



**BLIND SPORTS HONG KONG LIMITED**

香港失明人健體會有限公司

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## **週年年報 (2020-21)**

### **關於我們**

香港失明人健體會有限公司（下稱「健體會」）是根據《稅務條例》第 88 條註冊為獲豁免繳稅的慈善機構，致力為視障人士提供有系統的健體運動，如體能訓練、步行及長跑等，使不同年齡的視障及長期病患人士能有健康的體魄，進而確立積極的人生態度，更有信心地迎接每一天的新生活。

### **使命及宗旨**

1. 透過專業義務教練團隊及義工的協助，為視障人士提供適切的體能訓練，改善視障人士的體能；
2. 透過參與體能訓練，社區服務及慈善活動，讓視障人士改善心理健康，增強自信，及以正面態度建立積極人生；
3. 透過舉辦不同活動，擴闊視障人士生活圈子，使其能參與社會，增進社會融和；
4. 藉著義工參與領跑，與視障運動員相互影響，推廣社會共融，生命影響生命，達至正面影響香港各階層的效果；及
5. 發掘更多機會讓視障人士參與非牟利服務或慈善活動，以提倡平等機會。

### **組織架構**

健體會現時由八名資深教練及義工義務擔任主席及董事，健體會的決策、行政管理及財務安排等均由八名義務擔任的董事商決。主席兼總教練林威強先生是前港隊田徑跨欄代表及曾是本港跨欄紀錄保持者，亦是國際田聯五級教練、香港田總三級教練，有豐富教授體育運動經驗；健體會並邀請多名社會賢達包括眼科專科醫生、大律師及專業會計師等擔任義務顧問，詳情請參考本會網頁：[www.bshk.org](http://www.bshk.org)

### **工作報告**

#### **團隊人數**

健體會的服務有賴義工們無私付出，現已登記的義工人數已超過 700 人，當中義務教練團隊人數約 30 人，為超過 180 名視障運動員提供協助，讓他們能參與健體、跑步及其



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他活動。

### **恆常健體及跑步訓練**

由於香港受新型冠狀病毒肺炎疫情影響，加上政府實施限聚令，本會在地區上的恆常訓練仍然暫停。至 2020 年 8 月開始，健體會為視障運動員提供網上訓練，逢星期二及星期四晚上，每星期兩次，通過視頻通話軟件程式，由教練以聲音導航，指導運動員進行伸展運動及體能訓練。參加網上訓練的視障運動員每一次大約四十至六十人。

### **活動、服務、義工訓練及運動賽事**

因疫情及限聚令影響，本地長跑、室內賽艇等賽事及本會活動、服務，以至義工訓練都暫停。

### **公眾教育活動**

為推動公眾人士認識如何幫助視障人士，健體會亦樂意為各社區團體及私營機構提供講座、視障體驗活動，讓公眾人士能夠認識視障人士的需要和幫助他們的技巧。因疫情影響，本年度健體會只能有限度地提供視障體驗及分享講座，當中包括：

- 港島民生書院（以視像形式進行）

### **賽馬會閃亮人生體育計劃**

健體會獲得香港賽馬會慈善信託基金捐款資助，推行「賽馬會閃亮人生體育計劃」。計畫由 2019 年 11 月開始，為期一年，但因疫情關係，獲批准延期。其中本年度已開展項目如下：

### **生命教育講座**

由視障運動員及義工向學校、社區組織、地區中心等機構介紹本會的宗旨和服務、簡介本港視障情況、眼疾及相關健康資訊，以及視障學員及義工的分享，每名出席分享的視障運動員及義工均可獲取薄酬。



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本年度曾於以下學校進行分享：

- 真道書院（以視像形式和小組形式進行）
- 聖傑靈女子中學（以視頻錄播方式進行）

### **跑鞋獎勵計畫**

合適的跑鞋為參與跑步運動的基本用具，而視障人士因視障緣故，求職困難，因此大多為社會的低下階層，當中更多是依靠社會福利署公共援助維持生計，難有餘錢購買合適跑鞋。這一方面造成視障人士參與體育活動的困難，削弱他們的參與；另一方面不合適的運動鞋也容易令他們的足底筋腱或足踝受傷。

健體會獲香港賽馬會慈善基金贊助，於 2020 年推行跑鞋獎勵計畫，讓出席指定次數練習（包括網上訓練）的視障運動員，獲得上限港幣 600 元的資助購買跑鞋，以鼓勵他們的積極參與，計畫由 2020 年 1 月 1 日開始，為期一年，2020 年度計畫共有 130 名視障運動員符合資格獲得資助。

### **未來展望**

展望未來，健體會仍繼續秉承一貫以來的宗旨，竭誠服務視障人士，為他們提供更多元化的活動，幫助他們鍛鍊強健的體魄及健全的心靈，突破個人障礙，融入社會，推動和諧共融。

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## **Annual Report (2020-21)**

### **About Us**

Blind Sports Hong Kong Limited (“BSHK”) is a charitable organisation which is exempted from tax under section 88 of the Inland Revenue Ordinance for charitable purposes. BSHK aims to provide running and physical training for the visually impaired, such as fitness enhancement exercises, walking and distance running. Irrespective of the age groups, BSHK aspires to enhance the physical mobility, general health and well-being of the visually impaired and to deliver positive influence to the visually impaired and the individuals suffering from long term illnesses.

### **Mission and Vision**

1. Improve the physical health of visually impaired by providing opportunities to them to participate in physical training and activities with the support from coaches and guide runners on voluntary basis;
2. Improve psychological health, build up self-confidence and positive attitude towards life of visually impaired by providing them opportunities to participate in physical training, social services and charitable activities;
3. Embrace social inclusion by organising diversified activities through which to extend the social circle of visually impaired;
4. Promote social integration by encouraging interaction among volunteers and visually impaired to achieve a positive influence to all levels of the Hong Kong community; and
5. Promote equal opportunity for everybody by providing and exploring chances for visually impaired to participate in non-profit making social services or charitable activities.

### **Organisation Structure**

One more director was invited to the Board of Directors of BSHK and thus now consisted of 8 directors who are all on voluntary basis. Mr. Galen Lam, Chairman and Head Coach of BSHK, is a Level 5 Track & Field coach of International Association of Athletics Federations and a Level 3 coach of The Hong Kong Amateur Athletic Association. Mr. Lam has rich experience in teaching sports. BSHK also invited dignitaries of the community such as Specialist in Ophthalmology, barrister, accountant, etc. to be honorary consultants. Please visit BSHK website for details: [www.bshk.org](http://www.bshk.org)

### **Services Report**



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### **Team Members**

BSHK's service attributed to the support from volunteers. BSHK had over 700 volunteers in which 30 of them were coaches to assist more than 180 visually impaired athletes to participate in physical training, running and other activities.

### **Regular Physical and Running Training**

Due to the outbreak of COVID-19 in Hong Kong and prohibition of group gathering with more than certain number of people (ranged from 2 to 50 and remain at 4 as at 31 Mar 2021) in public places, all the regular physical and running training were suspended. As such, virtual online training has been arranged twice a week since August 2020. With the voice guidance from coaches, visually impaired runners carried out stretching and fitness exercises at home. The average number of attendees ranged from 40 to 60.

### **Other Sports Training, Social Activities & Services Training for Volunteers and Races**

By the same token, all our other activities, services and volunteer training together with all local races on distance running, indoor rowing organized by other organizations were deferred or appended.

### **Public Education - Sharing and Talk on Visually Impairment**

To promote public awareness in assisting the visually impaired, BSHK organized seminars to social or private organizations. Only 1 seminar was arranged:

- Munsang College Hong Kong Island (webinar)

### **Jockey Club "Together We Shine" Sports Programme**

With the donation from The Hong Kong Jockey Club Charities Trust ("The Trust"), BSHK launched the Jockey Club "Together We Shine" Sports Programme from November 2019. Due to COVID-19, the programme was extended. The following items have been launched:



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### **Life Education Talk**

To introduce the service provided by BSHK, health talk on eye illness & care and promote public awareness in assisting the visually impaired, BSHK organized talks and seminars which were taught by visually impaired runners and guide runners to schools, social organizations or community centres. Honorarium were paid to the visually impaired runners and guide runners. The following seminars were arranged:

- HKCCCU Logos Academy (Webinar and small groups)
- St. Catharine's School for Girls (Pre-recorded interviews)

### **Sponsorship of Running Shoes for Visually Impaired Athletes**

A pair of running shoe is an essential tool of running. Most of BSHK's visually impaired athletes lost their jobs when they lost their sight or already retired. They do not have much spare money for a new pair of running shoes or this is not the top priority compared with other daily life needs. Without a pair of suitable shoes would lower the wills to participate in running. Running with a pair of torn or unsuitable running shoes would increase the chance of injury.

With the sponsorship from The Trust, BSHK launched a programme for sponsoring running shoes for visually impaired athletes in 2020. Each qualified visually impaired athlete was granted a maximum of \$600 to buy a pair of decent running shoes by attending a minimum attendance rate of training. The programme commenced from 1 Jan 2020 for a year which sponsored 130 athletes in total.

### **Vision for the Future**

BSHK strived to uphold its vision and mission to serve the visually impaired by organising more diversified activities so as to improve their physical and psychological health, embrace social inclusion and promote social integration.

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