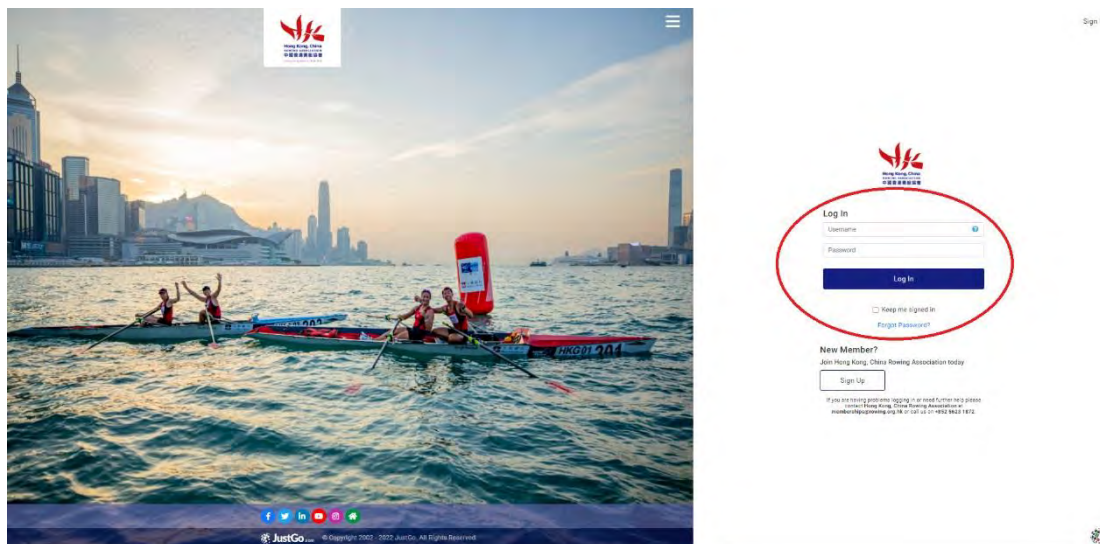
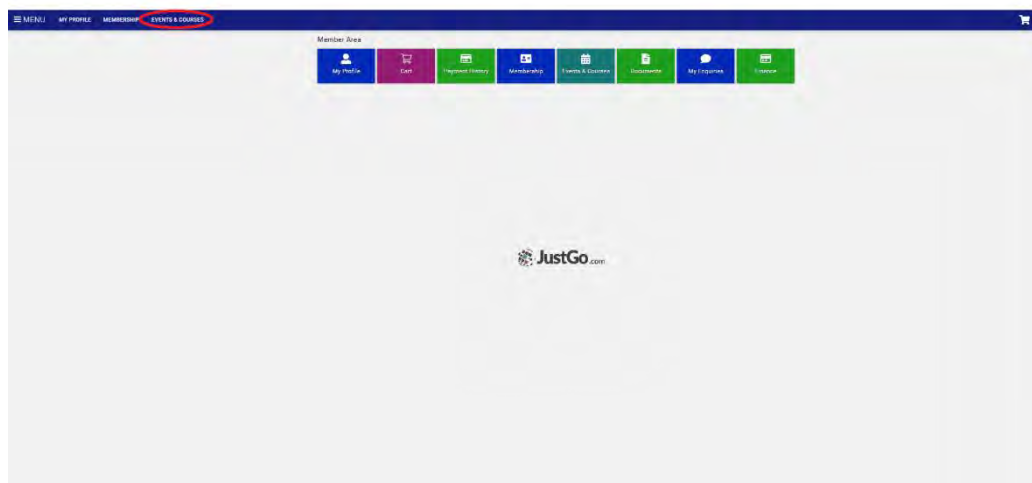


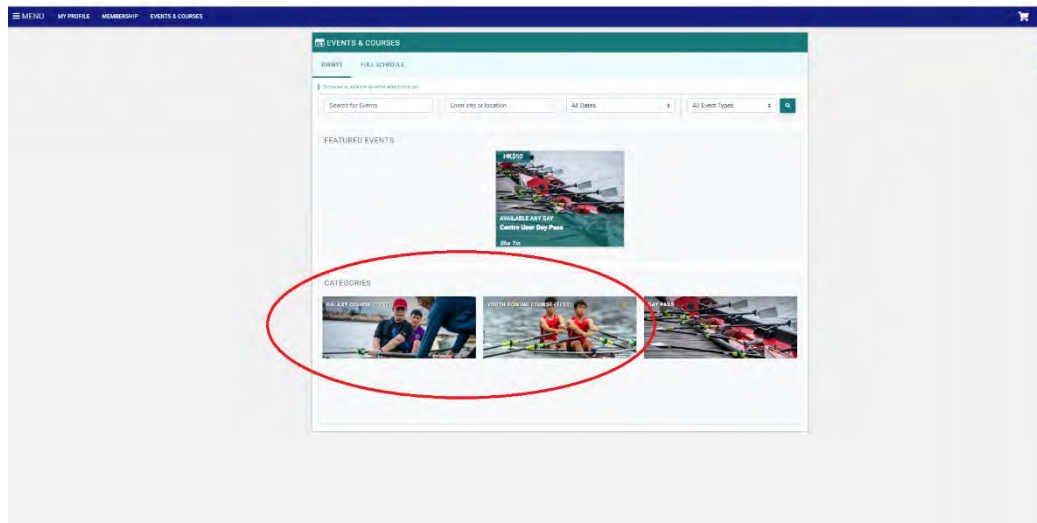
JustGo 網上報名流程



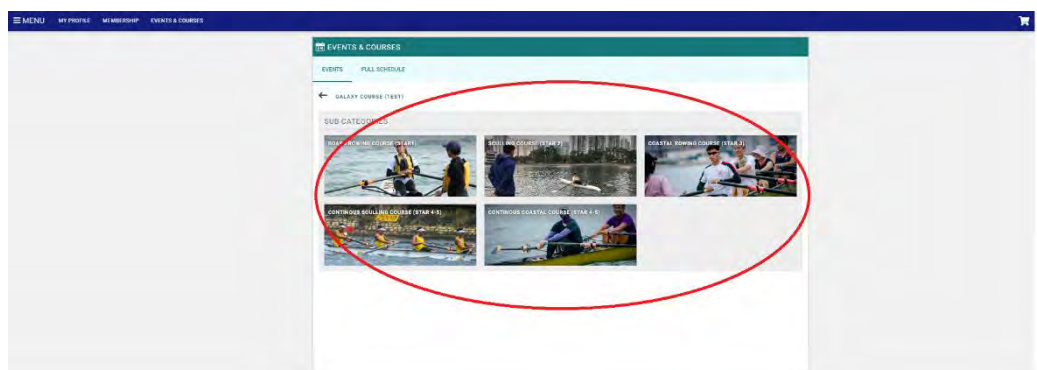
首先請前往 <https://hkera.justgo.com> 登入。



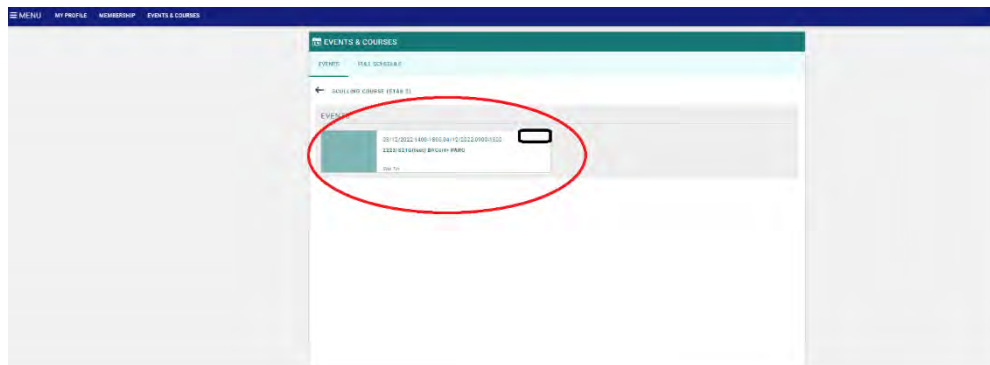
然後請選取 **Event & Course**。



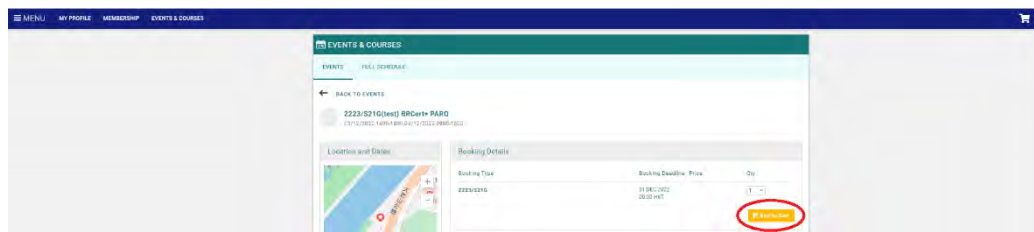
選擇想報名的課程。



選擇想報名的課程。



選擇想報名的課程。



選取 **Add to Cart**。



PAR-Q & YOU
(A Questionnaire for People Aged 18 to 65)
Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the short questions in the box below. If you are between the ages of 18 and 65, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 65 years of age, and you are not used to being very active, check with your doctor.

Complete steps in your user guide when you answer these questions. Please read the questions carefully and answer each one honestly.

Has your doctor ever said that you have a heart condition and that you should limit all physical activity (recommended by a doctor)?

No

Do you feel pain in your chest when you do physical activity?

No

In the past month, have you had chest pain when you were not doing physical activity?

No

Do you often get dizziness because of dizziness or do you ever lose consciousness?

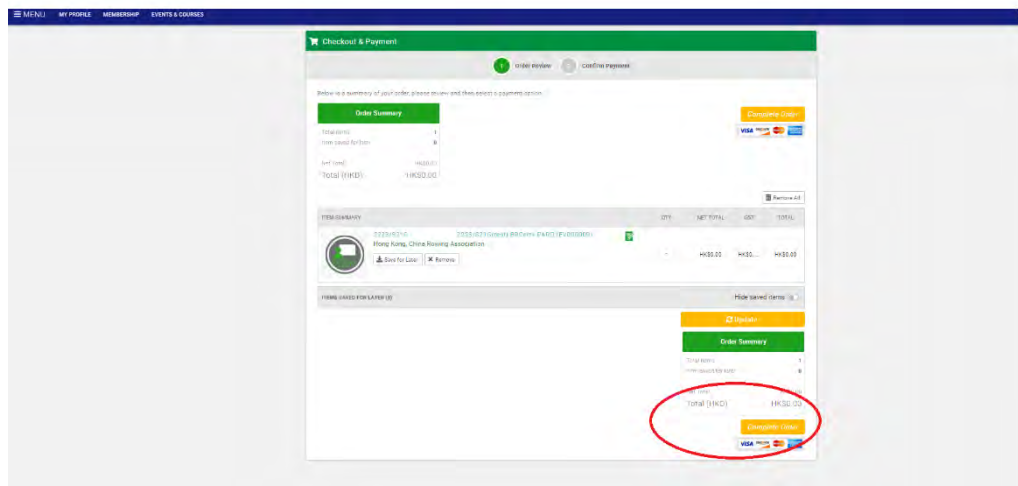
No

Do you have to come at any positions that require back, knee or hip flexion (bend) or twist your body to a degree to cause physical activity?

No

Certification of Proof(Please upload .JPG/.PNG)
We need to see:
[Upload Button]

請填妥相關資料，如報 2 星的課程便要提供 1 星證書，如此類推。



Checkout & Payment

Order Summary

ITEM QUANTITY	UNIT	NET TOTAL	TAX	TOTAL
0223H21G - Hong Kong, China Rowing Association		HK\$0.00	HK\$0.00	HK\$0.00

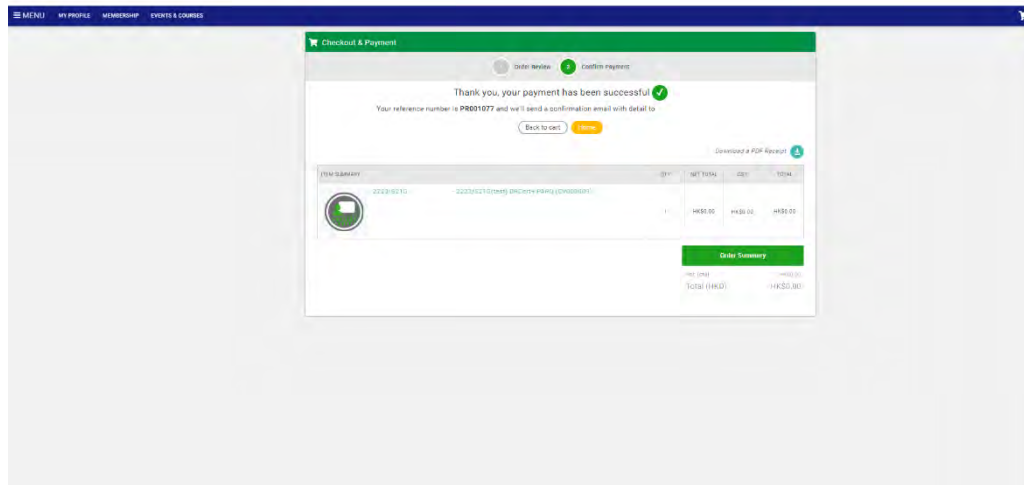
FRM SALES FOR LAUNCH

Order Summary

Total items: 1
Total (HKD): HK\$0.00

Complete Order

選取 **Complete Order**。



當完成付款後，你的登記電郵會收到一封付款確認電郵，**並不代表課程已成班**。課程開班前會以電郵寄出「出席通知書」以作核實。一經核實，不可轉班或轉讓名額，退出者所繳交費用一概不會退回。