

安全指引

1. 活動資訊

- i. 最新資訊：請瀏覽本活動網頁 (<https://sowers.hk/10marathons/>)
- ii. 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。本會將透過媒體向外公佈，惟已繳交的報名費及捐款將不會退還

2. 活動前準備

- i. 定時練習、熟習比賽路線、熱身運動
- ii. 注意自身安全及運動所帶來的風險後果，為自己購買合適的保險計劃
- iii. 通知親友有行山活動
- iv. 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。

3. 比賽服飾及隨身物品

- i. 衣服及鞋：以舒適及適合行山運動為主
- ii. 必備物品：號碼布、手提電話、水、備有大會網站上的 **GPX** 在手提電話或手錶軟件上、地圖、小食、簡單急救用品、個人藥物、太陽油、太陽帽、電筒或頭燈、行山杖及小量金錢
- iii. 建議物品：以防肌肉、韌帶及關節受傷的防護工具

4. 活動進行時注意事項

- i. 起步前、休息後及比賽完成後進行熱身及緩和運動
- ii. 需與 **2-4** 位參加者同行，以便互相照顧
- iii. 補充水份 (建議全馬備有不少於 **3** 公升、半程備有不少於 **2** 公升、**10** 公里備有不少於 **1** 公升之飲用水)、糖份及鹽份
- iv. 適當小息；如身體不適，切勿勉強繼續比賽
- v. 切勿抄捷徑
- vi. 切勿浪費食水及食物
- vii. 嚴守「郊野公園守則」及愛護郊野，帶走自己垃圾
- viii. 防範獼猴

5. 活動禮儀

- i. 於比較狹窄賽道，讓路給步速較快的參加者
- ii. 不可爭先恐後
- iii. 保持環境清潔及安靜，以減低對居民及其他途人的滋擾
- iv. 尊重為您服務的義工

6. 惡劣天氣之安排

A. 活動日早上六時：

- i. 一號風球/黃色暴雨警告：活動照常
- ii. 三號風球或以上/紅色或黑色暴雨警告/雷暴警告：活動將取消，大會並於活動 **Facebook** 專頁宣佈

B. 活動進行期間：

- i. 下雨/一號風球/黃色暴雨警告：活動照常
- ii. 三號風球/紅色暴雨/雷暴警告：活動將取消，大會於活動 **Facebook** 專頁宣佈，大會並將會以電話通知參加者
- iii. 八號風球或以上/黑色暴雨警告：比賽即時取消，大會於活動 **Facebook** 專頁宣佈，大會並將會以電話通知參加者

Safety Guidelines

1. Event Information

- iii. Latest information: please visit the event webpage (<https://sowers.hk/10marathons/>)
- iv. Event cancellation: This event will not be postponed and may be cancelled, due to adverse weather conditions or other safety concerns.

2. Pre-event Preparation

- i. Train regularly; familiarize with the competition route; warm-up exercises.
- v. Pay attention to your own safety as well as the risks and consequences of strenuous physical exercise; purchase suitable insurance cover.
- vi. Advise your relatives about this hiking event.
- vii. Participants should immediately send a message to the organizers via Whatsapp 9106 4082 when the start; advise start time, participants' numbers, as well as names and telephone numbers of the participants. At the end of the hike, participants should also immediately send a message to the organizers via Whatsapp 9106 4082 to advise completion.

3. Competition Clothing and Personal Belongings

- iv. Clothing and footwear: comfortable and suitable for hiking.
- v. Essential items: bib number; mobile phone; water; mobile phone or app installed with GPX from event website; map; snacks; simple first aid items; personal medication; sun block; sun hat; torch or headlamp; hiking stick and a small amount of cash.
- vi. Suggested items: Protective tools to prevent muscle, ligament and joint injury.

4. Things to Note During the Hike

- ix. Warm-up and warm-down exercises before and after the hike, and during rest breaks.
- x. Must partake with 2-4 other participants, in order to take care of each other.
- xi. Keep hydrated (suggest carrying no less than 3 litres of water for full marathon; no less than 2 litres for half marathon and no less than 1 litre for 10 km); replenish sugar and salt.
- xii. Take suitable rest breaks; if you feel unwell, do not force yourself to continue.
- xiii. Do not take shortcuts.
- xiv. Do not waste water or food.
- xv. Adhere strictly to the country park rules and regulations and take care of the countryside; take your rubbish with you.
- xvi. Protect yourself against macaques.

5. Event Etiquette

- v. On narrower stretches of the route, please give way to faster participants.
- vi. Do not scramble, or push other participants.
- vii. Maintain a clean and quiet environment to avoid disturbing passers-by and local residents.
- viii. Respect our volunteers.

6. Adverse weather arrangements

C. At 06:00 a.m. on the day of the event

- iii. Typhoon Signal No. 1 or Amber rainstorm warning: The event will proceed as planned.
- iv. Typhoon Signal No.3 or higher / Red/Black rainstorm warning / Thunderstorm warning: The

event will be cancelled and an announcement will be made on the event Facebook page.

D. During the event:

- iv. Light rain / Typhoon Signal No. 1 or Amber rainstorm warning: The event will continue as planned.
- v. Typhoon Signal No.3 / Red rainstorm warning / Thunderstorm warning: The event will be cancelled and an announcement will be made on the event Facebook page. Participants will be notified by telephone.
- vi. Typhoon Signal No.8 / Black rainstorm warning: The event will be terminated immediately and an announcement will be made on the event Facebook page. Participants will be notified by telephone.