

**Suggestions on the interim arrangement for elite training
in the event of hosting the 2008 Olympiad Equestrian event at HKSI**

Before presenting a list of suggestions for the interim arrangement for elite training, we would like to emphasize once again that we do not support the idea of using the only elite training center of Hong Kong for hosting the event.

The suggestions provided below are far from the ideal arrangement for any serious elite training. The only purpose of these suggestions is, therefore, to minimize the impacts on the training and preparation of the Hong Kong elite athletes during the two years of interference.

In order to ensure that our future-to-be elite athletes will still have the confidence to devote their time and energy and to participate in elite training, it is crucial for the government to formulate and implement a long-term (at least 20 years or more) policy for sports in Hong Kong as soon as possible. The policy not only should cultivate the sporting culture, but also support the local sports development.

The Hong Kong Sports Institute (HKSI) should be rebuilt and upgraded after the Equestrian event. The integrated center should encompass facilities that are designed specifically for the elite training purpose and also with room for future expansion. Furthermore, facilities should be compatible to those at the international levels.

By providing the “hardware”, such as the “five-star” and “spacious community facilities” during this interim period is not enough. Without any “software” (e.g. coaching, administration, sports science and medicine) and full integration of various functions, it can hardly nurture and develop any world-class athlete. The separation of headquarters (including administrative office, hostel, strength and conditioning, sports science and sports medicine) from individual training facilities of each sport will greatly diminish the effectiveness of delivery of elite training.

The following suggestions are therefore to provide means to minimize the negative impacts on the separation of headquarters from individual training facilities during the interim period.

Headquarters

The whole area used by HKSI within the Wu Kai Sha Youth Village must be fully segregated from the public and enough security personnel should be allocated to reinforce the segregation.

Accommodation for athletes should be spacious and well equipped. The environment should not be inferior to what is being originally offered at HKSI.

The athletes hostel must be located at a quiet area where other campers will not disturb the athletes.

Training facilities (including gymnasium, track and facilities for cross training) have

to be built or upgraded to a standard not worse than that of the present facilities at HKSI.

Catering service has to be feasible (in terms of food composition and serving schedule) to suit the need for various sport teams. The dining area for athletes should be separated from that of the public.

Sport specific training facilities

Each sport should have the exclusive use of the facilities assigned for its specific training according to the schedule designed by respective NSAs and the Head Coaches.

Facilities should be modified to allow provision of on-site technical support. Upon request from individual sports, rooms and beds for masseur, simple physiotherapy treatment, and space for sports science services should be available.

On-field support

As most sport specific training facilities will be inevitably separated from the headquarters, supporting functions (masseur, sports medicine, sports science, strength and conditioning, and even catering) will need to be mobilized to ensure that athletes will get the reasonable level of support. Not only additional manpower is required, but also relevant portable equipment and transportation arrangement. Additional budget will need to be allocated for that purpose.

Transportation of athletes

The separation of sport specific training facilities from the headquarters also implies the need for extra time required by the athletes to travel between the two venues. Each sport should be allocated with at least one van for that purpose. Operation schedule of these vans should be highly feasible to suit the need for the sport.

Overseas training

In order to further minimize the negative impacts on training and preparation of our elite athletes (especially to the potential medallists), overseas training must be enhanced. Budget for overseas training (rooms and board, traveling, technical support) should be increased accordingly.