

收據號碼	
Receipt Number: 4911	

個人活動報名表

ENROLMENT FORM FOR INDIVIDUAL ACTIVITIES

填寫報名表格前,請先細閱下列「報名須知」、背頁「健康評估問卷」及「參加者/家長/監護人免責聲明」。 Please read the Enrolment Policy below, and Physical Activities Readiness Questionnaire and the Declaration by Applicant at the back before filling in this enrolment form.

參加者資料 Personal Particulars	(請以正楷填寫 Please complete in BLOCK letters)		
中文姓名 Name	會證號碼 Membership No		
電話 Telephone	年齡 Age 性別 Gender 男 M / 女 F		
# 課程資料 Course Details 課程名稱 Course Name	課程編號 Course Code	費用 Fee	
1.		HKD\$	
2.		HKD\$	
3.		HKD\$	
4.		HKD\$	
5. #++++++++++++++++++++++++++++++++++++		HKD\$	

Participants under the age of 18 must be accompanied by a parent/guardian/designated person appointed by the parent.

報名須知 Enrolment Policy:

- 1. 參加任何課程或活動必須為有效會友。
 - All courses and activities are for members only.
- 2. 如因人數不足,本會所有權取消該項程序活動 /訓練程序。參加者需憑收據於通知日起計兩星期內辦理退款 (未足 18 歲參加者需要家長簽署)。退款方式以付款方式釐定,詳情將個別通知。
 - In case of under enrollment, we reserve the right to cancel the above activities. Participants can bring the receipt and the notification of cancellation within 2 weeks for a refund. Those aged under 18 needs to provide parent's signature for the refund. Refund method will be in line with your payment method.
- 3. 部份規限年齡的會所程序活動 / 訓練程序,參加者可能需要出示年齡證明。
 - Some age-related programme(s) may require the participants to show their age proof.
- 4. 因八號或以上熱帶氣旋警告信號/黑色暴雨警告信號/「極端情况」而取消之課堂及活動,均不設任何補堂或退費。 When the Typhoon Signal No. 8 or above and/or the Black Rainstorm Signal and/or Extreme Condition is hoisted during the lessons, it is understood and agreed by the applicants that there shall be no refund of lesson fees and no arrangement of make-up lessons.

請填寫背面資料 Please turn over and fill in the information.

未滿 18 歲之參加者必須由家長/監護人/家長指定人士接送。

(更新日期 Updated: 8/2024)

參加活動/課程必須填寫健康評估問券 Please fill in for all of Activities & Training Courses.

請於	『♥ / st. Please "♥ ") Canadian Society for Exercise Physiology – Physical Activity Readiness Questionn	aire (revise	ed 2012)
		是	否
		(YES)	(NO)
1.	你有沒有因心臟問題而只可進行醫生建議的體能活動?		
	Do you have any physical activities that can only be recommended by doctors due to heart		
	disease?		
2.	你進行體能活動時是否感到胸口痛?		
	Do you feel pain in your chest when you do physical activity?		
3.	過去一個月,你曾否在沒有進行體能活動時也感到胸口痛?		
	In the past month, have you had chest pain when you were not doing physical activity?		
4.	你曾否因感到暈眩而失去平衡,或曾否失去知覺?		
	Do you lose your balance because of dizziness or do you ever lose consciousness?		
5.	你的骨骼或關節(例如脊骨、膝蓋或髖關節)是否有毛病,且會因改變體		
	能活動而惡化?		
	Do you have a bone or joint problem (e.g. back, knee or hip) that could be made worse by		
	a change in your physical activity?		
6.	醫生現時是否有開血壓或心臟藥物(如 water pills)給你服用?		
	Is your doctor currently prescribing drugs (e.g. water pills) for your blood pressure or heart		
	problem?		
7.	有否其他因素令你不可進行體能活動?		
	Are there any other factors that make it impossible for you to carry out physical activities?		
	假加上述其中—"陌 发安属 「具", 施 港数板数化的竞目,专可桑朗木奇庇之迁到	h o	

悯如上処共中一填合杀屬 ' 定 」,應請教你醫生的息見,力可參與本曾所乙沽期。 If you answer YES to one or more question(s), please consult your doctor before enrolments.

參加者/家長/監護人免責聲明 Declaration by Applicant

收集個人資料聲明 Personal Information Collection Statement

香港中華基督教青年會(下稱「本會」)會遵守及履行個人資料(私 隱)條例之規定,並確保你的個人資料準確及安全。你的個人資料 (包括你的姓名、電郵地址及其他)或會被本會透過電話/郵寄/ 電子郵件,用作聯絡通訊、籌款、推廣活動、研究調查及其他通訊 及推廣之用途。若你希望停止接收本會資訊,請將中英文全名、會 員證號碼及電話號碼,電郵予屯門會所(tuenmun@ymca.org.hk)以 辦理相關手續。如有查詢,請致電 2451 5171 與本會所聯絡。

Chinese YMCA of Hong Kong undertakes to comply with the requirements of the Personal Data (Privacy) Ordinance to ensure that personal data kept are accurate and secure. Your personal information (including your name, email address, etc.) may be used by Chinese YMCA of Hong Kong for the purposes of sending you organizational updates, fundraising appeals, event invitations, surveys and other communication and marketing via telephone/post/electronic mails. If you do not wish to receive any communication from us, please email your Chinese and English full name, together with your membership number and telephone number to Tuen Mun Centre at tuenmun@ymca.org.hk. For any enquiries, please contact us at 2451 5171.

健康/錄像免責聲明 Disclaimer

本人或參加者已明白及確實填寫報名表上之各項內容,並聲 明本人或參加者之健康狀況良好,適宜參加上述課程或活 動。若於課程期間所引致任何傷亡、意外或財物之損失,本 人或參加者願自負責任。本人或參加者已知悉並願意遵守本 會活動通訊內之報名須知及注意事項。另各項訓練班及程序 活動,上課時將有機會被拍攝及拍照,以作本會活動記錄及 日後活動推廣之用。

I / The applicant has to understand and fill in the enrollment form truly each content, and stated that I / the applicant to the good health, being suitable participate in the above training courses or activities. I hereby release and discharge the Chinese YMCA of Hong Kong from any and all claims for injury, illness, death, loss or damage which I may suffer as a result of participation in the above activities. I / The applicant agrees to abide by all rules and regulations of the Chinese YMCA of Hong Kong. And during the training courses and activities, the participants may be video tapped or taken picture for record or further promotions.

本人及上述參加者已閱讀以上聲明細則。

Both myself and the aforementioned participant have read the above statement and disclaimer.

參加者/家長/監護人姓名	簽署	日期		
Participant/Parent/Guardian's Name:	Signature:	Date:	/	/20