進一步推動了本地桌球運動的發展，令香港市民更了解桌球運動。

「香港世界桌球大師賽」是香港近十年來最受矚目的桌球大賽，亦是香港特別行政區成立二十周年慶祝活動之一。是次比賽星光熠熠，邀請超過10位世界級球手與香港市民會面。這項賽事更是香港首次得到世界桌球總會（World Snooker）認可的世界職業賽事，並依照世界職業級電視直播舉行的賽事規格及職業排名的形式進行。

今次比賽分成挑戰賽及表演賽兩部分，雲集了頂尖的桌球巨星同場對壘。挑戰賽由8位頂級世界職業球手以淘汰形式較量，當中球手除了世界「一哥」沙比，還有香港桌球精英，外號「神奇小子」— 傅家俊出戰；而香港女子代表，外號「四眼CUE后」— 吳安儀亦被邀請與兩位殿堂級球手「桌球皇帝」亨特利及「白旋風」韋德

切磋球技，進行單循環兩局制表演賽，展示桌球運動鬥智鬥力的魅力。



香港代表「四眼CUE后」吳安儀在2017年連奪女子桌球世界賽、亞洲女子桌球錦標賽冠軍、世界女子6個紅球賽及世界女子10個紅球賽，成為「4冠王」，世界排名第2，在女子桌球壇已是天之驕女。但對她來說，這只是一個起步，最重要是可挑戰更高水平，這次比賽能夠與兩位傳奇球手，她表示獲益良多。



「香港世界桌球大師賽2017」不但是高水平的桌球大賽，亦注入了社區元素，特別舉行了兩場「大師桌球體驗日」。兩位傳奇球手亨特利及韋德特別抽空與本地一班新星交流桌球及傳授秘技，指導他們的技術竅門，令一眾熱愛桌球的年輕球手獲益良多。

「香港世界桌球大師賽2017」雲集了不同的桌球巨星華麗較勁，除了是慶祝香港特別行政區成立二十周年的活動外，也可藉著賽事的熾熱氣氛，推動普及體育運動，進一步支持本地桌球運動發展，同時亦回饋多年來與桌球運動一起成長的香港桌球迷。

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第九屆世界足毽錦標賽



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剛剛在香港舉辦的「第九屆世界足毽錦標賽」在七月底已圓滿結束。這次比賽是香港首次主辦世界足毽錦標賽，由國際毽球聯合會主辦及香港足毽總會有限公司協辦，於荔枝角公園體育館舉行。其實香港曾於2003年成功申辦世界足毽錦標賽，但因遇上「沙士」關係而被逼取消，事隔14年後世界足毽錦標賽才能在香港真正舉行。

兩年一度的世界足毽錦標賽是毽壇大型賽事，每屆也雲集頂尖足毽運動員參與。在「第九屆世界足毽錦標賽」有超過十三個國家及地區的足毽高手來港爭標，包括中國、越南、泰國、匈牙利、德國、意大利、希臘、法國、保加利亞、印度、喀麥隆、澳門、中華台北等國家。

足毽世錦賽項目包括男子及女子團體、男子及女子雙人、男子及女子單人賽，以及混合雙人賽共七項賽事。比賽場地為長方形，長11.88米，寬6.10米。場地上空6米以內（由地面計算）和場地四周2米不得有障礙物。比賽以3局2勝制，先取21分的一方即取得該局勝利。運動員可用頭、身、腳觸毽，但不得用手及手臂，若要用頭則必須在限制區外才合法，在雙人賽中不設換人。



足毽運動員需要很好的柔韌度，日積月累地磨練出來。他們每次操練都花不少時間拉筋。運動員慣用腳內側、腳背、腳面、大腿用以控或傳，概念與足球類同。足毽進攻主要有掛及踩兩種攻擊方法，「掛毽」是背對毽網時攻擊，通常運動員會跳起爭取高點，普遍而言是攻擊力最強的一招。

每年香港足毽總會均會參與及舉辦海外足毽賽事，以增加本地運動員參與比賽的機會，提升競賽水平。藉著舉辦不同類型的賽事，市民均可免費到場觀賞，讓更多人認識足毽運動，從而產生興趣。足毽運動更於本年三月被香港體育學院列入「B級」支援精英體育項目之一，獲得體院的體育訓練援助，有助足毽運動在香港發展。



「第九屆世界足毽錦標賽」港隊佔主場之利，運動員全力以赴，分別於男單、混雙及男女子團體季軍賽勝出，奪得四面銅牌，完美結束世錦賽之旅，創下歷來最佳成績。



足毽有正式規例，也有聯賽及地區賽，甚至國際賽，是一項有趣味與競技並重的運動，值得大家了解和欣賞。希望未來有更多不同的足毽比賽和活動，讓足毽逐步邁向精英化、普及化，甚至成為亞運項目。

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體適能對兒童發展的好處

Kris

體適能就是我們經常說的體能，擁有良好的體能可以為身體更快適應外界環境，當中包括生活、工作與應付環境的綜合能力，而體適能亦分為健康體適能與運動體適能兩大方向。健康體適能可以促進健康，預防疾病等，而運動體適能則是指與運動技巧有關的體能。另外，0~6歲是兒童身心發展的重要時期，若能讓兒童在此階段有適量的運動，會為他們身心發展作為良好的基礎。

有研究指出2016/17學年的新入學幼兒班（K1）幼童的體能表現較2015/16學年的同齡幼童在體能表現方面有明顯下滑的趨勢。而且，中國香港體適能總會曾透過一些方程式收集了一萬四千七百三十名本港三至六歲幼兒的體能及健康數據，當中顯示只有1%的幼稚園提供了足夠的體能活動給予兒童。

運動促進大腦整合

隨著腦科學的研究愈發成為顯學，運動的定義也改寫了。過去認為愛運動的孩子「頭腦簡單，四肢發達」的觀念已經被徹底顛覆。事實是，愈來愈多研究直指，運動的可貴之處在於強化了我們的大腦連結，透過運動，我們大腦的動作、情緒和認知區塊間會產生迴路，讓大腦運作更活絡，還可改善孩子的情緒、增強孩子的認知能力，讓學習變得更有效率。

運動能為未來學習能力奠下基礎

0~6歲是孩子神經系統發育最顯著的時期，此時若能透過身體各部位的運動，奠定初步動作與基礎動作能力，將成為日後各種學習活動的重要基礎。小時候過於缺乏各種姿勢和動作的體驗，長大後可能產生部份動作不協調、反應遲緩的現象，連帶影響牽涉到感覺動作能力的思維、操作、語言學習，以及進入學齡階段後聽、說、讀、寫各項能力的學習。不少研究發現，較常運動的學前幼兒在閱讀表現、學業成績、數學和多項語文表現上都較為傑出。

運動能增強身體機能與免疫力

運動可降低心血管疾病及糖尿病危險，增強心肺能力，對呼吸傳染疾病的抵抗力變強，增進孩子的免疫力。常運動也可以讓幼兒掌握肢體的運用，加強肌肉骨骼系統，促進大小肌肉協調和諧，讓動作順暢自然，肌肉耐力也獲得增加，體力會變好。另外，常做各種運動可以讓孩子的平衡感和柔軟度增加，較不容易暈車。

運動能情緒管理與社交能力

運動會刺激腦內啡分泌，帶來愉悅的感覺，並抑制大腦中杏仁核的活化，阻止負面情緒的產生；此外，運動還可增進孩子情緒的安定性與專注力。另外，對幼兒來說，交朋友時非語言的



互動更為重要，感覺動作能力愈好的孩子，愈能在與他人的互動中得到樂趣，並獲得心理上的自信心和成就感，所以較不會害羞退卻，人際互動需求也能獲得滿足。親子一起運動，增進親子關係。

運動能改善特殊兒童發展問題

絕大多數有過動和注意力不集中等問題顯的孩子，其實是因為獲得運動的刺激過少，運動量不足所致。所謂的過動、注意力不足等問題，根本來說是孩子能力發展不足所造成，而能力不足反映的是孩子先前經驗匱乏和缺乏引導。而運動就是協助孩子發展出良好的「感覺動作能力」的方式。若能讓這些孩子在運動需求上獲得滿足，選擇能引發孩子興趣的運動，在玩法上建立明確的規則，並做適當的引導，往往就能大幅改善其狀況。

(http://xn--cjry5gc8e13d02m8j8awxg.tw/classweb/DocumentDocument.php?teacher_id=12&document_id=1339)

其實體適能對兒童的全面發展十分重要，除了能獲得身體及運動技能的好處外，亦可以幫助兒童在其他方面的發展。例如：刺激大腦成長與整合和可以增進神經系統發展，而且戶外遊戲和訓練更可以令兒童提升社交能力、增強抗逆及抗壓能力和提供一個良好環境給予兒童學習自律和與人相處。

在上述提及的運動體適能和健康體適能所構成的要素大有不同，在此簡單說明。健康體適能是包括：心肺功能、肌耐力、肌力和柔軟度等，一些簡單測試已經可以得知兒童的能力，如：坐地體前伸、30秒坐立測試等。但其實最基本的跑步、爬行及跳躍已經足夠，所以各家長可以每天與子女到公園玩耍。

而運動體適能則關於速度、爆發力、敏捷度、協調性、平衡力等等，如欲提高這些能力可以安排兒童參加一些球類運動，大部分都可以全面訓練，如：籃球、足球。

最後參考衛生署建議，家長、學前機構及幼稚園應每天提供至少180分鐘的體能活動給予兒童。這些活動應包括較低等強度如日常生活中的收拾書包；中等強度的行樓梯或熱身操；較高強度的課外活動—游泳等。由此可見，體適能對於兒童各方面發展都十分重要，各家長應多關注子女的體適能發展。

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