

安全指引

1. 活動資訊

- a) 最新資訊：請瀏覽本活動網頁
www.c12hrs.sowers.hk
- b) 取消活動：如遇天氣惡劣或其他安全原因，本活動將會取消及不會延期。本會將透過傳媒向外公佈，惟已繳交的報名費及捐款將不會退還。

2. 活動前準備

- a) i. 定時練習
ii. 熟習比賽路線
iii. 隊際參加者建立團隊精神
- b) 熱身運動
- c) 購買適合保險

3. 比賽服飾及隨身物品

- a) 衣服：以舒適及適合行山運動為主；
- b) 鞋、襪子：穿著舒適的行山鞋或跑鞋；
- c) 建議物品：行山杖，以防肌肉、韌帶及關節受傷的防護工具。



私隱度
極高!

位處尖沙咀中心地區

f @skyfitnesshk



SKY FITNESS 於2018年年初開業，是香港首間揉合健身與運動治療的健身中心。

針對不同都市痛症、預防及改善因肌肉不平衡引發出交叉綜合症等問題，利用運動達到治療效果。教練除經驗豐富外，強調教授的課堂均持有該課程的專業資格。

1對1的專業服務為健身愛好者提供截然不同的運動體驗。

全新概念!

香港首間揉合健身與
運動治療的健身中心

SAFETY GUIDE

1. Information

- a) Latest information : Visit our website: c12hrs.sowers.hk
- b) Cancellation : If event have to be cancelled due to severe weather or safety reasons, organizer will announce through the media. There will be no postponement while the enrollment fee and paid donation will not be refunded.

2. Preparation

- a) i) Perform regular training
ii) Familiarize with the trail
iii) Build up team spirit among team members
- b) Perform proper warm up exercises
- c) Arrange adequate insurance coverage

3. Outfits and personal belongings

- a) Clothing : comfortable and fit for hiking.
- b) Shoes and socks : wear comfortable hiking or running shoes.
- c) Suggestion : Hiking stick, accessories to avoid muscle, ligament or joint injuries.
- d) Necessities:
 - i) Bring water bottle/bag. No cup or bottled drinks will be provided.
 - ii) Snacks
 - iii) Basic first aid kits
 - iv) Other items - personal medicine, sun block, sun hat, torch / head lamp and small amount of money.
 - v) Mobile phone.



苗圃行動
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4. Important notes during race

- a) Warm up : Before, during and after the race
- b) Avoid dehydration
- c) Have snack to maintain glucose level
- d) Suitable recesses
- e) Stop when feeling unwell
- f) DO NOT take shortcut
- g) DO NOT withdraw without informing the organizer
- h) DO NOT waste water or food.
- i) Bring along mobile phone to receive the latest news

5. Race courtesy

- a) Give way to fast runners at narrow course.
- b) Don't force your way through people.
- c) Keep clean and quiet.
- d) Respect volunteer staff.

6. Love the nature

- a) Observe the "Country Park Rules and Regulations",
- b) Beware of monkeys

7. Severe weather and emergency arrangement

- a) 06:00 on Race Day :
 - i) Typhoon No.1 / amber rainstorm: race will be continued
 - ii) Typhoon No. 3 or above / red or black rainstorm: race will be cancelled.
- b) During the race :
 - i) Typhoon No.1 / amber rainstorm: race will be continued
 - ii) Typhoon No. 3 / red rainstorm: if race termination is needed, organizer will alert all participants / CHECKPOINTS
 - iii) Typhoon No. 8 / black rainstorm / incident that may affect safety of the event : race will be terminated immediately.



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