

Cycling Technique Assessment

50 km Ride and 30 km Ride

All registrants of the 50 km Ride and 30 km Ride are required to attend a Cycling Technique Assessment (“**CTA**”). Registrants are required to complete both parts of the assessment outlined below. An exemption will be granted to:

- 1) Finishers of the 35 km Ride, 50 km Ride and 30 km Ride of the 2015, 2016, 2017 or 2018 Sun Hung Kai Properties Hong Kong Cyclothon, respectively
- 2) Participants who passed the CTA of the 2019 Sun Hung Kai Properties Hong Kong Cyclothon
- 3) Racing members who registered for the road races organised by The Cycling Association of Hong Kong, China (“**CAHK**”) in 2018–2022
- 4) Members who registered for the road races organised by the Union Cycliste Internationale (“**UCI**”) in 2018–2022
- 5) Experienced cyclists who have completed other eligible cycling competitions (such as those by the UCI or any of the National Cycling Federations) or mass road events
- 6) Racing members who registered for the races (including cycling sessions) organised by the Hong Kong Triathlon Association in 2018–2022

In case of any dispute, the Organiser has the right to the final decision. The Organiser reserves the right to disqualify registrants who are not able to provide valid proof of their skill level or who have failed the CTA.

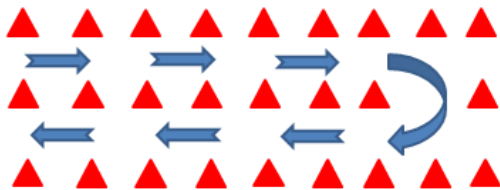
Cycling Technique Assessment Format:

Part 1. Physical Fitness Test

Complete 6 km within 15 minutes in a mass start with other registrants

Part 2. U-turn Test

Finish the designated route with a narrow U-turn in 16 seconds without knocking down any obstacles or any body part touching the ground. Sample route design:



1. Reservations for the CTA should be made at the time of registration. Walk-ins will not be accepted. Any request for session changes must be received one week before the first day of the CTA. Please send your request by email, listing your name (as shown on the registration), category of ride registered, registration ID, session originally reserved and session you are requesting. Only one request will be accepted from each registrant, and only written requests will be processed, subject to timeslot availability. Registrants will receive a confirmation email of the rescheduled CTA session within three working days upon submission of the request.
2. All registrants are required to arrive at the CTA venue at least 20 minutes before the scheduled time. The CTA will start promptly. Latecomers will not be allowed to attend the CTA.
3. As required by the HKSAR Government, all registrants must fulfil the following requirements for attending the CTA (subject to further updates):
 - i) All registrants must undergo a COVID-19 rapid antigen test (“**RAT**”) conducted within 12 hours prior to the CTA. Registrants should mark on the RAT testing kit their name as well as the date and time of taking the test. They should take a photo of the testing kit for checking by working staff before entering the venue, and keep the record for at least 14 days for review by relevant departments upon request. Only persons with negative results of RAT are allowed to participate in the CTA.
 - ii) All registrants must scan the CTA venue/event QR code using the ‘LeaveHomeSafe’ mobile app on their mobile phones/devices before entering the venue of the CTA. The Organiser will use the ‘QR Code Verification Scanner’ mobile app to scan the QR code of the registrant’s vaccination record on the ‘LeaveHomeSafe’ mobile app or displayed through other means (eg ‘iAM Smart’, ‘eHealth’ or on paper).
 - iii) All registrants are required to wear face masks at all times except when conducting strenuous exercise.
 - iv) All registrants must undergo temperature screening before entering the CTA venue.
 - v) All registrants should keep appropriate social distance from others as far as feasible inside the CTA venue.

For more information, please visit the website of the Centre for Health Protection (CHP): www.chp.gov.hk/en/index.html

4. The Organiser has the right to disqualify registrants absent from or late for the CTA.
5. Registrants may use their bikes or the bikes provided by the Organiser for attending the CTA. Registrants shall check the bikes provided and inform responsible personnel on site immediately should there be any problems with the bike. Registrants are also required to bring their own helmets. For the specifications of bikes, please refer to the Notice to Participants/ Terms & Conditions Clause 4 under Part B.
6. The Organiser may adjust the standard according to the quality and type of bicycle, the level of difficulty of the CTA venue, as well as weather conditions on the day of the assessment, including factors such as temperature, humidity, wind speed and direction.
7. Registrants who pass the CTA will receive a confirmation email outlining the details of collecting their rider packs by email on or before 14 December 2022.
8. Registrants who fail the CTA will be notified by email on or before 14 December 2022. Refunds of the registration fee, bike jersey fee and shuttle bus fee (if applicable) will be made within 60 days of the announcement of the CTA result.