



**HONG KONG  
TRIATHLON**

香港三項鐵人

兼職教練招聘 香港地區集訓隊 (正教) 2023-2025

Recruitment of Part-Time Coach for Regional Squad (Main Coach) 2023-2025

(時薪 Hourly pay: \$326/hr)

## 工作範圍 Job Duty

1. 向遴選委員會彙報  
Report to the Selection Committee
2. 執教香港三項鐵人總會之地區集訓隊  
Coaching of TriHK Regional Squad (RS)
3. 執教香港地區集訓隊訓練每週約 10-16小時，當中包括平日及週末訓練。  
Coach about 10-16hrs/week, including weekday and weekend.
4. 出席香港地區集訓隊基準試驗及會議；執教附加訓練、本地或海外訓練營以促使隊員達到基準 試驗的標準，並以晉身香港代表發展隊為目標  
Attend all RS benchmarking and Meetings, coaching additional training, training camps (local or overseas) and urge athletes to qualify for time trials. The ultimate goal for NDS athletes is to qualify as a National Development Squad member.
5. 編訂訓練營、訓練日及每月之訓練計劃，並於不少於一星期前向香港三項鐵人總會提交每月之訓練計劃及 向本會作出相應之匯報  
Prepare the training plan on Training Camp, Training Day and the monthly training plan, and submit the training plan to TriHK at least 1 week before the monthly training and fully informed of any update
6. 保存運動員詳盡的訓練紀錄，並每月向香港三項鐵人總會提交隊員之出席紀錄、訓練報告及評估報告  
Work with the athlete to keep detailed training records, and submit monthly report to TriHK of recording attendant, training report and evaluation report.
7. 與總會秘書處商討訓練上所需之協調，當中包括安排訓練設施的租用事宜  
Liaise with TriHK Secretariat on a necessary arrangement to facilitate the training sessions, which including the logistic and other arrangements for booking of training facilities.
8. 積極參與教練培訓計劃的活動，並每年參與不少於一次相關活動  
Actively involved in the coach education programme and take part in a related program at least once per year
9. 熱心 / 積極發展三項鐵人運動  
Enthusiastic in developing triathlon
10. 履行發展委員會所指派之事宜  
To perform any other appropriate duties as assigned by the Development Committee of TriHK



Sports Federation &  
Olympic Committee of Hong Kong, China



香港三項鐵人總會有限公司 Hong Kong Triathlon Association Ltd.

香港銅鑼灣掃桿埔大球場徑1號奧運大樓1020室 Rm 1020, Olympic House, 1 Stadium Path, Causeway Bay, Hong Kong  
T.(852) 2504 8282 F.(852) 2576 8253 Email : trihk@triathlon.com.hk www.triathlon.com.hk



## 申請人所需資格 Requirements of applicants

1. 必須持第二級或以上之三項鐵人教練證書  
Fully qualified Level II or above triathlon coaching certificate
2. 在取得第二級教練資格後,需持兩年或以上之三項鐵人訓練教學經驗  
At least 2-year relevant coaching experience after qualified as a level II coach.
3. 能夠策劃、執行和評核準精英訓練課堂  
Ability to plan, deliver and evaluate Pre-Elite training sessions
4. 具備對科學訓練、實踐和合適地運用領先科技之前瞻性知識  
Knowledge of leading trends in coaching, including coaching science, practices and the appropriate application of leading technology tools;
5. 入職時需持有有效的拯溺證書  
Holding a valid Life Saving Certificate when entering the job
6. 入職時需持有有效之急救證書  
Holding a valid First-aid Certificate when entering the job
7. 香港三項鐵人總會 2023 年度之註冊教練  
2023 registered coach of Hong Kong Triathlon Association
8. 前香港代表隊成員獲優先考慮  
Retired National Squad member will be an advantage
9. 有三項鐵人比賽經驗之教練獲優先考慮  
Triathlon race experience will be an advantage
10. 持本會認可之游泳導師證書可獲優先考慮  
Holding a valid Swimming Teacher Certificate will be an advantage
11. 認識香港保護兒童及平等機會政策為佳。  
Awareness/ knowledge of Child Protection in sport and equal opportunity issues in the context of Hong Kong is an added advantage.

有興趣人士請將個人履歷及有關證書，於2023年4月10日中午12時或之前電郵 [recruit@triathlon.com.hk](mailto:recruit@triathlon.com.hk)。上述職位以合約形式聘任，如申請人於三個月內未獲安排面試，即其應徵不獲考慮，如有爭議本會保留最終決定權。如有查詢請致電2504 8282。

Interested candidates, please send your resume with a certified copy of the certificate by email to [recruit@triathlon.com.hk](mailto:recruit@triathlon.com.hk). It is a contract-based position, an applicant who has not been invited for an interview within 3 months after the application could regard it as an unsuccessful application. The association shall remain the final decision. Applications should be submitted no later than 10 April 2023 at 12:00 noon. For any enquiry, please contact at 2504 8282.



Sports Federation &  
Olympic Committee of Hong Kong, China



香港三項鐵人總會有限公司 Hong Kong Triathlon Association Ltd.

香港銅鑼灣掃桿埔大球場徑1號奧運大樓1020室 Rm 1020, Olympic House, 1 Stadium Path, Causeway Bay, Hong Kong  
T.(852) 2504 8282 F.(852) 2576 8253 Email : trihk@triathlon.com.hk www.triathlon.com.hk