

“Safety in Physical Achievement” workshop

The “Safety in Physical Achievement” workshop organized by Physical Recreation Section Panel was successfully held on 27th November 2008, Tuesday at HKAYP headquarters. The purpose of the workshop was to provide safety information while doing Physical Achievement and other sports to participants. We were honored to have Mr. Sum Kim Wai, the Instructor from Department of Sport Science and Physical Education of Chinese University of Hong Kong to be our guest speaker. The workshop attracted nearly 40 instructors and OA/UU representatives.

In the beginning of the workshop, Mr. Sum introduced some “Warm up and Warm down” exercises that were suitable for general sport activities. Mr. Sum then introduced some safety postures for preventing injury in doing Physical Achievement exercises. He also presented some training tips to help strengthen the arms, legs and speed endurance. At last, Mr. Sum Kim Wai received a souvenir from Physical Recreation Section Panel Convener Mr. Poon Ka Hang and the seminar was completed among a sea of applause by participants.



Mr. Sum was introducing some “Warm up and Warm down” exercise.



Mr. Sum was using a video to show the participants about sports safety.



All participants were very concentrated during the seminar.



Mr. Sum Kim Wai received a souvenir from Physical Recreation Section Panel Convener Mr. Poon Ka Hang.