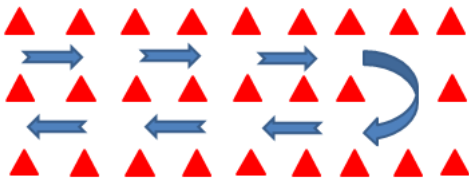


Cycling Technique Assessment

Assessment format:

Part 1. Physical Fitness Test
Complete 6 km within 16 minutes and 30 seconds in a mass start with other participants
Part 2. U-turn Test
Finish the designated route with a narrow U-turn without knocking down any obstacles or any body part touching the ground. Sample route design:


Important notes:

- Any request for change of a scheduled Cycling Technique Assessment (“CTA”) session must be submitted by email on or before 13 September 2023, with the participant’s name (as shown on the registration), booking reference, original session and the new session requested included in the email. Only one request will be accepted from each participant, and only written requests will be processed, subject to timeslot availability. Participants will receive a confirmation email of the rescheduled CTA session within three working days upon submission of the request.
- All participants 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.
- The organiser has the right to disqualify participants absent from or late for the CTA.
- Participants may use their own bikes or the bikes provided at the venue for the CTA. Participants’ own bikes must have two wheels of an equal diameter that is not less than 26 inches. (For the specifications of bikes, please refer to the Notice to Participants/Terms & Conditions – Clause 4.1-4.6 under Part B). Participants using

bikes provided at the venue must check the bike and inform the responsible personnel on-site immediately should there be any problems with the bike. All participants are required to bring their own helmets and wear them at all times during the CTA.

5. The organiser/the Cycling Association of Hong Kong, China (“CAHK”) 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.
6. Participants who pass the CTA will receive a confirmation email with details on or before 27 September 2023.
7. The following special weather and emergency arrangements will be made during severe weather:

Time	Conditions	Arrangements*
Any time during the CTA	Thunderstorm Warning; Standby Signal No.1; or Amber Rainstorm Warning Signal	<ol style="list-style-type: none"> 1. The CTA will be suspended 2. Subject to the actual weather conditions, the organiser/CAHK will decide whether to continue/suspend/resume the CTA as appropriate 3. All participants must report as scheduled 4. Participants should pay attention to the organiser’s announcement and ensure personal safety
Any time during the CTA	Red or Black Rainstorm Warning Signal	<ol style="list-style-type: none"> 5. All CTA will be suspended 6. The CTA will resume in two hours after the cancellation of the signal. All CTA sessions for the rest of the day will be cancelled if the Red or Black Rainstorm Warning Signal is cancelled at or after 3pm 7. Participants are advised to stay in a safe place until the heavy rain has passed 8. Participants should pay attention to the organiser’s announcement and ensure personal safety



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After 7am on the date of the CTA	Strong Wind Signal No.3 or above	9. The morning sessions (between 9am and 1pm) of the CTA will be cancelled
After 12nn on the date of the CTA		10. The afternoon sessions (after 2pm) of the CTA will be cancelled

**The above arrangements are subject to change without any prior notice.*

Last updated on 28 August 2023