



展能賽艇同樂日 Adaptive Rowing Day



With the kind assistance of Hong Kong, China Rowing Association, Halfway Houses of Fu Hong Society organized an Adaptive Rowing Day for service users in the afternoon on 13 December 2014. Participants were given a chance to feel for themselves the fun in rowing. Posters were posted up on noticeboards as early as in May 2014 to recruit interested parties. With the active promotion of staff from each sports group, the event drew overwhelming attention and a total of 24 male and female service users signed up.

At first, staff thought it would be hard for the participants to handle nearly three hours of physical exercise. However, as it was the first time for most participants to ever see a rowing machine, they showed intense excitement and enthusiasm. They even took the initiative to try using the machine without being prompted by the staff. Each of the participants did their utmost during the 1-minute individual competition, which warmed up the atmosphere.

After more than an hour of exercise, most participants began showing signs of tiredness. However, they were not ready to give up just yet. The coach thus arranged a rather challenging event - inter-team relay competition, to test the level of endurance of the competitors and the teamwork between them. Each team comprised of four people and each team member would row for 250 metres. Whichever team first finish rowing for a total distance of 1km would be the champion. Since the competition challenged not only the strength and fitness of the participants, but also the level of cooperativeness among them, every single one of the participants became extra focused than usual.

Towards the end of the event, videos taken during the competition were shown and a Q&A session was arranged. Quite a number of participants inquired about further training in rowing. They had apparently developed an interest in this sport. In view of this enthusiastic response, Halfway Houses hope to co-organize another Adaptive Rowing Day with Hong Kong, China Rowing Association again this year.

2014年12月13日下午，本會中途宿舍有幸在中國香港賽艇協會協助下，為服務使用者籌備了一次展能賽艇同樂日，讓他們親身感受賽艇之樂趣。本會職員早於同年5月已在壁報版上張貼宣傳海報招募參加者，在各運動小組職員推動下，共招募了24位男女服務使用者出席活動，反應相當不俗。

職員原先以為參加者的體能未必能應付近三小時的體力運動，但可能由於大部份參加者均從未接觸過賽艇機，故在試玩時表現十分雀躍，不用職員刻意推動已自動「埋位」試玩。在個人一分鐘比賽時，各參加者均表現盡力，氣氛十分熱烈。

經過個多小時的運動後，大部份參加者雖然已開始出現疲態，但他們仍未有放棄的念頭。此時教練特地安排了一個頗具挑戰性的活動 - 隊際接力賽，考驗參加者之耐力及合作性。隊際接力賽以四人為一組，每人划250米，即需合共完成1公里，最快完成之隊伍勝出。這比賽除了比拼體力外，亦要求參加者互相合作，故各人在比賽期間的表現比平日更為專注。

最後在比賽影片欣賞及提問時間時，不少參加者都主動查詢進一步訓練，明顯對賽艇活動已產生了興趣。有鑑活動反應熱烈，中途宿舍期望今年可再與中國香港賽艇協會合作籌辦第二期活動。

