

## 參加者守則

緊急聯絡電話：8206 9090 ，一般查詢電話：2597 4739

參加者須遵守以下守則：

1. 參加者保證其會嚴格遵守所有在活動期間香港政府根據《預防及控制疾病條例》（第 599 章）、其相關附屬法例包括但不限於《預防及控制疾病（禁止羣組聚集）規例》（第 599G 章）及《預防及控制疾病（佩戴口罩）規例》（第 599I 章）以及所有相關法律法規所施行的預防、抵禦、阻延及控制疾病個案或傳播的措施，在活動中保持適當的社交距離，按照相關的規例佩戴口罩，並只在相關的措施豁免的情況下不佩戴口罩。
2. 手提電話、主辦機構提供的號碼布為活動指定裝備，參加者必須全程攜帶所有指定裝備徒步完成活動。
3. 是次活動是一項自我補給活動，主辦機構將不會提供任何補給品，參加者需自行帶備足夠補給品或於沿途士多自我補給以確保能安全完成活動。
4. 參加者必須在進行活動前仔細閱讀及了解路線資料，建議下載 GPX 檔案到手機或手錶作地圖瀏覽及導航用途，必須依從活動路線前進，不得走捷徑或非官方路線(ENG)。
5. 參加者必須在 2021 年 9 月 2 日至 2022 年 1 月 26 日內跟隨指定路線一次過或兩次（視乎參加組別）完成活動路程。參加者務必在日間進行活動，建議起步時間為早上 08:00 至 10:00。在所有的指定打卡位置展示號碼布拍照，然後把相片、用時、距離及地圖的截圖，參賽者的個人網頁，以作核實。
6. 參加者報名後，如需更改參與馬數或路線，必須以電郵通知主辦機構。於 7 月 25 日或之前免費更改；於 7 月 26 日至 8 月 27 日期間，每次每項收取港幣\$100 之行政費用。8 月 27 日後一輪不接受任何更改。
7. 參加者在任何情況下退出活動，已繳交之報名費及捐款均不獲退還及不得轉讓他人。
8. 參加者如遇上惡劣天氣或身體不適，應立即終止活動。
9. 參加者應小心橫過馬路，留意路面情況。
10. 參加者不得在沿途亂扔垃圾及破壞或騷擾任何植物或動物。
11. 活動屬自願參與性質，參加者同意承擔一切風險及責任，主辦機構建議參加者按個人需要自行購買合適的保險。
12. 主辦機構有權於任何時候更改或取消活動，主辦機構會以其認為合適的方法作出公佈，但無須向參加者另行作出通知。就此，參加者無權向主辦機構提出任何索償。
13. 大會保留提早截止報名的權利而不作通知。名額先到先得，額滿即止。
14. 起步及完成
  - i. 參加者必需發送訊息至主辦機構 Whatsapp 9106 4082，表示開始出發活動及已結束當日活動，以察安全。
  - ii. 參加者需於起步時，立即發送訊息至主辦機構 Whatsapp 9106 4082，通知出發時間、參加者編號、同行參加者姓名、電話，以及完成時也立即發送訊息至主



辦機構 Whatsapp 9106 4082 表示已完成當日活動。

- iii. 參加者在中途地點打咭後，亦要立即發送相片至主辦機構 Whatsapp 9106 4082。
- iv. 參加者中途退出，立即發送訊息至 Whatsapp 9106 4082 通知主辦機構，並自行安排交通工具離開。

15. 號碼布

- i. 派發的號碼布以識別身份；如發現損毀，請於賽前通知賽會；
- ii. 必須帶同號碼布，賽會只能視乎存量提供補發，並需收取\$100 助學捐款；
- iii. 比賽進行時，必須把號碼布扣於前胸腹衣物上。

16. 本活動所有文件以中文版本為準，主辦機構有全部解釋權，並會不時更新。



## Rules and Regulations

**Emergency Contact Tel. No.: 8206 9090 › General Enquiry Tel. No. 2597 4739**

Participants must comply with the following rules & regulations:

1. Each participant warrants that the participant will strictly adhere to all measures for preventing, protecting against, delaying or otherwise controlling the incidence or transmission of disease implemented by the Hong Kong Government pursuant to the Prevention and Control of Disease Ordinance (Cap.599), its related subsidiary legislation including but not limited to Prevention and Control of Disease (Prohibition on Group Gathering) Regulation (Cap.599G) and Prevention and Control of Disease (Wearing of Mask) Regulation (Cap.599I) and all related laws and regulations, maintain appropriate social distance during the Event, wear mask according to the relevant regulations, and only take off the mask in circumstances exempted by the relevant regulations. If any participant is prosecuted by any law enforcement agencies or officers, the participant shall be personally responsible, and the Organizer shall not have any liability in relation to such prosecution.
2. Mobile phone and bib provided by the Organizer are the specified gears for the Event. Participants must carry the specified gears and complete the Event on foot.
3. The Event is a self-support event. The Organizer will not provide any supplies. Participants must bring or obtain from kiosk along the route sufficient supplies by themselves to ensure that they can complete the Event safely.
4. Participants must carefully study and understand the Event and route information before engaging in the Event. The Organizer also suggested participants to download the GPX file to the participants' mobile phones or watches for map browsing and navigational purposes. No short-cut or non-official routes is allowed.
5. Participants must complete the designated route of the Event in one of two go (depended on the category) between 2 September, 2021 and 26 January, 2022, take photos showing the number bib at all designated checkpoints and upload records of the Event and related information (Time, Route and Distance) via the personal blog provided in the Organizer's for verification purpose. Participants must conduct the running activity during the day and the suggested start time between 08:00am and 10:00am.
6. If participant wants to change the route or distance, MUST inform the Organizer by email. I would be free when inform the Organizer on or before 25 July 2021. An administrative fee HK\$100 will be charged if inform between 26 July and 28 August 2021. No amendment can be made after 25 August 2021.



7. If any participant withdraws from the Event, the registration fee and donation paid will not be refunded and cannot be transferred to any other person, irrespective of the reason of withdrawal.
8. Participants should immediately discontinue their activity in the Event if they encounter bad weather or feel unwell.
9. Participants should cross roads carefully and pay attention to road conditions.
10. Littering, damaging or disturbing any flora or fauna by participants are strictly prohibited.
11. Participation in the Event is voluntary in nature. Each participant agrees to bear the participant's own risks and responsibilities. The Organizer suggests participants to purchase appropriate insurances based on their individual needs.
12. The Organizer has the right to change or cancel the Event at any time. The Organizer shall make announcement of any such change or cancellation in a manner it deems appropriate. It shall not be necessary for the Organizer to otherwise notify the participants. In this respect, participants have no right to make any claim against the Organizer.
13. Organizer reserves the right to close the enrollment before deadline without prior notice, which is on first-come-first-serve basis.
14. Start and Finish
  - i. To ensure your safety, participants are required to send WhatsApp message to organizer 9106 4082 notifying the start and completion of the day's activity.
  - ii. At the start of the race, runners must send WhatsApp message 9106 4082 to organizer informing his participant number, start time, name and mobile number of participant's partner/s at the start of the race. Similarly, a WhatsApp message need to be sent to organizer at the completion of the race.
  - iii. Participants need to take photos of designated checkpoints and send screen shots via WhatsApp 9106 4082 to organizer.
  - iv. Runner withdrawing during the race are required to send WhatsApp message to organizer 9106 4082 and arrange their own means of transportation.
15. Number Cloth
  - i. A number cloth is for identification. Please report to Organizer before the race should there be any visible damage;
  - ii. Number cloth must be presented at start point for registration. Subject to availability, organizer may assign another number cloth to those forget to bring it along and an educational donation of HK\$100 will be required;
  - iii. During the race, the number cloth must be fastened in front of runner's abdomen.
16. The Organizer reserves the right to interpret the above information, with Chinese as the master version. Updates will be made if necessary.