**香港少年領袖團 Hong Kong Adventure Corps**

**導師技能服務／自我增值時數紀錄表Instructors Skills Service / Self Development Time Log Sheet**

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| 階級Rank : |  | 姓名Name : |  | 中隊/單位 Sqn/ Unit : |  |

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| 日期Date | 類別Type | 訓練／課程內容Description of Course / Training | 主辦機構Organization | 參與人數\*Participants | 服務／自我增值Service / Self Dev. | 時間Time | 總時數Total hrs | 負責主管簽署Oic Signature | 備註Remarks |
| 由From | 至 To |
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類別Types : ABS (緣繩下降Abseiling), CCHE [高結構挑戰網陣Challenge Course (High Event)] , OBS (障礙賽Obstacle Course) , AS (氣槍射擊Air Shooting - ISSF), FA (急救First Aid), MC (山藝 Mountain Craft) , AYP (青年獎勵計劃Award for Young People), CA (獨木舟 Canoe)

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| By : | Rank | Name | Signature | Date |