

民眾安全服務隊 Civil Aid Service



課程手冊 Course Prospectus

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Vision 理想

To be an outstanding auxiliary force in Hong Kong, providing civil support services on the occasion of any emergency, while at the same time help nurture and develop future leaders and responsible citizens in both Adult Service and Cadet Corps.

成為香港一支優秀的輔助部隊，在發生任何緊急事故時提供民間支援服務；同時協助培育部隊及少年團成員成為未來領袖和負責任的公民。

Mission 使命

- ◆ To provide outstanding civil support services on the occasion of any emergency, and be ready for deployment out of Hong Kong to assist in disaster management .
在發生任何緊急事故時提供卓越的民間支援服務，並隨時準備派遣隊員前往香港以外地方協助災難管理工作。
- ◆ To raise and develop youth to be future leaders and responsible citizens.
培育青少年成為未來領袖和負責任的公民。
- ◆ To render services of non-emergency nature to the community in peace time.
為社區提供日常非緊急服務。
- ◆ To provide a high standard of training for volunteers to ensure proficient discharge of operational duties and services to the community.
為志願隊員提供優質培訓，確保他們在執行行動任務和服務社區時得心應手。
- ◆ To maintain close contact with counterparts in the Mainland and other countries to facilitate technical exchange and the promotion of national and international perspectives.
與內地及其他國家的相關組織保持緊密聯繫，從而促進技術交流和擴闊國家及國際視野。
- ◆ To be a caring and efficient government organization.
成為關懷社羣和效率卓著的政府組織

Values 信念

To serve the people of Hong Kong and others in need through the promotion and belief in:
我們宣揚和堅守以下信念，致力服務香港市民和有需要人士：

- ◆ Professional and quality service .
提供優質的專業服務。
- ◆ Team spirit.
發揮團隊精神。
- ◆ Integrity, accountability and sense of belonging.
秉持誠信和負責任的原則，並建立對民安隊的歸屬感。
- ◆ Proactive communication with others .
積極與人溝通。
- ◆ A spirit of mutual respect and understanding.
互相尊重、彼此包容。
- ◆ A helpful and proactive approach in serving the public .
樂於助人，積極為公眾服務。
- ◆ Openness and receptiveness to change.
以開放的態度應對轉變。

供民安隊人員課程

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醫療輔助隊急救教練研習課程
AMS First Aid Instructor Refresher Course
(編號 Serial No.: CAS 1)

<p>目標及得益: Aims & Benefits:</p>	<p>本訓練班旨在更新 / 轉化民安隊急救教練的資歷、知識及技術。學員以令人滿意的成績完成本訓練班後,可代表醫療輔助隊在所屬部門擔任急救教練,負責組織和提供急救訓練。</p> <p>The course aims to renew / convert the instructorship, knowledge and skills of AMS First Aid Instructors in the Civil Aid Service. Upon satisfactory completion of the course, participants can act, on behalf of the Auxiliary Medical Service, as First Aid Instructors in their respective departments to organize and conduct first aid training.</p> <p>學員完成課後,應能繼續有效地組織及執行基本急救訓練。 Upon completion of the course, participants should be able to carry on organizing and conducting the basic first aid training.</p>
<p>參加學員: Target Participants:</p>	<p>1. 持有有效的急救證書;及 2. 持有有效的急救教練證書</p> <p>1. Holders of a valid first aid certificate; & 2. Holders of a valid first aid instructor certificate.</p> <p>課程人數: 按需要安排 Class Size: On needed basis</p>
<p>課程內容: Course Content:</p>	<p>設計本訓練班的目的是更新 / 轉化民安隊急救教練的資歷、知識及技術。醫療輔助隊會因應最新的醫學急救知識及技巧制定培訓內容。</p> <p>The course is designed to renew / convert the instructorship, knowledge and skills of AMS First Aid Instructors in the Civil Aid Service. AMS will develop the course content according to the updated knowledge and skills in the medical and first aid field.</p>
<p>培訓活動: Training Activities:</p>	<p>講課 / 示範 / 實習 / 小組討論 Lecture / Demonstration / Practice / Group Discussion</p>
<p>期間: Duration:</p>	<p>1 日(共 8 小時) 1 day (total 8 hours)</p>
<p>考核: Assessment:</p>	<p>由醫療輔助隊作出評核 Assessed by AMS</p>
<p>證書: Certificate:</p>	<p>有效期限 教練證書的有效期為三年,AMS 急救教練被允許覆考前,必須在每財政年度內至少教授一個急救訓練班。 Validation The instructor certificate will be valid for three years. AMS first aid instructors are required to conduct at least one course in each fiscal year before they are allowed to sit for the requalification examination.</p>

清理油污課程

Anti-oil Pollution Course

(編號 Serial No.: CAS 2)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在為學員提供處理海上油污事件的訓練。 This course aims at providing training to participants on combating oil spills at sea.</p> <p>學員完成課後，應對各類清理油污器械的操作及其應用有一定的認識，並能在清理油污行動中為海事處提供協助。 Upon completion of the course, participants should possess considerable knowledge of the operation and application of anti-oil pollution equipment, and be able to offer assistance to the Marine Department (MD) in an anti-oil pollution operation.</p>
<p>參加學員: Target Participants:</p>	<ol style="list-style-type: none"> 1. 隊員至四級長官; 2. 現任於行動單位或訓練學校者可獲優先考慮; 3. 過往未曾完成相同課程;以及 4. 懂游泳及沒有暈船症 <ol style="list-style-type: none"> 1. Member grades or officers at Grade IV; 2. Preferably serving in Operational Unit or Training School; 3. Have not completed this course before; and 4. Able to swim and without seasickness <p>課程人數: 20 人 Class Size: 20</p>
<p>課程內容: Course Content:</p>	<ol style="list-style-type: none"> 1. 認識海事處在清理油污行動中的組織及安排 2. 協助海事處人員噴射化油劑;以及 3. 協助海事處人員安放及收回隔油槽或各類工具 <ol style="list-style-type: none"> 1. Recognizing the organization and arrangements of MD in an anti-oil pollution operation 2. Assisting MD officers in spraying dispersants; and 3. Assisting MD officers in laying oil spill control booms and other equipment
<p>培訓活動: Training Activities:</p>	<p>講課 / 示範 / 實習 / 參觀 / 實地視察 / 演習 Lecture / Demonstration / Practice / Visit / Field Trip / Exercise</p>
<p>期間: Duration :</p>	<p>兩日(共 16 小時) 2 days (total 16 hours)</p>
<p>考核: Assessment:</p>	<p>不適用 Not Applicable</p>
<p>證書: Certificate:</p>	<p>不適用 Not Applicable</p>

巴士 30 座位以下駕駛教練課程
 Bus (under 30-seats) Driving Instructors Course
 (編號 Serial No.: CAS 3)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在為現職民安隊司機提供考取政府巴士(30 座位以下)駕駛教練資格的訓練，內容理論和實踐並重。 This course aims at providing serving CAS drivers with training consisting of theory and practical sessions for attaining the Government Instructor Driving Permit for government buses (under 30-seats).</p> <p>學員完成課程後，應能掌握教授駕駛政府小型巴士的理論與技術，並考取政府物流服務署頒發的有關駕駛教練認可資格，以便在民安隊執行駕駛教練的職務。 Upon completion of the course, participants should be able to master the theory and techniques on coaching the driving of government light bus and attain the relevant Government Instructor Driving Permit issued by the Government Logistics Department (GLD) for performing instructional duty in CAS.</p>
<p>參加學員: Target Participants:</p>	<ol style="list-style-type: none"> 1. 二級或以上隊員或長官 2. 獲運輸中隊指揮官推薦; 3. 持有有效的香港特別行政區駕駛政府車輛許可證—甲項第 2、3 及 6 類; 4. 七年駕駛政府貨車及兩年駕駛政府巴士(30 座位以下)的經驗; 5. 在過去三年沒有危險駕駛的紀錄; 6. 具備中三或以上程度，或同等學歷; 7. 具有成為駕駛教練的潛質; 8. 能聽講粵語; 9. 能閱讀及書寫中文; 以及 10. 已通過甄選和駕駛技術測試 <ol style="list-style-type: none"> 1. Members or Officers at Grade II or above 2. Recommended by OC/Tpt; 3. Possessing valid HKSAR Government Driving Permit – Category A 2, 3 and 6; 4. Respectively 7 and 2 years experience in driving government lorry and government bus (under 30 seats); 5. No record of Dangerous Driving within the past three years; 6. Form 3 or above, or equivalent; 7. With potential as a driving Instructor; 8. Able to understand and speak Cantonese; 9. Able to read and write Chinese; and 10. Having passed the selection and driving test <p>課程人數: 3 人 Class Size: 3</p>
<p>課程內容: Course Content:</p>	<ol style="list-style-type: none"> 1. Driving theory and the Road Traffic Ordinance 2. Reversing and parking practice 3. Field driving practice and commentary driving 4. Lecture Session 5. Practical Session <ol style="list-style-type: none"> 1. 駕駛理論及《道路交通條例》 2. 倒車及泊位實習

	3. 道路駕駛實習及口述駕駛 4. 理論課堂 5. 實習課堂
培訓活動: Training Activities:	講課 / 示範 / 實習 / 實地視察 Lecture / Demonstration / Practice / Field Trip
期間: Duration :	5 日及 2 節晚間課堂(共 46 小時) 5 days and 2 evening sessions (total 46 hours)
考核: Assessment:	須接受政府物流服務署考核 Assessment by GLD
證書: Certificate:	通過考核的學員可獲政府物流服務署頒發駕駛教練許可證 Participants who have passed the assessment will be issued instructor permits by GLD

傷者處理督導員課程
Casualty Handling Supervisors Course
(編號 Serial No.: CAS 4)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在訓練中隊／單位隊員成為傷者處理督導員，協助提供核心職能訓練內的傷者撤離及運送訓練。</p> <p>The course aims at training companies / unit members to be Casualty Handling Supervisors assisting in the provision of training on casualty handling and evacuation, a subject of the Core Competency training.</p> <p>學員完成課程後，應能:</p> <ol style="list-style-type: none"> 1. 認識傷者處理課程的安全防預措施 2. 明白督導員在傷者處理及運送訓練中的角色及責任 3. 講解民安隊傷者處理及運送的知識及技巧 4. 協助中隊/單位帶領小型訓練演習 <p>Upon completion of the course, participants should be able to:</p> <ol style="list-style-type: none"> 1. be aware of safety precaution in conducting casualty handling and evacuation training 2. understand the roles & responsibilities of supervisors in conducting casualty handling and evacuation training 3. deliver the CAS casualty handling and evacuation knowledge and skills 4. lead small scale training exercises on this subject in company / unit level
<p>參加學員: Target Participants:</p>	<ol style="list-style-type: none"> 1. 二級至高三級隊員; 2. 已通過傷者撤離及運送訓練課程(核心職能訓練)的考核 3. 持有有效的急救證書; 以及 4. 過往未曾完成此課程 <ol style="list-style-type: none"> 1. Members at Grade II to Grade SIII; and 2. Having passed the Casualty Handling & Evacuation Assessment (Core Competence Training) 3. Holders of valid First Aid Certificate; and 4. Have not completed this course before <p>課程人數: 24 人 Class Size: 24</p>
<p>課程內容: Course Content:</p>	<ol style="list-style-type: none"> 1. 督導員的角色及責任 2. 風險評估 3. 工作安全指引 4. 傷者評估 5. 傷者運送 6. 民安隊抬床及臨時抬床的使用方法 7. 紮床法 8. 組織傷者處理及撤離演習 <ol style="list-style-type: none"> 1. Roles and responsibilities of Supervisors 2. Risk assessment 3. Safety work guidelines 4. Patient assessment 5. Casualty transportation 6. Use of CAS stretchers and improvised stretchers 7. Stretchers strapping 8. Organization of Casualty Handling & Evacuation Exercise

培訓活動: Training Activities:	講課 / 示範 / 實習 / 個案研究 / 小組討論 角色扮演 / 演習 Lecture / Demonstration / Practice / Case study / Group Discussion / Role play / Exercise
期間: Duration :	3 日(共 24 小時) 3 days (total 24 hours)
考核: Assessment:	須接受考核 Assessment required
證書: Certificate:	通過考核的學員可獲頒發證書 Participants who have passed the assessment will be issued certificates

鏈鋸操作員課程
Chain Saw Operators Course
(編號 Serial No.: CAS 5)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在提供鏈鋸操作技術，內容理論與實務並重。 The course aims at providing basic training on the use of a chain saw on both theoretical and practical aspects.</p> <p>學員完成課程後，應能正確進行鏈鋸操作及執行有關任務。 Upon completion of the course, participants should be able to operate chain saw accurately in operations.</p>
<p>參加學員: Target Participants:</p>	<ol style="list-style-type: none"> 1. 隊員至高三級隊員; 2. 現任於區域或緊急救援中隊者可獲優先考慮; 3. 體能狀況適合接受本課程的訓練; 以及 4. 過往未曾完成此課程 <ol style="list-style-type: none"> 1. Members to Grade SIII; 2. Preferably serving in Regions & Emergency Rescue Company; 3. Physically fit to undergo training of this course; and 4. Have not completed this course before <p>課程人數: 20 人 Class Size: 20</p>
<p>課程內容: Course Content:</p>	<ol style="list-style-type: none"> 1. 職業及安全條例簡介 2. 進行鏈鋸訓練時注意事項 3. 鏈鋸的使用與安全守則 4. 鏈鋸的保養 5. 鋸切基本技巧 6. 鋸切實習 7. 清潔及保養 <ol style="list-style-type: none"> 1. Introduction of Occupational Safety 2. Reminder in chain saw operation 3. Safety guidelines in chain saw operation 4. Maintenance of chain saw 5. Cutting technique 6. Cutting practice 7. Cleansing and maintenance
<p>培訓活動: Training Activities:</p>	<p>講課 / 示範 / 實習 Lecture / Demonstration / Practice</p>
<p>期間: Duration :</p>	<p>1 日(共 8 小時) 1 day (total 8 hours)</p>
<p>考核: Assessment:</p>	<p>不適用 Not Applicable</p>
<p>證書: Certificate:</p>	<p>不適用 Not Applicable</p>

鏈鋸督導員課程

Chain Saw Supervisors Course

(編號 Serial No.: CAS 6)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在提供鏈鋸操作技術的基本訓練和教授有關的指導技巧,內容理論與實務並重。 The course aims at providing basic training on the use of a chain saw and delivering relevant instructional techniques on both theoretical and practical aspects.</p> <p>學員完成課程後,應能協助教練及單位指導鏈鋸操作員及屬下人員使用正確的技術和選用合適的器材,並能進行鏈鋸操作訓練及執行有關任務。 Upon completion of the course, participants should be able to assist trainers or units in instructing chain saw operators and subordinates on the application of proper techniques, use appropriate equipment, and conduct chain saw training and operations.</p>
<p>參加學員: Target Participants:</p>	<ol style="list-style-type: none"> 1. 二級至高三級隊員; 2. 已通過教學法課程的考核; 3. 已完成鏈鋸操作員課程; 4. 體能狀況適合接受本課程的訓練; 以及 5. 過往未曾完成此課程 <ol style="list-style-type: none"> 1. Members at Grade II to Grade SIII; 2. Having passed the assessment of the Method of Instruction Course; 3. Having completed Chain Saw Operator Course; 4. Physically fit to undergo training of this course; and 5. Have not completed this course before <p>課程人數: 20 人 Class Size: 20</p>
<p>課程內容: Course Content:</p>	<ol style="list-style-type: none"> 1. 複習鏈鋸各主要部分的名稱和功能 2. 個人保護器材及警告訊號 3. 安全措施-選擇適合的訓練及行動場地、工具及參與者; 4. 鏈鋸操作及運送的安全守則 5. 有效的鋸切-不同技巧及方法 6. 教學實習及鋸切實習 7. 如何避免意外事故發生 8. 清潔、保養及檢查鏈鋸的正確方法 <ol style="list-style-type: none"> 1. Revision of the descriptions and functions of the main parts of a chain saw 2. Personal protective gears and alert/warning signals 3. Safety Measures – selection of training and operation environment, tools and participants 4. Safety guidelines on chain saw operation and transportation 5. Effective tree cutting technique & methods 6. Delivery of teaching practices, including lectures and practices 7. Avoidance of potential hazards 8. Proper cleansing, maintenance & checking of chain saw
<p>培訓活動: Training Activities:</p>	<p>講課 / 示範 / 實習 Lecture / Demonstration / Practice</p>
<p>期間:</p>	<p>2 日(共 16 小時)</p>

Duration :	2 days (total 16 hours)
考核: Assessment:	須接受考核 Assessment required
證書: Certificate:	通過考核的學員可獲發證書 Participants who have passed the assessment will be issued certificates

高級緊急搶救課程

Emergency Rescue (Advanced) Course

(編號 Serial No.: CAS 7)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在為學員提供訓練,讓他們深入了解使用重型救援裝備的最新知識及技巧。 The course aims at providing training to participants for a thorough understanding on the up-to-date knowledge and techniques of using heavy rescue equipment.</p> <p>學員完成課程後,應能熟練地使用重型救援裝備及應用各種搶救技術。 Upon completion of the course, participants should be able to make themselves conversant in the use of heavy rescue equipment and to apply various rescue techniques.</p>
<p>參加學員: Target Participants:</p>	<p>1. 高一級隊員至四級長官 2. 現任於行動單位或訓練學校者可獲優先考慮;以及 3. 過往未曾完成此課程 1. Members at Grade SI to Officers at Grade IV; and 2. Preferably serving in Operational Unit or Training School; & 3. Have not completed this course before</p> <p>課程人數: 24 人 Class Size: 24</p>
<p>課程內容: Course Content:</p>	<p>1. 繩結及繩綁 2. 高空搶救 3. 搶救器材的正確使用及保養方法 4. 瓦礫堆搶救 5. 支撐及抗壓 6. 搶救技術的應用及演習 1. Knots and Lashings 2. Rescue from Height 3. Proper Use and Custody of Rescue Equipment 4. Rescue from Debris and Voids 5. Shoring 6. Application of Rescue Techniques and Exercises</p>
<p>培訓活動: Training Activities:</p>	<p>講課 / 示範 / 實習 / 角色扮演 Lecture / Demonstration / Practice / Role play</p>
<p>期間: Duration:</p>	<p>5 日(共 40 小時) 5 days (total 40 hours)</p>
<p>考核: Assessment:</p>	<p>須接受考核 Assessment required</p>
<p>證書: Certificate:</p>	<p>通過考核的學員可獲頒發證書 Participants who have passed the assessment will be issued certificates</p>

水災搶救技巧課程
Flood Rescue Operations Course
(編號 Serial No.: CAS 8)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在就執行水災搶救任務所需的橡皮艇操作技巧及其他基本拯溺技術，為隊員提供基礎訓練。 The course aims at providing basic training on rubber rescue boat handling skills and other basic life saving techniques as required for performing flood rescue duty.</p> <p>學員完成課後，應能有效地執行水災搶救行動。 Upon completion of the course, participants should be able to perform flood rescue operation effectively.</p>
<p>參加學員: Target Participants:</p>	<p>1. 隊員至四級長官 (山嶺搜救中隊除外) 2. 能游畢 50 米和踩水 3 分鐘; 以及 3. 過往未曾完成此課程 1. Members to Officers at Grade IV (except MSaR Coy) 2. Able to swim a distance of 50M and to tread water for 3 minutes; and 3. Have not completed this course before</p> <p>課程人數: 24 人 Class Size: 24</p>
<p>課程內容: Course Content:</p>	<p>1. 水災搶救理論 2. 水災搶救工具 3. 橡皮艇操作 4. 手號 5. 基本拯溺技巧 6. 搜救技巧 1. Theory of Flood Rescue 2. Flood Rescue Equipment 3. Handling of Rubber Boat 4. Hand Signal 5. Basic Life Saving 6. Search & Rescue Techniques</p>
<p>培訓活動: Training Activities:</p>	<p>講課 / 示範 / 實習 / 個案研究 / 小組討論 / 演習 Lecture / Demonstration / Practice / Group Discussion / Exercise</p>
<p>期間: Duration:</p>	<p>三日兩夜訓練營 3 day-2-night residential camp</p>
<p>考核: Assessment:</p>	<p>不適用 Not Applicable</p>
<p>證書: Certificate:</p>	<p>不適用 Not Applicable</p>

助理步操教練課程
Footdrill Assistant Instructors Course
(編號 Serial No.: CAS 9)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在教授下列有關民安隊步操訓練的知識及技巧,使學員在完成課程及取得資歷認證後成為助理步操教練:</p> <ol style="list-style-type: none"> 1. 個人步操技巧 2. 向小隊發放口令的技巧 3. 基本集隊模式 4. 制服檢閱步驟 5. 教授步操的重要技巧及知識 <p>The course aims at providing training on the following knowledge and skills of CAS footdrill training to qualify participants as Assistant Footdrill Instructors upon completion of the course:</p> <ol style="list-style-type: none"> 1. personal drill movements 2. mutual and communication drills required for commanding a squad 3. basic squad formation 4. uniform inspection procedures 5. essential skills and knowledge in performing footdrill instruction <p>學員完成課程後,應能展現高水平的個人步操動作,有效地帶領小隊進行步操及在所屬單位協助步操教練執行教學工作。</p> <p>Upon completion of the course, participants should be able to display high standard of personal drill, command a squad efficiently and assist Footdrill Instructors in performing drill training in their respective Units.</p>
<p>參加學員: Target Participants:</p>	<ol style="list-style-type: none"> 1. 高一級隊員至四級長官; 2. 已通過基本教學技巧課程的考核; 以及 3. 過往從未完成此課程 <ol style="list-style-type: none"> 1. Members at Grade SI to Officers at Grade IV; 2. Having passed the assessment of the Instructional Techniques (Basic) Course; and 3. Have not completed this course before <p>課程人數: 27 人 Class Size: 27</p>
<p>課程內容: Course Content:</p>	<ol style="list-style-type: none"> 1. 步操動作複習 2. 集隊模式 3. 制服及裝備配件的穿戴和保養 4. 制服檢閱步驟 5. 口令發放技巧 6. 沿地步操動作教授 7. 行進間步操動作教授 <ol style="list-style-type: none"> 1. Drill movements revision 2. Squad Formation 3. Wearing and maintenance of uniform and accoutrements 4. Uniform inspection procedures 5. Communication and mutual drills 6. Instructions on movements at the Halt 7. Instructions on movements on the march

培訓活動: Training Activities:	講課/ 示範 / 實習 Lecture / Demonstration / Practice
期間： Duration：	4 日(共 32 小時) 4 days (total 32 hours)
考核: Assessment:	須接受考核 Assessment required
證書: Certificate:	通過考核的學員可獲頒發證書 Participants who have passed the assessment will be issued certificates

步操教練課程
Footdrill Instructors Course
(編號 Serial No.: CAS 10)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在教授下列有關民安隊步操訓練的知識及技巧,使學員在完成課程及取得資歷認證後成為步操教練:</p> <ol style="list-style-type: none"> 1. 個人步操技巧 2. 向小隊發放口令的技巧 3. 基本集隊模式 4. 制服檢閱步驟 5. 教授步操的專業技巧及知識 6. 預備步操課的教材 / 筆記 <p>The course aims at providing training on the following knowledge and skills of CAS footdrill training so as to qualify participants as Footdrill Instructors upon completion of the course:</p> <ol style="list-style-type: none"> 1. personal drill movements 2. mutual and communication drills required for commanding a squad 3. basic squad formation 4. uniform inspection procedures 5. professional skills and knowledge in performing footdrill instruction 6. prepare training materials/notes on drill subjects <p>學員完成課程後,應能展現極高水平的個人步操動作、有效地帶領小隊進行步操訓練,並能執行教授新隊員進行步操及/或在所屬單位內指導長官/隊員進行步操培訓。</p> <p>Upon completion of the course, participants should be able to display high standard of personal drill, command a squad effectively and perform drill instruction for recruits and/or supervise officers/members of their respective Units on footdrill subject training.</p>
<p>參加學員: Target Participants:</p>	<ol style="list-style-type: none"> 1. 二級隊員至四級長官; 2. 已通過教學法課程的評核; 3. 已通過長官步操課程的評核/出席率令人滿意,或已通過小隊長步操課程/助理步操教練課程的考核,或持有由其他紀律部隊或前海陸空軍部隊頒發的步操教練證書; 以及 4. 在步操教練課程甄別試取得合格成績 <ol style="list-style-type: none"> 1. Members at Grade II to Officers at Grade IV; 2. Having passed the assessment of the Methods of Instruction Course; 3. Having passed the assessment of/satisfactory attended the Footdrill Course for Officers, or passed the assessment of the Footdrill Course for Section Leaders or the Footdrill Assistant Instructors Course; or possessing a recognized certificate in drill instruction awarded by other disciplinary forces or the former Army/Navy/Air Force; and 4. Having passed the Selection Test for Footdrill Instructors Course <p>課程人數: 24 人 Class Size: 24</p>
<p>課程內容: Course Content:</p>	<ol style="list-style-type: none"> 1. 步操動作複習 2. 步操教練的責任及應有質素 3. 正確運用步操訓練手冊 4. 操場應有的禮儀、紀律及規則 5. 教授步操的程序

	6. 集隊模式 7. 制服及裝備配件的穿戴和保養 8. 制服檢閱步驟 9. 口令發放技巧 10. 沿地步操動作教授 11. 行進間步操動作教授 1. Drill Movements Revision 2. Roles and Qualities of a Footdrill Instructor 3. Proper Use of Footdrill Manual 4. Etiquette, Discipline and Codes on Parade Ground 5. Sequence of Footdrill Instruction 6. Squad Formation 7. Wearing & Maintenance of Uniform & Accoutrements 8. Uniform Inspection Procedures 9. Communication and Mutual Drills 10. Instructions on Movements at the Halt 11. Instructions on Movements on the March
培訓活動: Training Activities:	講課 / 示範 / 實習 Lecture / Demonstration / Practice
期間: Duration :	5 日(共 40 小時) 5 days (total 40 hours)
考核: Assessment:	須接受考核 Assessment required
證書: Certificate:	通過考核的學員可獲頒發證書 Participants who have passed the assessment will be issued certificates

遠足徑巡邏督導員課程
Hiking Trail Patrolling Supervisors Course
(編號 Serial No.: CAS 11)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在就執行民安隊遠足徑巡邏任務所需的領導和督導技巧,為初級隊員及長官提供有關訓練。 The course aims at providing junior members and officers with training on leadership and supervisory skills required for performing CAS Hiking Trail Patrolling Duty (HTPD).</p> <p>學員完成課程後,應能有效地督導屬下隊員執行遠足徑巡邏任務,並能協助所屬中隊舉辦遠足徑巡邏訓練課程。 Upon completion of the course, participants should be able to effectively supervise the Hiking Trail Patrolling Team members who are performing duties, and assist in conducting HTPD Training within Company.</p>
<p>參加學員: Target Participants:</p>	<p>1. 二級隊員至四級長官;以及 2. 已通過遠足徑巡邏訓練課程(核心職能)的考核 1. Members at Grade II to Officers at Grade IV; and 2. Having passed the assessment of the Hiking Trail Patrolling Course (Core Competence)</p> <p>課程人數: 24 人 Class Size: 24</p>
<p>課程內容: Course Content:</p>	<p>1. 複習遠足徑巡邏任務行動訓令 2. 遠足徑巡邏督導員的職責 3. 執行遠足徑巡邏任務的行政程序 4. 協助市民的技巧 5. 登山安全 6. 緊急事故處理程序 1. Revision on Operations Order of HTPD 2. Responsibilities of Hiking Trail Patrolling Supervisors 3. Administrative Procedures for performing HTPD 4. Skills on rendering assistance to public 5. Mountaineering safety 6. Emergency handling procedures</p>
<p>培訓活動: Training Activities:</p>	<p>講課 / 實習 / 個案研究/ 角色扮演 / 實地視察 / 演習 / 堂課 Lecture / Practice / Case study / Role play / Field Trip / Exercise / Classwork</p>
<p>期間: Duration :</p>	<p>2 日及 2 節晚間堂(共 22 小時) 2 days and 2 evening session (total 22 hours)</p>
<p>考核: Assessment:</p>	<p>須接受考核 Assessment required</p>
<p>證書: Certificate:</p>	<p>通過考核的學員可獲頒發證書 Participants who have passed the assessment will be issued certificates</p>

基本教學技巧課程
Instructional Techniques (Basic) Course
(編號 Serial No.: CAS 12)

目標及得益: Aims & Benefits:	本課程的目的是為學員提供基本教學技巧訓練。 This course is aimed at providing basic instructional skills for participants. 學員完成課程後，應該能夠運用所學技巧教授一節十分鐘的課堂。 Upon completion of the course, participants should be able to give a 10 minutes session with the skill acquired
參加學員: Target Participants:	1. 一級及以上隊員; 以及 2. 過往未曾完成此課程 1. Members at Grade I or above; and 2. Have not completed this course before 課程人數: 30 人 Class Size: 30
課程內容: Course Content:	1. 傳意技巧 2. 視聽教具的使用 3. 激發及維持學員的學習興趣 4. 提問技巧 1. Presentation skills 2. Use of audio-visual aids 3. Motivating and maintaining student's learning interest 4. Questioning techniques
培訓活動: Training Activities:	講課/ 示範 / 實習 / 堂課 Lecture / Demonstration / Practice / Classwork
期間: Duration :	2 日及 1 節晚間課堂(共 19 小時) 2 days and 1 evening session (total 19 hours)
考核: Assessment:	須接受考核 Assessment required
證書: Certificate:	通過考核的學員可獲頒發證書 Participants who have passed the assessment will be issued certificates

貨車駕駛教練課程
Lorry Driving Instructors Course
(編號 Serial No.: CAS 13)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在為現職民安隊司機提供考取政府貨車駕駛教練資格的訓練，內容理論和實踐並重。</p> <p>This course aims at providing serving CAS drivers with training consisting of theory and practical sessions for attaining the Government Instructor Driving Permit for government lorries.</p> <p>學員完成課程後，應能掌握教授駕駛政府貨車的理論與技術，並考取物流服務署頒發的有關駕駛教練認可資格，以便在民安隊執行駕駛教練的職務。</p> <p>Upon completion of the course, participants should be able to master the theory and techniques on coaching the driving of government lorry and attain the relevant Government Instructor Driving Permit issued by the Government Logistics Department (GLD) for performing instructional duty in CAS.</p>
<p>參加學員: Target Participants:</p>	<ol style="list-style-type: none"> 1. 獲運輸中隊指揮官推薦; 2. 持有有效的香港特別行政區駕駛政府車輛許可證-甲項第 2、3 及 6 類; 3. 五年駕駛政府貨車及兩年駕駛政府巴士(30 座位以下)的經驗; 4. 在過去三年沒有危險駕駛的紀錄; 5. 具備中三或以上程度，或同等學歷; 6. 具有成為駕駛教練的潛質; 7. 能聽講粵語; 8. 能閱讀及書寫中文; 以及 9. 已通過甄選和駕駛技術測試 <ol style="list-style-type: none"> 1. Recommended by OC/Tpt; 2. Possessing valid HKSAR Government Driving Permit – Category A 2, 3 and 6; 3. Respectively 5 and 2 years experience in driving government lorry and government bus (under 30 seats) 4. No record of Dangerous Driving within the past three years; 5. Form three or above, or equivalent; 6. With potential as a driving Instructor; 7. Able to speak and understand Cantonese; 8. Able to read and write Chinese; and 9. Having passed the selection and driving test <p>課程人數: 3 人 Class Size: 3</p>
<p>課程內容: Course Content:</p>	<ol style="list-style-type: none"> 1. Driving theory and the Road Traffic Ordinance 2. Reversing and parking practice 3. Field driving practice and commentary driving 4. Lecture Session 5. Practical Session <ol style="list-style-type: none"> 1. 駕駛理論及《道路交通條例》 2. 倒車及泊位實習 3. 道路駕駛實習及口述駕駛 4. 理論課堂 5. 實習課堂

培訓活動: Training Activities:	講課 / 示範 / 實習 / 實地視察 Lecture / Demonstration / Practice / Field Trip
期間: Duration :	5 日及 2 節晚間課堂(共 46 小時) 5 days and 2 evening sessions (total 46 hours)
考核: Assessment:	須接受政府物流服務署考核 Assessment by GLD
證書: Certificate:	通過考核的學員可獲政府物流服務署頒發駕駛教練許可證 Participants who have passed the assessment will be issued instructor permits by GLD

教學法課程

Methods of Instruction Course

(編號 Serial No.: CAS 14)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在為民安隊隊員提供教學技巧培訓。 This course aims at providing CAS members with training on instructional techniques.</p> <p>學員完成課程後，應該能夠設計、準備及教授民安單位訓練課程科目 Upon completion of the course, participants should be able to design, prepare and execute training programme of a subject accordingly.</p>
<p>參加學員: Target Participants:</p>	<ol style="list-style-type: none"> 1. 高級隊員至四級長官; 2. 已通過基本教學技巧課程的考核; 以及 3. 過往未曾完成此課程 <ol style="list-style-type: none"> 1. Members at Grade SI to Officers at Grade IV; 2. Having passed the Instructional Techniques (Basic) Course; and 3. Have not completed this course before <p>課程人數: 30 人 Class Size: 30</p>
<p>課程內容: Course Content:</p>	<ol style="list-style-type: none"> 1. 教練的角色及責任 2. 訓練安全 3. 理論及技巧教學實習 4. 擬備教材 5. 視聽教具使用 6. 教案編寫實習 7. 課堂管理 8. 訓練評估 9. 提問技巧 10. 激發及維持學員的學習興趣 <ol style="list-style-type: none"> 1. Roles & responsibilities of an instructor 2. Training safety for technical training 3. Performing instructional practices on theoretical subject and skill subject 4. Preparation of teaching materials 5. Use of audio-visual aids 6. Writing of lesson plans 7. Class management 8. Evaluating a training 9. Questioning techniques 10. Motivating and maintaining student's learning interest
<p>培訓活動: Training Activities:</p>	<p>講課 / 示範 / 實習 / 堂課 Lecture / Demonstration / Practice / Classwork</p>
<p>期間: Duration :</p>	<p>4 日及 2 節晚間課堂(共 38 小時) 4 days and 2 evening sessions (total 38 hours)</p>
<p>考核: Assessment:</p>	<p>須接受考核 Assessment required</p>
<p>證書: Certificate:</p>	<p>通過考核的學員可獲頒發證書 Participants who have passed the assessment will be issued certificates</p>

山嶺傷者處理課程
Mountain Casualty Handling Course
(編號 Serial No.: CAS 15)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在教授長官和隊員如何在欠缺先進醫療設備的山嶺地區為傷者提供援助。 This course aims at providing training to both officers and members on how to provide assistance to casualties in mountain areas in the absence of advanced medical facilities.</p> <p>學員完成課程後，應能:- 1. 掌握更豐富的山藝知識，將其學以致用 2. 辨識及評估野外地方的風險和危機 3. 在野外地方妥善處理一般傷勢及緊急事故 4. 妥善處理山嶺意外</p> <p>Upon completion of the course, participants should be able to :- 1. possess enriched knowledge on mountaineering and transform it to practice 2. identify and assess risks and hazards in remote environment 3. properly treat common injuries and emergencies in the remote environment 4. properly handle accident on mountains</p>
<p>參加學員: Target Participants:</p>	<p>1. 二級隊員至五級長官(現職山嶺搜救中隊隊員除外); 2. 持有有效的急救證書; 3. 已通過斜坡及高空工作安全課程或基本山嶺搜救課程的考核;以及 4. 現任於行動單位者可獲優先考慮</p> <p>1. Members at Grade II to Officers at Grade V (except serving members in MSaR Company); 2. Holders of valid First Aid Certificate; 3. Having passed the assessment of the Safe Movement on Slopes and at Heights Course or the Mountain Search and Rescue (Basic) Course; and 4. Preferably serving in Operations unit</p> <p>課程人數: 24 人 Class Size: 24</p>
<p>課程內容: Course Content:</p>	<p>1. 介紹香港山嶺搜救組織 2. 山嶺活動的風險評估及傷者處理方法 3. 意外現場評估 4. 山嶺撤離傷者的方法 5. 使用臨時裝備撤離及運送動傷者的方法</p> <p>1. Introduction on mountain search and rescue agencies in HK, 2. Risk assessment on mountaineering activities, and casualty care 3. Evaluation at accident scene 4. Mountain CASEVAC 5. Evacuation with improvised equipment</p>
<p>培訓活動: Training Activities:</p>	<p>講課 / 示範 / 實習 / 個案研究 / 小組討論 / 角色扮演 / 演習 Lecture / Demonstration / Practice / Case study / Group Discussion / Role play / Exercise</p>
<p>期間: Duration :</p>	<p>4 日(共 32 小時) 4 days (total 32 hours)</p>
<p>考核: Assessment:</p>	<p>不適用 Not Applicable</p>
<p>證書: Certificate:</p>	<p>不適用 Not Applicable</p>

山嶺傷者處理教練課程
Mountain Casualty Handling Instructors Course
(編號 Serial No.: CAS 16)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在訓練有山嶺傷者處理知識的學員成為山嶺傷者處理教練,能夠教授相關技術,設計訓練及實習,並能夠在真實行動中擔任施救員及前線指揮工作。</p> <p>This course aims at training up participants with basic mountain casualty handling knowledge to become a respective instructor and be able to deliver the related technique, design training and practice. He should also be capable of being a casualty handler and field commander in case of mountain casualty handling operations.</p> <p>學員完成課後,應該能夠:</p> <ol style="list-style-type: none"> 1. 列出及解釋山嶺傷者處理人員及教練的角色及責任 2. 教授山嶺傷者處理課程各個課題 3. 就各課題設計訓練、實習及演習 4. 就各個訓練活動進行風險評估及實行相應安全措施 5. 了解其他行動單位及部門在山嶺事故中的角色及功能 6. 在演習中顯示有能力擔當施救員及指揮人員 <p>Upon completing the course, participants should be able to</p> <ol style="list-style-type: none"> 1. introduce the role and responsibilities of operations personnel and instructor; 2. deliver all topics in the Mountain Casualty Handling Course; 3. design training, practice and exercise in respect of all topics; 4. conduct risk assessment and set up safety measures in respect of all training activities; 5. describe the role and function of other operations units and departments in mountain incidents; 6. take up function of responder and controller properly during exercise;
<p>參加學員: Target Participants:</p>	<ol style="list-style-type: none"> 1. 二級隊員或至五級長官; 2. 持有有效急救證書; 3. 持有急救教練證書; 4. 已通過山嶺傷者處理課程的考核; 5. 已通過教學法課程的考核; 以及 6. 行山領袖/遠足教練/遠足徑巡邏督導員/民安隊山嶺搜救中隊成員 <ol style="list-style-type: none"> 1. Members at Grade II or Officer at Grade V 2. Holders of valid First Aid Certificate; 3. Holders of First Aid Instructor Certificate; 4. Having passed the assessment of Mountain Casualty Handling Course; 5. Having passed the assessment of Method of Instructions Course; and 6. Hiking leaders / expedition instructors / hiking trail patrolling supervisors / MSaR members <p>課程人數: 16 人 Class Size: 16</p>
<p>課程內容: Course Content:</p>	<ol style="list-style-type: none"> 1. 山嶺傷者處理教練的角色和責任 2. 風險評估 3. 香港的山嶺搜救組織 4. 香港緊急事故應變機制

	5. 傷者檢查 6. 處理一般傷勢的傷者 7. 山嶺撤離傷者的方法 8. 民安隊抬床及臨時抬床的使用方法 9. 在意外現場進行評估 1. Role and responsibilities of Instructor 2. Risk assessment 3. Search and rescue agencies in Hong Kong 4. Emergency response system in Hong Kong 5. Patient assessment 6. Care of casualties with common injuries 7. Mountain CASEVAC 8. Use of CAS stretchers and improvised stretchers 9. Evaluation at accident scene
培訓活動: Training Activities:	講課 / 示範 / 實習 / 個案研究 / 小組討論 / 角色扮演 / 演習 Lecture / Demonstration / Practice / Case study / Group Discussion / Role play / Exercise
期間: Duration :	5 日(共 40 小時) 5 days (total 40 hours)
考核: Assessment:	須接受考核 Assessment required
證書: Certificate:	通過考核的學員可獲頒發證書 Participants who have passed the assessment will be issued certificates

基本山嶺搜索管理課程
Mountain Search Management (Basic) Course
(編號 Serial No.: CAS 17)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在教授前線及其他職級的人員有關山嶺搜索的基本知識和技術。 The course aims at providing basic knowledge and skills on mountain search for frontline officers.</p> <p>學員完成課程後，應能在督導下執行山嶺搜索任務。 Upon completion of the course, participants should be able to carry out mountain search operation under supervision.</p>
<p>參加學員: Target Participants:</p>	<ol style="list-style-type: none"> 1. 三級/高三級隊員或四級長官; 2. 現任於區域或緊急救援中隊者可獲優先考慮; 3. 體能狀況適合接受本課程的訓練;以及 4. 過往未曾完成此課程 <ol style="list-style-type: none"> 1. Members at Grade III / SIII or Officers at Grade IV; 2. Preferably serving in Regions & Emergency Rescue Company; 3. Physically fit to undergo training of this course; and 4. Have not completed this course before <p>課程人數: 24 人 Class Size: 24</p>
<p>課程內容: Course Content:</p>	<ol style="list-style-type: none"> 1. 搜索理論 2. 搜集有關線索及資料 3. 觀察技巧 4. 搜索技巧 5. 野外搜索隊的規模 6. 控制野外搜索隊 <ol style="list-style-type: none"> 1. Search Theory 2. Collection of Clues and Information 3. Observation Techniques 4. Search Skills 5. Scale of Search Party 6. Control of Search Party
<p>培訓活動: Training Activities:</p>	<p>講課 / 實習 / 個案研究 / 小組討論 / 角色扮演 / 實地視察 / 演習 / 堂課 Lecture / Practice / Case study / Group Discussion / Role play / Field Trip / Exercise / Classwork</p>
<p>期間: Duration :</p>	<p>2 日(共 16 小時) 2 days (total 16 hours)</p>
<p>考核: Assessment:</p>	<p>不適用 Not Applicable</p>
<p>證書: Certificate:</p>	<p>不適用 Not Applicable</p>

長官資歷培訓課程
Officers Qualifying Course
(編號 Serial No.: CAS 18)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在培訓具有潛質擔任長官的隊員成為民安隊四級長官。學員在課程中會獲授四級長官必須掌握的民安隊知識，包括單位管理、行政、訓練和行動等。</p> <p>This course aims at training members possessing the potential as officers to be CAS Grade IV Officer. It acquaints participants with the CAS knowledge necessarily to be mastered by Grade IV Officers, including unit management, administration, training and operations, etc.</p> <p>學員完成課程後，應能:-</p> <ol style="list-style-type: none"> 1. 汲取民安隊知識及了解單位行政 2. 理解基本災難管理概念、緊急事故管理技巧及民安隊行動程序 3. 運用主要災場指揮及控制的重要技巧和知識，並能在現場管理行動 4. 掌握野外求生的技巧及知識，並能維持團隊的士氣及紀律 <p>Upon completion of the course, participants should be able to:</p> <ol style="list-style-type: none"> 1. acquire CAS knowledge and understood about Unit management 2. understand the basic disaster management concept, skills on emergency management and CAS operation procedures 3. apply the essential skills and knowledge on Incident Command & Control and to manage the field operation 4. master the field survive skills, knowledge and techniques as well as maintain team morale and discipline.
<p>參加學員: Target Participants:</p>	<p>具有潛質擔任長官並已通過長官遴選評核的隊員 Members who possess potential as officers and have passed the Officers Selection Assessment.</p> <p>課程人數: 30 人 Class Size: 30</p>
<p>課程內容: Course Content:</p>	<ol style="list-style-type: none"> 1. 行政 - 人事管理、財務預算及人力資源管理等 2. 行動 - 災難救援、緊急應變系統、人羣管理及危機管理 3. 管理 - 領袖才能、紀律、督導、策劃及團隊精神 4. 培訓 - 訓練策劃、課程設計、教學、資源管理及發展 <ol style="list-style-type: none"> 1. Administration - personnel management, budgeting and human resources management, etc. 2. Operation - disaster rescue, emergency response system, crowd management and emergency management 3. Management - leadership, discipline, supervisory role and team spirit 4. Training - training plan, programme design, coaching, resources management and development
<p>培訓活動: Training Activities:</p>	<p>講課 / 示範 / 實習 / 個案研究 / 小組討論 角色扮演 / 參觀 / 實地視察 / 演習 / 堂課 / 遊戲 / 項目研究 Lecture / Demonstration / Practice / Case study / Group Discussion Role play / Visit / Field Trip / Exercise / Classwork / Games / Project</p>

期間： Duration :	整個課程共 150 小時，包括 13 個晚間課堂及 4 個兩日一夜宿營 Total 150 hours, including 13 evening sessions and 4 two-day-one-night residential camps
考核： Assessment:	透過周末訓練營、個別及小組研究計劃的形式評核學員在每個訓練單元的表現 Participants' performance in each of the training modules will be assessed in the form of training camps, individual & group projects
證書： Certificate:	通過考核的學員可獲頒發證書 Participants who have passed the assessment will be issued certificates

四級及五級長官行動課程
Operations Course for Grade IV & V Officers
(編號 Serial No.: CAS 19)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在為四級及五級長官提供行動訓練。 This course aims at providing Grade IV&V officers with operational training.</p> <p>學員完成課程後，應能掌握民安隊行動中的正確行政、指揮及監控程序。 Upon completion of the course, participants should be able to master the proper procedures of administration, command and control in CAS.</p>
<p>參加學員: Target Participants:</p>	<ol style="list-style-type: none"> 1. 四級及五級長官 2. 現任於區域或特遣部隊單位者可獲優先考慮; 以及 3. 過往未曾完成此課程 <ol style="list-style-type: none"> 1. Officers at Grade IV and V; 2. Preferably serving in Regions or Tactical Force; and 3. Have not completed this course before <p>課程人數: 24 人 Class Size: 24</p>
<p>課程內容: Course Content:</p>	<ol style="list-style-type: none"> 1. 民安隊組織架構及服務承諾 2. 政府的緊急應變行動計劃 3. 民安隊行動工作的行政程序及措施 4. 指揮中心的運作 - 結構、職能及地方設備 5. 行動基地及常規行動程序(人群管理、風災、水災、撲滅山火及山嶺搜救行動) 6. 行動指揮及控制程序 7. 實地考察、局勢判斷及行動報告 8. 事故現場指揮站/流動指揮車/災民處理 9. 行動工作坊---人群管理任務計劃、組織及管控 <ol style="list-style-type: none"> 1. CAS Organization Structure and Performance Pledge 2. Government Contingency Plan 3. Administrative Procedures and Measures of CAS Operations 4. Operation of CASCCC -Structure, Function and Office Layout 5. Operational Base and Standing Operations Procedures (SOPs) (Crowd Management, Typhoon Rescue, Flood Rescue, Vegetation Fire Fighting and Mountain Search Operations) 6. Operations Command and Control Procedures 7. Site Reconnaissance, Appreciation and Situation Report 8. Set up of ICP/MCU/Victim Handling 9. Operation Workshop--- planning, organizing and control on Crowd Management
<p>培訓活動: Training Activities:</p>	<p>講課 / 實習 / 小組討論/ 演習 / 堂課 Lecture / Practice / Group Discussion / Exercise / Classwork</p>
<p>期間: Duration :</p>	<p>2 日 (共 16 小時) 2 days (total 16 hours)</p>
<p>考核: Assessment:</p>	<p>不適用 Not Applicable</p>
<p>證書: Certificate:</p>	<p>不適用 Not Applicable</p>

體適能教練課程

Physical Fitness Training Instructors Course

(編號 Serial No.: CAS 20)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在提供體適能訓練的知識及技能,使學員在完成課程及取得資歷認證後成為體適能教練。</p> <p>This course aims at providing knowledge and skills of physical and fitness training to qualify participants as Physical Fitness Training Instructors upon completion of the course.</p> <p>學員完成課程後,應能協助單位策劃及推行體適能訓練、執行體能訓練中心當值教練工作,以及協助推行民安隊周年體能測試計劃。</p> <p>Upon completion of the course, participants should be able to assist their respective units in planning and running physical fitness training, to perform instructional duties in CAS Fitness Training Centre, and to assist in running the CAS Annual Fitness Assessment Scheme.</p>
<p>參加學員: Target Participants:</p>	<ol style="list-style-type: none"> 1. 二級隊員至四級長官; 2. 已通過教學法課程的考核或具同等資歷; 3. 體能狀況適合接受訓練; 以及 4. 已通過甄別測試 <ol style="list-style-type: none"> 1. Members at Grade II to Officers at Grade IV; 2. Having passed the assessment of the Methods of Instruction Course or equivalent; 3. Physically fit for attending the training; and 4. Having passed the Selection Test <p>課程人數: 30 人 Class Size: 30</p>
<p>課程內容: Course Content:</p>	<ol style="list-style-type: none"> 1. 體適能的理論、概念及發展 2. 能量系統簡介及其與運動的關係 3. 肌肉系統簡介及肌肉功能測試與訓練 4. 關節系統簡介、柔軟度測試與訓練 5. 心肺功能簡介、心肺耐力測試與訓練 6. 身體組成、營養及體重控制 7. 體重及脂肪測度及減肥方法 8. 運動創傷的預防及處理 <ol style="list-style-type: none"> 1. Theories, concepts and development of Physical Fitness 2. Introduction on the Energy System and its relationship with exercises 3. Introduction on the Muscle System, and Functional Muscle Testing and Training 4. Introduction on the Joint System, the Flexibility Testing and Training 5. Introduction on the Cardiorespiratory System, Cardiorespiratory Endurance Testing and Training 6. The Composition of the Body, Nutrition and Weight Control 7. Body Weight, Body Fat Analysis and Weight Reduction 8. Prevention and Management of Sports Injuries
<p>培訓活動: Training Activities:</p>	<p>講課/ 示範 / 實習 / 參觀 Lecture / Demonstration / Practice / Visit</p>

期間： Duration :	4 日及 5 節晚間課堂(共 47 小時) 4 days and 5 evening sessions (total 47 hours)
考核： Assessment:	須接受考核 Assessment required
證書： Certificate:	通過考核的學員可獲頒發證書 Participants who have passed the assessment will be issued certificates

無線電通訊員課程

Radio Telephone Operators Course

(編號 Serial No.: CAS 21)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在為學員提供無線電通訊程序訓練和實習課堂,使他們成為中隊合資格的無線電通訊員。</p> <p>The course aims at providing participants with radio telephone procedures training and practices for qualifying as radio telephone operators in the Companies.</p> <p>學員完成課程後,應能組織和管理無線電通訊網,並協助中隊在行動、服務和訓練期間提供有效率的無線電通訊服務。</p> <p>Upon completion of the course, participants should be able to organize and manage the radio telephone network and assist Companies in providing effective radio telephone service during operation, service and training.</p>
<p>參加學員: Target Participants:</p>	<p>1. 二級隊員至四級長官; 2. 已通過無線電通話程序訓練(核心職能訓練)的考核;以及 3. 現任於通訊中隊者可獲優先考慮</p> <p>1. Members at Grade II to Officers at Grade IV; 2. Having passed the assessment of Radio Telephone Voice Procedures training (Core Competence training); and 3. Preferably serving in Communications Company</p> <p>課程人數: 30 人 Class Size: 30</p>
<p>課程內容: Course Content:</p>	<p>1. 無線電通話程序總複習 2. 無線電通話程序演練 3. 通訊器材的使用</p> <p>1. Overall revision of radio telephone voice procedures 2. Radio telephone voice procedures drill 3. Use of radio telephone equipment</p>
<p>培訓活動: Training Activities:</p>	<p>講課 / 示範 / 實習 / 演習 / 堂課 Lecture / Demonstration / Practice / Exercise / Classwork</p>
<p>期間: Duration :</p>	<p>3 日及 2 節晚間課堂(共 30 小時) 3 days and 2 eveing sessions (total 30 hours)</p>
<p>考核: Assessment:</p>	<p>須接受考核 Assessment required</p>
<p>證書: Certificate:</p>	<p>不適用 Not Applicable</p>

無線電通話程序教練課程

Radio Telephone Voice Procedures Instructors Course

(編號 Serial No.: CAS 22)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在訓練隊員或長官成為無線電通話程序課程的教練,協助在核心職能訓練內提供有關培訓。 The course aims at training members or officers to be trainers of Radio Telephone Voice Procedures (RTVP) Course who assist in the provision of RTVP training in Core Competency training.</p> <p>學員完成課程後,應能應用所學知識協助單位進行無線電通話程序訓練。 Upon completion of the course, participants should be able to assist their units in conducting RTVP training by applying the acquired knowledge.</p>
<p>參加學員: Target Participants:</p>	<p>1. 二級隊員至四級長官; 2. 已通過教學法課程的考核;以及 3. 已取得下列其中一項的合格成績: - 無線電通訊員課程;或 - 無線電通話程序訓練(核心職能訓練)</p> <p>1. Members at Grade II to Officers at Grade IV; 2. Having passed the assessment of the Methods of Instruction Course; and 3. Having passed one of the following: - Radio Telephone Operator Course; or - RTVP training (Core Competence training)</p> <p>課程人數: 16 人 Class Size: 16</p>
<p>課程內容: Course Content:</p>	<p>1. 無線電通話程序總複習 2. 教學法總複習 3. 編寫教案及進行教學實習</p> <p>1. Overall revision on RTVP 2. Overall revision on the method of instruction 3. Compilation of lesson plans and teaching practices</p>
<p>培訓活動: Training Activities:</p>	<p>講課 / 示範 / 實習 / 角色扮演 / 演習 / 堂課 Lecture / Demonstration / Practice / Role play / Exercise / Classwork</p>
<p>期間: Duration :</p>	<p>2 日及 8 節晚間課堂(共 40 小時) 2 days and 8 evening sessions (total 40 hours)</p>
<p>考核: Assessment:</p>	<p>須接受考核 Assessment required</p>
<p>證書: Certificate:</p>	<p>通過考核的學員可獲頒發證書 Participants who have passed the assessment will be issued certificates</p>

駕駛技術矯正課程
Remedial Driving Course
(編號 Serial No.: CAS 23)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在改善涉及交通意外的民安隊司機的駕駛表現(例如:駕駛態度、駕駛技術和技巧),並教授最新的駕駛知識。 The course aims at improving the driving performance (e.g. driving attitude, driving techniques and skills) of CAS drivers involving in traffic accidents, and to update their knowledge of driving.</p> <p>學員以令人滿意的成績完成課程後,應能恢復駕駛任務。 Upon completion of the course, participants should be able to resume CAS driving duties.</p>
<p>參加學員: Target Participants:</p>	<p>1. 曾在執行駕駛任務時發生意外的民安隊司機及電單車司機; 以及 2. 由政府物流服務署推薦出席此課程 1. CAS drivers and motorcyclists involved in traffic accidents during their driving duties; and 2. Recommended by Government Logistics Department to attend this course</p> <p>課程人數: 按需要安排 Class Size: On needed basis</p>
<p>課程內容: Course Content:</p>	<p>1. 認識防衛駕駛,加深對車輛、駕駛者與道路互相配合的理解,以及加強對正確駕駛態度的認識 2. 理論課程 3. 實習課程 1. Getting to know defensive driving, deepening understanding of collaboration among vehicle, driver and road, and strengthening proper attitude to driving 2. Lecture Session 3. Practical Session</p>
<p>培訓活動: Training Activities:</p>	<p>講課 / 實習 Lecture / Practice</p>
<p>期間: Duration:</p>	<p>1.5 日 (共 12 小時) 1.5 days (total 12 hours)</p>
<p>考核: Assessment:</p>	<p>不適用 Not Applicable</p>
<p>證書: Certificate:</p>	<p>不適用 Not Applicable</p>

斜坡及高空工作安全課程
(民安隊人員)
Safe Movement on Slopes and at Heights Course
(for CAS members)
(編號 Serial No.: CAS 24)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在為隊員及前線人員提供斜坡及高空工作安全的基本訓練。 The course aims at providing members and frontline Officers with basic training on safe working on slopes and at heights.</p> <p>學員完成課程後，應能:-</p> <ol style="list-style-type: none"> 1. 具備高空工作的安全意識、知識和技巧； 2. 使用部隊提供的器材設置自身安全措施及在斜坡作業； 3. 適當地保養器材和裝備； 4. 安全地進行沿繩下降及沿繩攀登； 5. 在斜坡及石面上以安全的方法提升其他工作伙伴 <p>Upon completion of the course, participants should be able to :-</p> <ol style="list-style-type: none"> 1. possess sense of safety, knowledge and techniques when situated and working at high place; 2. use equipment provided by the Service to set up self-safety measures and move along slope; 3. handle and maintain the safety equipment properly; 4. conduct lowering and ascending safely; 5. uplift other parties on slope and rock surface safely
<p>參加學員: Target Participants:</p>	<ol style="list-style-type: none"> 1. 高一級隊員至四級長官(山嶺搜救中隊隊員除外); 以及 2. 現任於行動單位者可獲優先考慮 <ol style="list-style-type: none"> 1. Members at Grade SI to Officers at Grade IV, except serving members in MSaR Company; and 2. Preferably serving in Operation Unit <p>課程人數: 24 人 Class Size: 24</p>
<p>課程內容: Course Content:</p>	<ol style="list-style-type: none"> 1. 介紹器材裝備及其保養 2. 主要繩結及使用安全帶 3. 建立穩固點及防護系統 4. 在斜坡移動:下降及上升 5. 使用沿繩放下及提升技術 <ol style="list-style-type: none"> 1. Introduction on equipment and its maintenance 2. Related knots and use of harness 3. Setup of anchor point and belay system 4. Movement on slope: upward and downward 5. Use of lowering and uplifting techniques
<p>培訓活動: Training Activities:</p>	<p>講課 / 示範 / 實習 Lecture / Demonstration / Practice</p>
<p>期間: Duration :</p>	<p>2 日(共 16 小時) 2 days (total 16 hours)</p>
<p>考核: Assessment:</p>	<p>須接受考核 Assessment required</p>
<p>證書: Certificate:</p>	<p>通過考核的學員可獲頒發證書 Participants who have passed the assessment will be issued certificates</p>

斜坡及高空工作安全督導員課程

Safe Movement on Slopes and at Heights Supervisors Course

(編號 Serial No.: CAS 25)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在就斜坡及高空(4米或以下)工作的預備、管理及督導技巧，為民安隊隊員提供訓練。</p> <p>This course aims at providing CAS members with training on preparation, management and supervision of working on slopes and at heights (4 metres or below).</p> <p>學員完成課程後，應能:-</p> <ol style="list-style-type: none"> 1. 正確使用技術及具備安全意識 2. 正確選用及預備部隊提供的器材 3. 檢查及督導隊員正確處理和保養器材 4. 督導隊員運用安全系統在斜坡上安全地移動 5. 善用部隊訓練設施或戶外環境 6. 正確運用沿繩下降及上升技術在斜坡上移動 7. 在高處及斜坡進行行動及訓練期間，督導隊員正確使用沿繩降下及提升技術 <p>Upon completion of the course, participants should be able to :</p> <ol style="list-style-type: none"> 1. apply techniques properly and possess sense of safety 2. select, prepare and use equipment provided by Service 3. inspect and supervise members to handle and maintain the safety equipment properly 4. supervise members to use the safety system and move along slopes safely 5. use Service training facilities or outdoor environment 6. use abseiling and ascending techniques to move on slopes 7. supervise members to use lowering and ascending techniques properly during the operations and training at high places and slopes
<p>參加學員: Target Participants:</p>	<ol style="list-style-type: none"> 1. 三級隊員至四級長官(山嶺搜救中隊隊員除外); 以及 2. 現任於行動單位者可獲優先考慮 <ol style="list-style-type: none"> 1. Members at Grade III to Officers at Grade IV, except serving members in MSaR Company; and 2. Preferably serving in Operations Units <p>課程人數: 20 人 Class Size: 20</p>
<p>課程內容: Course Content:</p>	<ol style="list-style-type: none"> 1. 複習各種斜坡及高空推進技術 2. 監控斜坡及高空工作的督導技巧 3. 繩索管理 4. 基本沿繩下降及制停技術 5. 沿繩下降搬運器材技術 6. 使用安全繩系統 7. 風險管理 <ol style="list-style-type: none"> 1. Revision of all techniques of safe movements at heights and on slopes 2. Supervising skills in controlling movements on slopes and at heights 3. Rope management 4. Basic abseiling and braking techniques 5. Lowering of equipment 6. Use of safety line 7. Risk management

培訓活動: Training Activities:	講課 / 示範 / 實習 Lecture / Demonstration / Practice
期間: Duration :	4 日(共 32 小時) 4 days (total 32 hours)
考核: Assessment:	須接受考核 Assessment required
證書: Certificate:	通過考核的學員可獲頒發證書 Participants who have passed the assessment will be issued certificates

小隊長資歷培訓課程
Section Leaders Qualifying Course
(編號 Serial No.: CAS 26)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在為初級隊員提供基本督導訓練。 The course aims at providing basic supervisory training for junior members.</p> <p>學員完成課程後，應已掌握基本的領導技巧，並能確定管理人員的角色和職責。 Upon completion of the course, participants should have acquired basic leadership skills and be able to state their roles and responsibilities.</p>
<p>參加學員: Target Participants:</p>	<p>1. 高一級隊員及二級隊員; 以及 2. 過往未曾完成此課程 1. Members at Grade SI to Grade II; and 2. Have not completed this course before</p> <p>課程人數: 32 人 Class Size: 32</p>
<p>課程內容: Course Content:</p>	<p>1. 民安隊基本知識 2. 溝通技巧 3. 領導才能訓練 4. 解決困難 5. 督導技巧 6. 民安隊行動知識 7. 步操訓練 8. 職業安全 1. CAS basic knowledge 2. Communication skills 3. Leadership training 4. Problem solving skills 5. Supervisory skills 6. CAS operational tasks 7. Footdrill Training 8. Occupational Safety</p>
<p>培訓活動: Training Activities:</p>	<p>講課 / 實習 / 個案研究 / 小組討論 / 角色扮演 / 演習 / 遊戲 Lecture / Practice / Case study / Group Discussion / Role play / Exercise / Games</p>
<p>期間: Duration:</p>	<p>1. 兩日及 1 節晚間課堂(共 18 小時);以及 2. 兩日 1 夜訓練營 1. Two days and one evening session (total 18 hours); and 2. A residential camp lasts for 2 days and 1 night</p>
<p>考核: Assessment:</p>	<p>須接受考核 Assessment required</p>
<p>證書: Certificate:</p>	<p>通過考核的學員可獲頒發證書 Participants who have passed the assessment will be issued certificates</p>

高級長官研討會
Senior Officers' Seminar
(編號 Serial No.: CAS 27)

<p>目標及得益: Aims & Benefits:</p>	<p>本研討會旨在為高五級或以上的長官提供部隊在行政、訓練、人力資源、行動及最新發展各方面的新資訊。 The seminar aims at providing officers at Senior Grade V or above with updated information on the Service's administration, training, human resources, operations and latest development.</p> <p>學員參與研討會後，應能有效掌握部隊發展的策略，並將有關訊息傳遞給其部屬。 Upon attending the seminar, participants should be able to master the strategies of the Service's development and deliver the message to their subordinates.</p>
<p>參加學員: Target Participants:</p>	<p>高五級長官或以上 Officers at Grade SV or above</p> <p>課程人數: 80 人 Class Size: 80</p>
<p>課程內容: Course Content:</p>	<p>1. 部隊發展 2. 部隊政策檢討 3. 研討及建議 4. 討論</p> <p>1. Development of the Service 2. Review on the policy of the Service 3. Discussion and proposal 4. Forum</p>
<p>培訓活動: Training Activities:</p>	<p>講課 / 小組討論 / 參觀 / 講座 Lecture / Group Discussion / Visit / Talk</p>
<p>期間: Duration:</p>	<p>半日(共 4 小時) ½ day (total 4 hours)</p>
<p>考核: Assessment:</p>	<p>不適用 Not Applicable</p>
<p>證書: Certificate:</p>	<p>不適用 Not Applicable</p>

督導管理課程
Supervisory Management Course
(編號 Serial No.: CAS 28)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在教授小隊長晉升必需的督導管理技巧及知識。 The course aims at providing Section Leaders with training on supervisory management skills and knowledge as the prerequisites for promotion.</p> <p>學員完成課程後，應能:</p> <ol style="list-style-type: none"> 1. 掌握一般督導管理知識及技巧 2. 掌握人羣管理的策略 3. 督導人羣管理任務 4. 管理及營運災場管理處 5. 履行高級小隊長的任務 6. 協助中隊指揮官管理單位 7. 扮演中隊副主管的角色 <p>Upon completion of the course, participants should be able to:</p> <ol style="list-style-type: none"> 1. master the general supervisory management knowledge and skills 2. master the crowd management tactics 3. supervise crowd management duty 4. man and operate ICP 5. perform the duties of Senior Section Leader 6. assist OCs in administering unit 7. act as the 2nd i/c of a platoon
<p>參加學員: Target Participants:</p>	<ol style="list-style-type: none"> 1. 二級隊員至三級隊員; 以及 2. 過往未曾完成此課程 <ol style="list-style-type: none"> 1. Members at Grade II to Grade III; and 2. Have not completed this course before <p>課程人數: 24 人 Class Size: 24</p>
<p>課程內容: Course Content:</p>	<ol style="list-style-type: none"> 1. 高級小隊長的角色及責任 2. 督導管理 <ul style="list-style-type: none"> - 領導方式及應用 - 技能、工具及解決問題的技巧 - 對質、談判及晤談技巧 - 應急事故領導模式及運用 - 局勢判斷及授權 3. 行動及社會服務 <ul style="list-style-type: none"> - 指揮及組織 - 流動指揮站及災場管理處 - 人羣管理的策略 4. 單位內的工作 <ul style="list-style-type: none"> - 策劃及組織 - 指導及監察 <ol style="list-style-type: none"> 1. Roles and responsibilities of Senior Section Leader 2. Supervisory Management <ul style="list-style-type: none"> - Leading styles & application - Skills, tools & problem solving techniques - Confrontation, negotiation & interviewing techniques

	<ul style="list-style-type: none"> - Emergency leadership model & application - Appreciation of situation & delegation <p>3. Operations and Community Services</p> <ul style="list-style-type: none"> - Command and structure - MCU and ICP - Crowd management tactics <p>4. Detailed tasks in unit</p> <ul style="list-style-type: none"> - Planning & organization - Coaching & monitoring
培訓活動: Training Activities:	講課 / 實習 / 個案研究 / 小組討論 / 角色扮演 Lecture / Practice / Case study / Group Discussion / Role play
期間: Duration :	2 日及 1 節課堂(共 19 小時) 2 days and 1 session (total 19 hours)
考核: Assessment:	須接受考核 Assessment required
證書: Certificate:	通過考核的學員可獲頒發證書 Participants who have passed the assessment will be issued certificates

單位行政課程
Unit Administration Course
(編號 Serial No.: CAS 29)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在為民安隊隊員提供基本中隊單位行政訓練。 The course aims at providing basic unit administrative training for CAS members. 學員完成課程後，應能運用有關知識及技巧，有效地處理中隊單位的行政工作。 Upon completion of the course, participants should be able to apply the knowledge and skills for effective handling of administrative works of their companies.</p>
<p>參加學員: Target Participants:</p>	<p>1. 一級至高三級隊員; 2. 需協助單位行政的隊員;以及 3. 過往未曾完成此課程 1. Members at Grade I to SIII; and 2. Members required to offer assistance in unit administration; and 3. Have not completed this course before</p> <p>課程人數: 32 人 Class Size: 32</p>
<p>課程內容: Course Content:</p>	<p>1. 民眾安全服務隊條例及規例 2. 民安隊通令 3. 民安隊的組織架構 4. 民安隊無線電通訊網 5. 民安隊辦事處、訓練中心及行動基地 6. 民安隊數碼天地 7. 出勤管理機制 8. 資訊科技保安措施/指引及程序 9. 單位行政工作 1. CAS Ordinance & Regulation 2. CAS General Orders 3. Structure of Civil Aid Service 4. CAS Radio-telephone Network 5. CAS Office, Centres & Operation Bases 6. CAS e-Garden 7. Attendance Management Information System (AMIS) 8. IT Security Measures / Guidelines and Procedures 9. Introduction of company administration</p>
<p>培訓活動: Training Activities:</p>	<p>講課 / 示範 / 實習 / 小組討論 / 參觀 / 堂課 Lecture / Demonstration / Practice / Group Discussion / Visit / Classwork</p>
<p>期間: Duration:</p>	<p>3 日(共 24 小時) 3 days (total 24 hours)</p>
<p>考核: Assessment:</p>	<p>不適用 Not Applicable</p>
<p>證書: Certificate:</p>	<p>不適用 Not Applicable</p>

多元智能導師工作坊
Workshop for STCC Instructors
(編號 Serial No.: CAS 30)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在讓民安隊導師熟悉多元智能挑戰營計劃的行政及執行方法。 The course aims at familiarizing CAS instructors with the STCC project administration and execution.</p> <p>學員完成課後，應能以統一而合適的方法執行多元智能挑戰營計劃的教學工作；調節每個項目的執行技巧，以達至多元智能挑戰營的目標。 Upon completion of the course, participants should be able to perform instructional duties in line with the STCC programme with uniformity and appropriate manner. Execution of different subjects will be fine-tuned to the intensity required in achieving the objectives of the STCC</p>
<p>參加學員: Target Participants:</p>	<p>已申請參加多元智能挑戰營工作的民安隊長官及隊員 CAS officers and members who have applied for STCC duties 課程人數: 因應課程安排 Class Size: On need basis</p>
<p>課程內容: Course Content:</p>	<ol style="list-style-type: none"> 1. 多元智能挑戰營計劃的主旨及目標 2. 處理學員的違紀及情緒問題 3. 營地行政及支援工作 4. 處理意外/危機，以及老師與家長的提問 5. 民安隊導師的紀律及正確態度 6. 下列項目的指導模式及詳情: <ul style="list-style-type: none"> - 自律 - 營藝 - 步操 - 遠足、露營、地圖及指南針運用 - 基本緊急搶救法介紹 - 先鋒工程 - 基本急救 - 領導才能及溝通遊戲 - 野外定向 - 營火會 1. Aims & objectives of the STCC project 2. Handling misbehavior & emotional problems of the students 3. Administration and logistic support of camps 4. Handling accidents/emergencies at camps, handling enquiries from teachers or parents 5. Discipline and appropriate manners of CAS instructors 6. Instructional modes & details of the following subjects: <ul style="list-style-type: none"> -self-discipline -camping -footdrill -hiking, bivouac, use of map & compass -introductory skills on basic emergency rescue -pioneering project -basic first aid -leadership & communication games -orienteering -group project at campfire

培訓活動: Training Activities:	講課 / 示範 / 實習 / 小組討論 Lecture / Demonstration / Practice / Group Discussion
期間: Duration :	兩日 1 夜訓練營 A residential camp lasts for 2 days and 1 night
考核: Assessment:	不適用 Not Applicable
證書: Certificate:	不適用 Not Applicable

沿繩下降技術教練課程
(公務員訓練)
Abseiling Instructors Course
(Civil Servants Training)
(編號 Serial No.: N 1)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在就應用穩固點設置、防護、沿繩下降及上升技術、空中索道等多方面，為沿繩下降技術督導員提供深入的訓練。 This course aims at providing intensive training in anchoring, belaying, abseiling, ascending and cableway for abseiling supervisors.</p> <p>學員完成課程後，應能進行沿繩下降、籌辦及設計沿繩下降訓練課程，以及為所屬部門制定沿繩下降訓練及行動的安全指引。 Upon completion of the course, participants should be able to conduct abseiling, to plan and design the abseiling training curriculum and to set up safety guidelines for abseiling during operations and training for their respective departments.</p>
<p>參加學員: Target Participants:</p>	<p>各政府紀律部隊內具備民安處沿繩下降技術督導員證書的教練 Trainers of various government disciplined forces who possess the CAS Supervisor Certificate in abseiling</p> <p>課程人數: 16 人 Class Size: 16</p>
<p>課程內容: Course Content:</p>	<ol style="list-style-type: none"> 1 辨識及運用不同的沿繩下降繩結、裝備及器材 2 沿繩下降器材的保養 3 選擇穩固點及防護方法 4 沿繩下降及制停技巧 5 在建築物進行沿繩下降：理論及實習 6 沿繩下降技術-空中索道、沿繩上升、下降轉上升、上升轉下降、繞繩下降技術的運用 7 沿繩下降教授技巧 <ol style="list-style-type: none"> 1. Identification and application of knots, gear and equipment for abseiling 2. Care and maintenance of abseiling equipment 3. Anchoring and belaying 4. Abseiling and braking techniques 5. Abseiling down buildings: theory and practices 6. Rope access techniques-application of cableway, ascending, descending to ascending, ascending to descending and tactical abseiling 7. Instructional techniques on abseiling
<p>培訓活動: Training Activities:</p>	<p>講課 / 示範 / 實習 Lecture / Demonstration / Practice</p>
<p>期間: Duration :</p>	<p>5 日(共 40 小時) 5 days (total 40 hours)</p>
<p>考核: Assessment:</p>	<p>須接受考核 Assessment required</p>
<p>證書: Certificate:</p>	<p>通過考核的學員可獲頒發證書 Participants who have passed the assessment will be issued certificates</p>

沿繩下降技術教練研習課程
(公務員訓練)
Abseiling Instructors Study
(Civil Servants Training)
(編號 Serial No.: N 2)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在向各政府紀律部隊的沿繩下降技術教練介紹有關高空工作的最新知識及技術，以便他們進行沿繩下降訓練及行動。 This course aims at providing updated knowledge and techniques on working at heights for abseiling trainers from various government disciplined forces to facilitate the undertaking of training and operations on abseiling.</p> <p>學員完成課程後，應能:</p> <ol style="list-style-type: none"> 1. 熟練地運用及操作所需的沿繩下降器材； 2. 在不同環境或場地架設安全的穩固點及拯救系統； 3. 應用最新的知識及技術，以不同種類的器材作沿繩下降和制停 <p>Upon completion of the course, participants should be able to:</p> <ol style="list-style-type: none"> 1. apply and manipulate the necessary equipment in a proficient manner; 2. set up anchor and rescue system at different terrain; 3. apply updated knowledge and techniques on abseiling and braking with different devices
<p>參加學員: Target Participants:</p>	<p>各政府紀律部隊內具備民安處沿繩下降技術教練或督導員證書的教練或督導員 Trainers or supervisors of various government disciplined forces who possess the Instructor or Supervisor Certificate of CAS</p> <p>課程人數: 24 人 Class Size: 24</p>
<p>課程內容: Course Content:</p>	<ol style="list-style-type: none"> 1. 複習沿繩下降所需的繩結、裝備及有關器材的使用 2. 沿繩下降器材保養的最新知識及技巧 3. 穩固點設置及防護方法的最新知識 4. 安全沿繩下降和制停的最新知識 5. 處理沿繩下降緊急事故 6. 就沿繩下降、穩固點設置及防護方法等作經驗交流 <ol style="list-style-type: none"> 1. Revision on the application of knots, gear and equipment for abseiling 2. Updated knowledge and techniques of care and maintenance of abseiling equipment 3. Updated knowledge and techniques of anchoring and belaying 4. Updated knowledge and techniques of safe abseiling and braking 5. Handling emergencies during abseiling 6. Experience sharing on safe abseiling, anchoring and belaying.
<p>培訓活動: Training Activities:</p>	<p>講課 / 示範 / 實習 Lecture / Demonstration / Practice</p>
<p>期間: Duration :</p>	<p>1 日(共 8 小時) 1 day (total 8 hours)</p>
<p>考核: Assessment:</p>	<p>須接受考核 Assessment required</p>
<p>證書: Certificate:</p>	<p>通過考核的學員可獲頒發證書 Participants who have passed the assessment will be issued certificates</p>

沿繩下降技術督導員課程
(公務員訓練)
Abseiling Supervisors Course
(Civil Servants Training)
(編號 Serial No.: N 3)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在為學員提供理論與實務並重的沿繩下降技術基本訓練和有關的指導技巧，以便向其他進行沿繩下降的人士教授基礎知識和技術。 This course aims at providing participants with basic training on abseiling in both the theoretical and practical aspects, and related instructional techniques for disseminating the fundamental knowledge and techniques to other abseilers.</p> <p>學員完成課程後，應能督導屬下人員使用正確的技術和合適的器材進行沿繩下降。 Upon completion of the course, participants should be able to supervise their fellow staff in the application of correct techniques and the use of proper equipment for abseiling.</p>
<p>參加學員: Target Participants:</p>	<p>各政府紀律部隊內具備沿繩下降技術和繩藝基本知識及經驗的教練 Trainers of various government disciplined forces who possess basic knowledge and experience in abseiling and rope work</p> <p>課程人數: 24 人 Class Size: 24</p>
<p>課程內容: Course Content:</p>	<ol style="list-style-type: none"> 1 沿繩下降的重要裝備及器材 2 沿繩下降器材的保養 3 各種繩結及器材的運用 4 選擇穩固點及防護方法 5 沿繩下降及制停方法 6 在建築物進行沿繩下降 7 繞繩下降技術 8 沿繩下降指導技巧 9 處理沿繩下降緊急事故 <ol style="list-style-type: none"> 1. Essential gears and equipment for abseiling 2. Care and maintenance of abseiling equipment 3. Application of knots and use of equipment 4. Anchoring and belaying 5. Abseiling and braking techniques 6. Abseiling down buildings 7. Tactical abseiling 8. Instructional techniques on abseiling 9. Handling of abseiling emergencies
<p>培訓活動: Training Activities:</p>	<p>講課 / 示範 / 實習 Lecture / Demonstration / Practice</p>
<p>期間: Duration :</p>	<p>4 日(共 32 小時) 4 days (total 32 hours)</p>
<p>考核: Assessment:</p>	<p>須接受考核 Assessment required</p>
<p>證書: Certificate:</p>	<p>通過考核的學員可獲頒發證書 Participantss who have passed the assessment will be issued certificates</p>

香港青少年制服團體基本緊急救援課程

Emergency Rescue (Basic) Course for Youth Uniformed Groups in Hong Kong

(編號 Serial No.: N 4)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在提供有關緊急救援和傷者處理及撤離技術的基本訓練。 This course aims at providing basic training on Emergency Rescue and Casualty Handling & Evacuation techniques.</p> <p>學員完成課後，應能:-</p> <ol style="list-style-type: none"> 1. 認識傷者處理及撤離工作的安全措施及守則 2. 正確分辨救援繩索的種類及其安全負重量 3. 有效地在救援行動中應用基本及常用的繩結 4. 正確地使用抬床作撤離傷者的用途 5. 協助其部隊進行基本緊急救援訓練 6. 在災難事件中有效及安全地協助正規部隊人員進行救援工作 <p>Upon completion of the course, participants should be able to:-</p> <ol style="list-style-type: none"> 1. be aware of safety precautions and rules on Casualty Handling & Evacuation 2. identify different kinds of rescue ropes and their braking strength accurately 3. apply basic and common knots effectively in operations 4. apply the usage of stretcher for casualty evacuation correctly 5. assist in conducting basic emergency rescue training for their organization 6. assist the regular forces in conducting rescue operations effectively and safely amid disasters
<p>參加學員: Target Participants:</p>	<p>香港青少年制服團體訓練員，學員須具備有關緊急救援概念的一般知識。 Trainers from various youth uniformed groups in Hong Kong who possess general knowledge on the concepts of emergency rescue.</p> <p>課程人數: 32 人 Class Size: 32</p>
<p>課程內容: Course Content:</p>	<ol style="list-style-type: none"> 1. 緊急救援行動時須注意的事項 2. 認識不同種類的救援繩索 3. 繩結、工具及裝備的應用 4. 抬床的使用 5. 傷者撤離及運送技巧 <ol style="list-style-type: none"> 1. Rules of emergency rescue operations 2. Identification of different kinds of rescue ropes 3. Application of knots, gear and equipment 4. Stretcher handling 5. Casualty vacuation and transportation techniques
<p>培訓活動: Training Activities:</p>	<p>講課 / 示範 / 實習 / 演習 Lecture / Demonstration / Practice / Exercise</p>
<p>期間: Duration:</p>	<p>3 日(共 24 小時) 3 days (total 24 hours)</p>
<p>考核: Assessment:</p>	<p>須接受考核 Assessment required</p>
<p>證書: Certificate:</p>	<p>通過考核的學員可獲頒發證書 Participants who have passed the assessment will be issued certificates</p>

青少年制服團體領袖人羣管理工作簡介

Introduction on Crowd Management for Youth Uniformed Group (UG) Leaders Course

(編號 Serial No.: N 5)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在向學員灌輸人羣管理工作的基本概念和安全執行任務所需的知識。 This course aims at providing participants with basic concepts of crowd management and knowledge for safe execution of the task.</p> <p>學員在完成課程後，應能在實務值勤時保障自身及羣眾的安全，令活動能夠順利舉行，避免不愉快事件發生。 Upon completion of the course, participants should be able to protect themselves and members of the public involved from possible dangers while carrying out crowd management duties; and to ensure a smooth operation of the event to avoid unpleasant situations.</p>
<p>參加學員: Target Participants:</p>	<p>青年制服團體領袖 Leaders of Youth Uniform Groups</p> <p>課程人數: 32 人 Class Size: 32</p>
<p>課程內容: Course Content:</p>	<p>1. 人羣管理簡介 2. 人羣管理的策略 3. 危機評估 4. 個案研究</p> <p>1. Introduction on Crowd Management 2. Strategic Plan on Crowd Management 3. Risk Assessment 4. Case study</p>
<p>培訓活動: Training Activities:</p>	<p>講課 / 實習 / 個案研究 Lecture / Practice / Case study</p>
<p>期間: Duration :</p>	<p>½日 (共 3½ 小時) ½ days (total 3½ hours)</p>
<p>考核: Assessment:</p>	<p>不適用 Not Applicable</p>
<p>證書: Certificate:</p>	<p>不適用 Not Applicable</p>

多元智能教師營

Leadership Camp for Teachers (EDB)

(編號 Serial No.: N 6)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在讓有意參與多元智能挑戰營的教師率先體驗學生在民安隊訓練營內的活動和環境,以便他們配合營內導師對學生作出適當的協助和指導。此兩日一夜的訓練營,將集中對各營內活動項目的內容和功能進行介紹,使教師能透過實際經驗,為輔導參加挑戰營的學生作更好的準備,並從活動中了解團隊合作、自我管理和溝通等元素。教師亦可在參與過程中就挑戰營的安排向民安隊提供意見。</p> <p>This course aims at providing teachers in joining STCC with the opportunity to go through the activities and environment in CAS camps to be experienced by their students, so that they can offer assistance and guidance to students as appropriate in coordination with camp instructors. The two-day camp focuses on introducing the content and functions of each task and training in STCC. Through practical experience, the teachers can get themselves well-prepared for counselling STCC students and acquire an understanding on team-building, self-discipline and communication. They are also welcome to give opinions on the planning of the camps.</p> <p>學員完成課後,應能:</p> <ol style="list-style-type: none"> 1. 在活動後與學生進行相關的跟進工作; 2. 明白學生在活動中可能經歷的生理和心理狀況挑戰; 以及 3. 了解教師、民安隊導師在營內的角色和功能 <p>Upon completion of the course, participants should be able to:</p> <ol style="list-style-type: none"> 1. conduct relevant follow-up work with the students after the camp 2. understand the possible physical & psychological challenges when students might encounter in STCC camp; and 3. understand the roles and functions of teachers and CAS instructors in the camp
<p>參加學員: Target Participants:</p>	<p>在多元智能挑戰營提供協助的中學教師 Teachers of secondary schools who will offer assistance in Smart Teen Challenge Camp</p> <p>課程人數: 32 人 Class Size: 32</p>
<p>課程內容: Course Content:</p>	<ol style="list-style-type: none"> 1. 基本步操及紀律 2. 升旗儀式 3. 多元智能挑戰營活動場地及程序 4. 障礙賽及團隊活動 5. 先鋒工程 6. 地圖閱讀、遠足及野外定向講解 7. 基本緊急搶救法 8. 野外定向實習 9. 輔導及檢討技巧 10. 步操訓練 11. 遠足實習 <ol style="list-style-type: none"> 1. Basic footdrill & discipline 2. Flag hoisting ceremony 3. STCC sites and programmes 4. Obstacle races and team building tasks

	5. Pioneering project 6. Map reading, hiking and orienteering introduction 7. Basic emergency rescue methodology 8. Orienteering practice 9. Counselling and reviewing techniques 10. Footdrill practice 11. Hiking
培訓活動: Training Activities:	講課 / 示範 / 實習 / 個案研究 / 小組討論 / 實地視察 / 演習 / 遊戲 Lecture / Demonstration / Practice / Case study / Group Discussion / Field Trip / Exercise / Games
期間: Duration :	2 日 1 夜訓練營及½日課堂(3½ 小時) A residential camp lasts for 2 days and 1 night, and a half day session (3½ hours)
考核: Assessment:	不適用 Not Applicable
證書: Certificate:	不適用 Not Applicable

基本攀山搶救技術課程
(公務員訓練)
Mountain Rescue (Basic) Course
(Civil Servants Training)
(編號 Serial No.: N 7)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在為消防處的訓練人員提供山野安全、野外導航及基本攀山搶救的基礎訓練。 This course aims at providing basic training on wilderness safety, navigation and basic mountain rescue for trainers from the Fire Services Department (FSD).</p> <p>學員完成課程後，應能:</p> <ol style="list-style-type: none"> 1. 了解民安隊在山嶺搜救行動中的組織及動員程序 2. 正確辨識、使用及保養山嶺搶救器材 3. 運用沿繩下降法 4. 建立高空搶救系統 5. 進行山嶺導航 6. 策劃、執行及監督山嶺搜救行動 <p>Upon completion of the course, participants should be able to:</p> <ol style="list-style-type: none"> 1. understand the organization and operating system of CAS in mountain search and rescue operations 2. identify, use and maintain the mountain rescue equipment properly 3. conduct abseiling and lowering 4. set up system for rescue at heights 5. navigate in wilderness 6. plan, conduct and supervise a mountain rescue operation
<p>參加學員: Target Participants:</p>	<p>由消防處推薦的職員 Staff nominated by FSD</p> <p>課程人數: 20 人 Class Size: 20</p>
<p>課程內容: Course Content:</p>	<ol style="list-style-type: none"> 1. 民安隊山嶺搜救中隊(MSaR)的角色和職能 2. 個人保護裝備和山嶺搶救器材介紹 3. 基本搶救用繩結 4. 設立穩固點及防護系統 5. 搶救系統分析 6. 沿繩下降法和制停法 7. 運用直床法在斜坡及山野地區運送傷者 8. 基本滑輪系統及提升枱床 9. 地圖閱讀、指南針及全球導定位系統的運用 10. 路線制定及山嶺導航 11. 山嶺搜救行動管理 12. 上落直升機操練 13. 山嶺搜救演習 <ol style="list-style-type: none"> 1. Roles and functions of CAS Mountain Search and Rescue Company 2. Introduction of personal protective equipment and mountain rescue equipment 3. Basic rescue rope work 4. Set up of anchor and belay system 5. Rescue system analysis

	6. Abseiling and braking 7. Casualty evacuation by vertical stretcher movement on slopes and wilderness 8. Basic pulley system and upward movement of stretcher; 9. Map reading, use of compass and Global Positioning System (GPS) 10. Route planning and navigation 11. Management of mountain search and rescue operations; 12. Helicopter drill 13. Mountain search and rescue exercise
培訓活動: Training Activities:	講課 / 示範 / 實習 / 演習 Lecture / Demonstration / Practice / Exercise
期間: Duration :	5 日(共 40 小時) 5 days (total 40 hours)
考核: Assessment:	須接受考核 Assessment required
證書: Certificate:	通過考核的學員可獲頒發證書 Participants who have passed the assessment will be issued certificates

攀山搶救技術研習課程
(公務員訓練)
Mountain Rescue Refresher Course
(Civil Servants Training)
(編號 Serial No.: N 8)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在向消防處的訓練人員及長官介紹山嶺救援行動中,有關攀山搶救及傷者運送的最新知識及技術。 This course aims at providing updated knowledge and techniques on mountain rescue and casualty evacuation in mountain rescue operations for trainers and officers from the Fire Services Department (FSD).</p> <p>學員完成課程後,應能:- 1. 純熟地運用及操作攀山搶救器材 2. 在不同的地形設置穩固點及建立搶救系統 3. 運用不同的器材進行沿繩下降及制停 4. 建立高機動性能的滑輪系統,以作升降直置搶救抬床 Upon completion of the course, participants should be able to : 1. Apply and manipulate mountain rescue equipment in a proficient manner 2. Set up anchor and rescue system at different terrain 3. Abseiling and braking with different devices 4. Set up high mechanical advantage pulley system for up lift of vertical stretcher</p>
<p>參加學員: Target Participants:</p>	<p>1. 由消防處推薦的職員; 以及 2. 已完成民眾安全服務隊舉辦的基本山嶺搶救技術課程 1. Staff nominated by FSD; and 2. Having completed the Mountain Rescue (Basic) Course organized by CAS</p> <p>課程人數: 20 人 Class Size: 20</p>
<p>課程內容: Course Content:</p>	<p>1. 民安隊山嶺搜救中隊(MSaR)的角色和職能 2. 介紹個人保護裝備和山嶺搶救器材 3. 覆習基本繩索的運用 4. 覆習設立穩固點及防護系統 5. 搶救系統分析 6. 沿繩下降法和制停法 7. 覆習運用直床法,快捷有效地在斜坡及山野地區運送傷者 8. 機械增益的滑輪系統及提升枱床 9. 山嶺搜索管理及搶救行動 10.山嶺搜索及救援演習 1. Roles and functions of CAS Mountain Search and Rescue Company (MSaR) 2. Introduction of current personal protective equipment and mountain rescue equipment in use by CAS and FSD 3. Revision of basic rope work 4. Revision of anchor and belay system setup 5. Rescue system analysis 6. Revision of abseiling and braking 7. Revision of casualty and stretcher (vertical) movement on slopes and at heights</p>

	8. High mechanical advantage pulley system and upward movement of stretcher 9. Management of mountain search and rescue operations 10. Mountain search and rescue exercise
培訓活動: Training Activities:	講課 / 示範 / 實習 / 小組討論 / 實地視察 / 演習 Lecture / Demonstration / Practice / Group Discussion / Field Trip / Exercise
期間: Duration:	2 日(共 16 小時) 2 days (total 16 hours)
考核: Assessment:	須接受考核 Assessment required
證書: Certificate:	通過考核的學員可獲頒發證書 Participants who have passed the assessment will be issued certificates

高空工作安全及傷者撤離課程

(公務員訓練)

Safe Movement at Heights and CASEVAC Course

(Civil Servants Training)

(編號 Serial No.: N 9)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在教授學員基本繩索技巧、攀爬和傷者撤離技術，以提高在斜坡和高空工作的安全。</p> <p>This course aims at providing participants with basic rope course, climbing and casualty evacuation techniques for the enhancement of work safety on steep slope and at heights.</p> <p>學員完成課程後，應能:-</p> <ol style="list-style-type: none">1. 在陡斜山坡及高空工作時正確運用繩索及攀爬技術2. 正確使用適當的器材和裝備3. 適當地保養器材和裝備4. 依照架設穩固點的條件選擇及建設防護系統5. 運用基本繩結來作自我保護6. 安全運用沿繩降下及制停技術7. 安全保護及撤離其他在斜坡和高空工作的人員 <p>Upon completion of the course, participants should be able to :-</p> <ol style="list-style-type: none">1. apply rope and climbing skills properly when working on steep slopes and at heights2. identify and manipulate necessary equipment3. maintain equipment properly4. list out the conditions for selecting anchors for belaying5. apply the basic knots in securing themselves safely6. apply the abseiling and braking skills safely7. belay and evacuate others on steep slopes and at heights safely
<p>參加學員: Target Participants:</p>	<p>各政府紀律部隊及其他部門內負責執行沿繩下降、高空疏散及撤離傷者和其他相關工作的人員</p> <p>Officers responsible for abseiling, evacuating casualties at heights and other related duties from various Government Disciplined Forces and Departments</p> <p>課程人數: 20 人 Class Size: 20</p>
<p>課程內容: Course Content:</p>	<ol style="list-style-type: none">1. 介紹器材裝備及其保養2. 高空工作所需運用的繩結3. 正確地把個人安全裝備與下降器和繫繩處連結起來4. 架設穩固點，將繩索與穩固點和防護系統連結起來5. 沿繩下降及制停的方法6. 沿固定繩向上攀升的方法(用器械和普式結的方法)7. 運用領攀技巧及保護器材在斜坡或高空工作8. 降下和上升時的安全9. 從高處拯救及撤離傷者 抬床下放-單點式及兩點式下放方法10. 高空拯救及傷者撤離演習 <ol style="list-style-type: none">1. Introduction on equipment and its maintenance2. Essential knots for working at heights

	<ol style="list-style-type: none"> 3. Threading personal safety equipment to the rope through the abseiling device or setup correctly 4. Establishing the anchor, attaching the rope to the anchor and belay system 5. Abseiling & braking method 6. Ascending with a fix rope (using mechanical device and a knotting loop) 7. Using lead climbing techniques and protective equipment to work on slope and at heights 8. Safety on lowering and ascending 9. Rescue and evacuation from heights Stretcher lowering - single point and two-point lowering 10. Rescue and casualty evacuation from heights exercise
培訓活動: Training Activities:	講課 / 示範 / 實習 / 演習 Lecture / Demonstration / Practice / Exercise
期間: Duration :	2 日(共 16 小時) 2 days (total 16 hours)
考核: Assessment:	須接受考核 Assessment required
證書: Certificate:	通過考核的學員可獲頒發證書 Participants who have passed the assessment will be issued certificates

斜坡及高空工作安全課程

(公務員訓練)

Safe Movements on Slopes and at Heights Course

(Civil Servants Training)

(編號 Serial No.: N 10)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在為前線人員提供基本訓練，以確保他們在斜坡或高空工作時的安全。</p> <p>This course aims at providing basic training for frontline officers to ensure their safety when working on slope or at heights.</p> <p>學員完成課程後，應能:</p> <ol style="list-style-type: none"> 1. 具備在斜坡及高空工作的安全意識、知識和技巧 2. 正確使用由部隊/部門提供的器材和裝備 3. 在斜坡或高空設置穩固點與保護點 4. 在斜坡或高空設置防護系統 5. 適當地處理及保養器材和裝備 <p>Upon completion of the course, participants should be able to :-</p> <ol style="list-style-type: none"> 1. possess sense of safety, knowledge and techniques of working on slopes and at heights 2. properly use the equipment provided by their own Service or Department 3. set up anchor point and belay point on slope and at heights 4. establish a safe belay system on slope and at heights 5. handle and maintain the safety equipment properly
<p>參加學員: Target Participants:</p>	<p>各政府紀律部隊及其他部門內負責執行沿繩下降及相關工作的人員 Officers responsible for abseiling and other related duties from various Government Disciplined Forces and Departments</p> <p>課程人數: 24 人 Class Size: 24</p>
<p>課程內容: Course Content:</p>	<ol style="list-style-type: none"> 1. 介紹器材裝備及其保養 2. 主要繩結的應用 3. 安全帶的使用 4. 個人保護器材和裝備的保養 5. 設置穩固點及防護系統 6. 在斜坡或高空移動:下降及上升 <ol style="list-style-type: none"> 1. Introduction on equipment and its maintenance 2. Application of essential knots 3. Use of safety harness 4. Maintenance of personal safety equipment 5. Setup of anchor point and belay system 6. Movements on slopes or at heights: lowering and ascending
<p>培訓活動: Training Activities:</p>	<p>講課 / 示範 / 實習 Lecture / Demonstration / Practice</p>
<p>期間: Duration :</p>	<p>2 日(共 16 小時) 2 days (total 16 hours)</p>
<p>考核: Assessment:</p>	<p>須接受考核 Assessment required</p>
<p>證書: Certificate:</p>	<p>通過考核的學員可獲頒發證書 Participants who have passed the assessment will be issued certificates</p>

多元智能計劃
STCC Project
(編號 Serial No.: N 11)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在為獲學校提名參加本計劃的中二/中三學生提供嚴謹的紀律、體能和領袖訓練，藉以提高他們的自律能力、自信心、抗逆力、解難能力、團隊精神及領袖才能；並讓參與多元智能挑戰營的教師率先體驗學生在民安隊訓練營內的活動和環境。</p> <p>The course aims at providing strict disciplined training, fitness and leadership training for Form 2/3 students nominated by the schools with a view to enhancing their self discipline, confidence, resilience, problem solving skills, team spirit and leadership skill; and allowing participating teachers to go through the activities and environment in CAS camps to be experienced by the students.</p> <p>學員完成課程後：</p> <ol style="list-style-type: none"> 1. 參與教師應能配合營內導師，對學生作出適當的協助和指導 2. 參與學生經歷各種挑戰後，其自信及紀律性應能提高 <p>Upon completing of the course:</p> <ol style="list-style-type: none"> 1. Participating teachers should be able to, in coordination with instructors at the Camp, provide assistance and counselling to students as appropriate 2. Participating students should have had their confidence and discipline enhanced upon experiencing various challenges
<p>參加學員: Target Participants:</p>	<p>中學教師和中二及中三學生 Secondary school teachers and Form 2 & 3 secondary school students</p> <p>課程人數: 按需要作出安排 Class Size: On needed basis</p>
<p>課程內容: Course Content:</p>	<ol style="list-style-type: none"> 1. 自律 2. 營藝 3. 步操 4. 遠足、露營、地圖及指南針運用 5. 基本緊急搶救法介紹 6. 先鋒工程 7. 基本急救 8. 領導才能及溝通遊戲 9. 野外定向 10. 營火會 <ol style="list-style-type: none"> 1. Self discipline 2. Camping 3. Footdrill 4. Hiking, bivouac, use of map & compass 5. Introductory skills on basic emergency rescue 6. Pioneering project 7. Basic first aid 8. Leadership & communication games 9. Orienteering 10. Group project at campfire
<p>培訓活動: Training Activities:</p>	<p>講課 / 示範 / 實習 / 小組討論 / 角色扮演 / 實地視察 / 遊戲 Lecture / Demonstration / Practice / Group Discussion / Role play / Field Trip / Games</p>

期間： Duration :	教師營- 7月/8月；兩日一夜訓練營 學生營- 10月至12月；五日四夜訓練營 Teachers Camp – July/August, 2-days-1-night Students Camp – October – December, 5-days-4-nights
考核： Assessment:	不適用 Not Applicable
證書： Certificate:	完成學生營的同學會獲發教育局及民安隊共同簽署之證書。 Students completed Students Camps will be issued certificates signed by both EDB & CAS.

策略性野外導行課程

(公務員訓練)

Tactical Wilderness Navigation Course

(Civil Servants Training)

(編號 Serial No.: N 12)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在提供地圖閱讀及導航技巧的複修訓練,讓學員有效率地選取適當路線前往指定野外執勤地點。</p> <p>The course aims at providing refresher training to the participants on map reading and navigation skills to facilitate effective selection of route to access to the duty posts in wilderness.</p> <p>學員完成課程後,應能:</p> <ol style="list-style-type: none">1. 辨識地圖上各種圖例及數據2. 正確讀出地圖上的座標(UTM Grid)3. 正確運用地圖上的地勢資料找出本身所在位置4. 分辨指南針各部件及其功能5. 正確運用指南針量度方位6. 正確地將指南針和地圖配合使用7. 運用導航技巧快速前往執勤地點8. 操作導航儀器(如 GARMIN 衛星定位儀)9. 了解山嶺安全及危機 <p>Upon completion of the course, participants should be able to:</p> <ol style="list-style-type: none">1. interpret the legend and data on a map2. read correctly the UTM Grid Reference3. use correctly the topographic information to locate his own position4. distinguish the parts of a compass and their functions5. measure correctly the bearing with a compass6. use correctly the compass with a map7. use of navigation skills to reach the duty point8. operate the navigation instrument (e.g. GARMIN GPS)9. understand mountain safety and risk therein
<p>參加學員: Target Participants:</p>	<p>本課程為紀律部隊人員而設,例如香港警務處(快速應變部隊)、香港海關(行動組)和入境處(行動組)。</p> <p>The course is designed for the disciplined services such as Hong Kong Police (Quick Response Team), the Customs & Excise Department (Operations Units), and the Immigration Department (Operations Units).</p> <p>課程人數: 24 人 Class Size: 24</p>
<p>課程內容: Course Content:</p>	<ol style="list-style-type: none">1. 基本地圖閱讀2. 指南針運用3. 山嶺安全及危機4. 導航技巧 – 包括操作導航儀器 (如 GARMIN 衛星定位儀) <ol style="list-style-type: none">1. Basic Map Reading2. Use of Compass3. Mountain Safety and Risks4. Navigation Skills – including operate navigation instrument (e.g. GARMIN GPS)

培訓活動: Training Activities:	講課 / 示範 / 實習 / 實地視察 / 演習 Lecture / Demonstration / Practice / Field Trip / Exercise
期間: Duration :	2 日(共 16 小時) 2 days (total 16 hours)
考核: Assessment:	須接受考核 Assessment required
證書: Certificate:	通過考核的學員可獲頒發證書 Participants who have passed the assessment will be issued certificates

人羣管理工作坊
(公務員訓練或青少年制服團隊)
Workshop on Crowd Management
(Civil Servants Training or Youth Uniformed Groups)
(編號 Serial No.: N 13)

<p>目標及得益: Aims & Benefits:</p>	<p>本課程旨在向學員灌輸人羣管理工作的基本概念和安全執行任務所需的知識。 This course aims at providing participants with basic concepts of crowd management and knowledge for safe execution of the task.</p> <p>學員完成課程後，應能： 1. 闡述人羣的種類和特性 2. 列舉執勤時的權責及限制 3. 就指定的人羣管理任務擬訂工作指引或行動訓令 4. 就不同的工作環境或情況選定適當的策略、人力調配及器材</p> <p>Upon completion of the course, participants should be able to: 1. identify nature and characteristics of a crowd 2. to appreciate their power of execution and limitations 3. to formulate operating directives or operation order for a particular crowd management task 4. to deploy suitable strategy, manpower and equipment for different working environment or situations</p>
<p>參加學員: Target Participants:</p>	<p>政府部門職員或青年制服團體成員 Staff members of Government Departments or Youth Uniformed Groups</p> <p>課程人數: 因應課程安排 Class Size: On needed basis</p>
<p>課程內容: Course Content:</p>	<p>1. 人羣管理簡介 - 定義 - 目標 - 人羣類別及特性</p> <p>2. 危機評估</p> <p>3. 人羣管理技巧的應用 - 管理策略及技巧 - 器材及設備 - 安全管理</p> <p>4. 個案研究 - 工作指引／行動訓令 - 應急計劃及程序</p> <p>1. Introduction on Crowd Management - Definitions - Objective - Crowd grouping and characteristics</p> <p>2. Risk assessment</p> <p>3. Use of crowd management skills - Management strategy and technique - Equipment and facilities - Safety management</p> <p>4. Case Study - Operating directive/operation order - Emergency plan and procedures</p>

培訓活動: Training Activities:	講課 / 示範 / 實習 / 個案研究 / 角色扮演 Lecture / Demonstration / Practice / Case study / Role play
期間: Duration :	½ 日 (共 3.5 小時) ½ days (total 3.5 hours)
考核: Assessment:	不適用 Not Applicable
證書: Certificate:	不適用 Not Applicable