

警察拔河隊

團結就是力量 – 拔河比賽，正正就是兩隊人的力量與團結的較量。拔河俗稱「扯大纜」，是不少人的童年遊戲之一，但其實拔河運動亦有正規的比賽，更曾是奧運項目，當中蘊藏的技巧和裝備或許會讓你意想不到。

張偉峰警長於 1996 年加入警隊，現時駐守機場特警組。張警長早於 2000 年一次偶然的機會下開始接觸拔河運動，更於同年代表香港出外參與國際拔河賽事。參與國際賽事令張警長大開眼界。在一次練習賽中，他們八個大男人對上八個體型明顯纖細的運動員。最終對方以弱勝強。張警長發覺到個人力量在拔河活動中十分渺小，如何能激發出團隊合作性的「技」及「力」才是勝負的關鍵。

正規的拔河比賽，雙方面都是在平磅制下作賽（一般男子隊八人總重量不超過 600 公斤）。不少人以為身形高大的選手必有優勢，但事實個人的身形及能力並不是拔河主要的致勝因素。勝負的關鍵在於團隊合作和技術運用，當然艱辛刻苦的鍛煉是必不可缺。拔河是一項需要長時間刻苦訓練的運動，訓練中能磨練隊員的意志和抗壓能力，或許有隊員熬不過嚴格訓練而選擇中途退出，但假如你能繼續堅持，當贏得比賽的一剎那，你會發覺帶來的收穫遠比付出的時間和汗水多。

張警長除了是一名運動選手外，亦考獲多項專業教練資格以擔任教練及領隊工作。在警隊仍未成立正式的拔河隊前，儘管缺乏資源、裝備及練習場地，張警長及其他警察拔河隊員都默默付出，各自各努力鍛鍊。他們多次代表香港及警隊出外參與不同的拔河比賽，並獲得不少獎項。

在張警長的印象中，最深刻及激烈的一場比賽是在 2017 年初舉行的紀律部隊比賽。當時由於警察，消防及入境處均各有贏輸、勢均力敵，所以每一場賽事都持續比拼了很久。隨著啦啦隊的吶喊聲，警察拔河隊上下用盡最後一分力堅持到最後一刻，「一步」「一步」將對手拉過自己場區。在裁判的哨子聲及啦啦隊的歡呼聲下，警察拔河隊最終獲得久違的紀律部隊拔河冠軍。這場勝利正正體現出團結的力量，張警長被這種力量感動了！

香港警察拔河會於 2017 年 5 月正式成立，而張警長亦是創會成員之一，現為拔河會司庫。隨著警察拔河會的成立，更多警務人員有機會參與正式的拔河訓練。就上年度，警察拔河會開設了兩次初級拔河訓練班，共有超過 50 名警務人員考獲初級拔河運動員証書資格。

警隊於最近一年亦多次參與本地及海外的拔河賽事，並獲得多個獎項。其中張警長帶領警察拔河隊隊員（共 20 人）代表香港出席於台灣舉辦的「2017 國際室內拔河邀請賽」，當中拔河會女子隊於 520 公斤級別更獲得第三名的佳績。

未來香港警察拔河會除了會繼續於警隊內推廣及發展拔河運動外，亦會參與不同類型的社區或學校的運動推廣活動，希望能向公眾宣傳拔河運動的同時，把警隊正面的形象繼續推展出去。

Police Tug of War Team

Unity is Strength – Tug of War is commonly known as a sport that directly puts two teams against each other in a test of unity and strength. Also known as “rope pulling”, it is one of the childhood memories to many of us. The sport was part of the Olympic Games from 1900 until 1920, but has not been included since. You may be surprised by the techniques and equipment applied in a Tug of War game.

The Tug of War is a sport between two teams, whose total mass must not exceed a maximum weight as determined for the class (normally not exceeding 600 kg for a team of 8 men). Although it is generally believed that strong players take absolute advantage in the game, individual strength is indeed not the crucial factor to victory. On the contrary, coordination among the team members, the tactics deployed and the emotional resilience of their minds throughout the contest are what a winning team differentiates itself from the rest.

Joined the Force in 1996 and currently serving in the Airport Security Unit, Sergeant (SGT) CHEUNG Wai Fung first came across with the Tug of War game by chance in 2000, in which he represented Hong Kong to participate in an eye-opening international Tug of War contest. Despite having a body weight advantage over the opponents, CHEUNG’s team lost in an 8-against-8 match. It was then SGT CHEUNG came to realize that Tug of War is not a battle of physical strength, but rather a sport of technique, tactics and cooperation among teammates.

Among all highlights in his tug-of-war career, the most memorable and fierce match SGT CHEUNG had was the inter-disciplinary forces contest held in early 2017, in which elite athletes of the Force, the Fire Services Department and the Immigration Department had been neck and neck throughout the entire contest with each match lasted longer than usual. With the support of our cheering team, the Force’s Tug of War Team made their best endeavor to pull their opposition over the centre line bit by bit and won the final match. The team was crowned champion and SGT CHEUNG was deeply impressed by the comradeship and unity in the team.

SGT CHEUNG holds a number of qualifications in Tug of War and takes the roles of both a coach and a leader. Prior to the official formation of a sports club in the Force, despite a lack of resources and training facilities, SGT CHEUNG and other founding member selflessly devoted in installing professional gears and training individual members for various local and overseas competitions.

The Hong Kong Police Tug of War Club (HKPTOWC) was officially founded in May 2017 with SGT CHEUNG being one of the key founders. He now serves as the treasurer of the Club. Following its formation, HKPTOWC took part in a number of key Force events and hosted trainings for its members. Last year, the Club conducted two beginner courses with more than 50 Force members awarded the beginner certificate. In 2017, SGT CHEUNG led a group of 20 HKPTOWC members to contest in the “2017 World Indoor Tug of War Championship” held in Taiwan. Our women team achieved the 2nd runner up under the weight class of 520 kg.

The HKPTOWC envisaged through continually promoting the sport among local communities and schools, the sport could be popularized whilst the Force's positive image is upheld among younger generations. Should you want to know more about the sport or the club, don't hesitate to contact us anytime.