

圖出山野

中銀人壽慈善賽2022

Edition 2_7.11.2022

The following information has been put together to ensure you and your team get the most out of your experience. Included in this package are the following documents:

- ✓ **Event Instructions** – (You are reading it!) Forward or make copies for all your team members. Updates will be posted to AYP BOC Life Rogaine Charity Race 2022's Facebook page and the website.
- ✓ **Competition Rules for this event** – Ensure your team members observe these rules
- ✓ **List of participants** – You can find your team number and groupings on the list.
- ✓ **Environmental Information** – Green Tips

The important event instructions are bold in black. Please be aware of the safety issues, which are highlighted in red in this event information.

EVENT INSTRUCTIONS

(for 3-hour and 6-hour Classes : FAM, HT3, OM6, OW6, OX6, YM6, YW6, YX6, CORP, 25A6)

- Organiser** : The Hong Kong Award for Young People
Date : 13 November 2022 (Sunday)
Competition Centre : HKAYP Jockey Club Duke of Edinburgh Training Camp
(No. 90, Hang Ha Po, Lam Tsuen, Tai Po, N.T.)
Competition Area : New Territories Central & North
Type of Event : 3 hours, 6 hours Score Event
Map : 1:15,000 Colour Topographic Map with 10m contour interval, 2022 edition
Prizes : 1. The best three in each class will be awarded. Only the champion will be awarded for class with 5 entries or less.
2. All awardees will be awarded with prizes sponsored by Pocari Sweat. The Champion of the 25th Anniversary of the Establishment of the HKSAR Youth Challenge Cup (25A Youth Cup), Open Challenge Cup, Youth Challenge Cup and Family Class will also be awarded with prizes sponsored by The Overlander. Prizes provided by The Overlander are from Montbell, Salomon, Chums and Deuter.
3. The Champion of 25A Youth Cup will be awarded with a trophy. The best three of the Corporate Team Championship will be awarded with a trophy respectively.
4. Participants who complete the race successfully will be awarded with an e-certificate and a finisher medal.
- Safety Guide** : 1. The general safety guide is available on website for your reference.
2. **You can also call the emergency hotline 6468 2792 to contact the organiser in case of emergency.**
3. **In case of serious injury or accident during the competition, you can dial 999 directly to summon help and then report the case to the organiser as soon as possible.**
- Enquiry** : 2157 8630 during office hour or 6468 2792 on Event Day

6 HOURS RACE EVENT SCHEDULE (Please note your class and start time)

Time	6-hour race
07:40	- Event Centre opens, scan the "LeaveHomeSafe" QR code
07:45	- 25A Youth Cup and Corporate Team Championship Registration open - Staff check the "Vaccine Pass" (blue code) and the completed online health declaration form (PCR & RAT must be uploaded) - Registration, collection of SIAC cards, number bibs, maps - Baggage Storage at designated place
08:15	- 25A Youth Cup and Corporate Team Championship Registration close - Open Challenge Cup, Youth Challenge Cup Registration open - Staff check the "Vaccine Pass" (blue code) and the completed online health declaration form (PCR & RAT must be uploaded) - Registration, collection of SIAC cards, number bibs, maps - Baggage Storage at designated place
08:30	- The first group of 25A Youth Cup enters the Pre-Start area (Competitors in other 6 hours groups will enter the Pre-Start area 20 minutes before respective race start) At the Pre-Start Area must: - Team photo-taking - Equipment checking & submission of Flight Plan - SIAC cards checking
08:40	- The first group of 25A Youth Cup enters the Start area - Kick-off Ceremony
08:55	- Open Challenge Cup, Youth Challenge Cup Registration close
09:00	- The first group of 25A Youth Cup starts
09:10	- The second group of 25A Youth Cup starts
09:20	- Corporate Team Championship starts
09:30	- Open Male Challenge Cup starts
09:40	- Open Female Challenge Cup & first group of Open Mixed Challenge Cup starts
09:50	- The second group of Open Mixed Challenge Cup starts
10:00	- Youth Challenge Cup starts
13:30	- Carnival and canteen open
16:00	- End of 6-hour race, teams finishing after 16:15 are considered DNF and are unranked
16:15	- Display of tentative results and appeal
16:20	- Display of final results
16:30	- Prize presentation
18:30	- Event Centre closes

3 HOURS RACE EVENT SCHEDULE (Please note your class and start time)

Time	3 hours race
10:00	<ul style="list-style-type: none">- Family Class and Happy Together Class Registration open, scan the "LeaveHomeSafe" QR code- Staff check the "Vaccine Pass" (blue code) and the completed online health declaration form (PCR & RAT must be uploaded)- Registration, collection of SIAC cards, number bibs, maps- Baggage Storage at designated place
10:40	<ul style="list-style-type: none">- The competitors of Family Class enter the Pre-Start area (Competitors in other 3-hour groups will enter the Pre-Start area 20 minutes before respective race starts) At the Pre-Start Area: <ul style="list-style-type: none">- Team photo-taking- Equipment checking & submission of the declaration form- SIAC cards checking
10:50	<ul style="list-style-type: none">- The competitors of Family Class enter start area- Family Class and Happy Together Class Registration close
11:00	<ul style="list-style-type: none">- Family Class starts
11:10	<ul style="list-style-type: none">- The first group of Happy Together starts
11:20	<ul style="list-style-type: none">- The second group of Happy Together starts
11:30	<ul style="list-style-type: none">- The third group of Happy Together starts
11:40	<ul style="list-style-type: none">- The fourth group of Happy Together starts
13:30	<ul style="list-style-type: none">- Carnival and canteen open (only available to finishers)
14:40	<ul style="list-style-type: none">- End of 3-hour race, teams finishing after 14:55 are considered DNF and are unranked
15:30	<ul style="list-style-type: none">- Display of tentative results and appeal
16:20	<ul style="list-style-type: none">- Display of final results
16:30	<ul style="list-style-type: none">- Prize presentation
18:00	<ul style="list-style-type: none">- Carnival and restaurants close
18:30	<ul style="list-style-type: none">- Event Centre closes

TRANSPORTATION

- 1) The Event Center is located at HKAYP Jockey Club Duke of Edinburgh Training Camp at No. 90, Hang Ha Po, Lam Tsuen, Tai Po, N.T. (GR:50QKK058863). You may scan the following QR Code for the location of the Event Centre:



- 2) The organiser would not arrange transportation.
- 3) Competitors can take MTR to Tai Wo, then take KMB No. 64K Bus (To Yuen Long (West)), or Mini Bus 25K (To Lam Chuen) drop off at Hang Ha Po Station, and take an easy walk to the Event Centre. The bus/ minibus ride is about 15 minutes long. Or take KMB No. 64K Bus at Yuen Long (West) or Kam Sheung Road Station towards Tai Po Market and drop off at Hang Ha Po Station. It takes 60 minutes and 36 minutes respectively. Please allow sufficient travelling time to get to the event on time.
- 4) Competitors please walk along the roadside and beware of the vehicle. In order to ensure road safety, the road near Event Centre will be restricted for any car entry by the competitors.
- 5) Competitors of 3 hours need to report to the Event Centre, please follow the instructions from the event staff.
- 6) No parking place will be available at the Event Centre. Competitors are not allowed to drive to or take any transport to the Event Centre. Failure to do so will lead to disqualifications.

EVENT CENTRE

- 1) All competitors must comply with the latest guidelines of the government's "Vaccine Pass". Before entering the Event Center, you must scan the "LeaveHomeSafe" QR code and meet the requirements of the vaccine pass (blue code).
- 2) All competitors entering the Event Center must have their body temperature checked, wear masks at all times and strictly abide by pandemic prevention measures.
- 3) Competitors must complete the 2019 coronavirus nucleic acid test (PCR) within 48 hours before the competition day, and take the rapid antigen test (RAT) by themselves before arriving on the competition day. Both results must be negative before participating in the race.
- 4) Competitors must submit an electronic health declaration form on the day of the competition and present the reply email. The link to the electronic health declaration form is as follows: [Website](#). The link will be open for competitors to fill out starting at 0:00 a.m. on the day of the race. Please follow the event officials instructions to enter the Event Centre and do not cause any obstructions to the 6 hours race starters.
- 5) Toilets will be available at the Event Centre.
- 6) No showers will be available at the Event Centre.
- 7) First Aid and Physiotherapy services will be provided at the Event Centre.
- 8) There are recycle bins of various materials at the Event Centre. Please clean them before you put into the recycle bins. Please keep the Event Centre clean and take your litter home.
- 9) You can leave your luggage at the designated area. **No plastic bags would be provided for luggage storage due to environmental protection.** The organiser bears no responsibility on any loss or damage of your property. Therefore, do not bring any valuables.
- 10) **Competitors can only dine-in at the designated area.**
- 11) Competitors are not allowed to enter any restricted area within the Event Centre and any other non-event centre areas, failure to do so will lead to disqualifications.

REGISTRATION & ENQUIRY

- 1) Only the team captain is required to register and collect the number bibs and SIAC cards (picture

as below) for the whole team within the designated time. Please follow the marked route to registration counter.

- 2) The team captain has to confirm that **ALL** team members on list are present for the competition on the event date. The team captain should show the QR code from email when register. If a team member is absent, the team captain must report to registration. If the number of team members is more than 2 or above, the team is still allowed for competition. **No substitution of participation is allowed; otherwise, you will be disqualified. You will be asked to provide identity proof whenever necessary.**
- 3) Each team member will be issued an SIAC card and one number bib. The SIAC cards are not specific and the team captain can assign the number bibs and SIAC cards to his/her team members by him/her self.
- 4) The captain must place the SIAC card on the "Clear" and "Check" sensor as instructed by the staff after reporting to activate the Air+ function of the SIAC card. Afterwards, the competitors must put the SIAC cards on the "Test" sensor to test the cards. The SIAC card will flash and sound, indicating that the card is functioning normally.
- 5) The start list including the bib numbers and the SIAC card numbers assigned to each team **will be uploaded to the event website and will also be displayed on the event day.**
- 6) The 6-hour teams will get two flight plans cum declaration form per team and a competition map per team member after registration. 3-hour teams will get a declaration form and one map for each competitor at registration.
- 7) Please leave the registration counter promptly. If you have any enquiry, please go to the enquiry counter.
- 8) **Registration counter will be closed at designated time. Latecomers will NOT be provided with competition materials and will NOT be allowed to join the competition.**


RESTING AREA

- 1) After registration, team leader should meet their team members at the resting area. Teams can plan their routes and prepare their flight plan (6-Hour race) at the resting area.
- 2) Before they access to the pre-start zone, they should finish putting their luggage at designated area. Please do not leave your luggage at the resting area.
- 3) Please maintain social distance with other teams at the resting area.
- 4) All teams (except teams start at 9:00 and 9:10) please proceed to pre-start zone 20 minutes before their start time.


START

- 1) The Start is located at the Event Centre which is marked red \triangle on the competition map.
- 2) In order to comply with the government's pandemic prevention regulations and guidelines, the competition will start in groups (about 50 people in each group). The 6-hour group departs from 0900 hours to 1000 hours, while the 3-hour group departs from 1100 hours to 1140 hours, with a 10-minute interval between each group.
- 3) You must wear your number bib chest high; otherwise, you will not be allowed to start.
- 4) Each competitor must fasten the SIAC card on your wrist by the wristband provided by the organiser before entering the pre-start. According to the manufacturer's guidelines, if a competitor wears a GPS watch, please do not wear the SIAC card and the watch on the same hand, otherwise, the GPS watch will greatly reduce the sensitivity of the SIAC card, which may cause sensing or timing to be invalid.



- 5) Team photos are to be taken before checking in at the pre-start area (all team members should wear their number bibs chest high)
- 6) You should enter the Pre-Start Area **at least 20 minutes** before the start time. **Your SIAC card, number bib, compass, whistle will be checked at the Pre-Start Area (please see Appendix 1). You have to submit your 'Flight Plan' (for 6-hour Rogainer only) before your start. For the 3-hour group, a declaration form is required. You are not allowed to start without any of these aforesaid items. Any competitor once enters the Pre-Start Area is not allowed to leave the area.**
Competitors can hover over the "Test" unit to check the Air+ experience. The SIAC card will feedback with a flashing optical signal and "beep" sound, meaning the card is functioning normally.
- 7) The final briefing and kick-off ceremony will be held before the first start.
- 8) The starting procedure adopts the instant start. Competitors can start only after hearing the start signal.
- 9) Punching "Start" is not required. Crossing the start line suffices.
- 10) Please leave the Start Area immediately and follow the streamers to the Start Point (the red  as shown on the map). **All competitors must pass through the Start Point. Do not stay at the Start Area as this will cause obstruction to other competitors.**
- 11) **To avoid any traffic accident, please stick to the pavement after leaving the start, and do not run on the motor way and cycling tracks.**
- 12) **After the competitors leave the Event Center**, they are not required to wear masks when exercising. However, masks are required when passing villages and residential areas.
- 13) Late starters must report to Late Start lane and can only start when being allowed to do so. Late starters will be timed as if they start at their scheduled time unless the organiser is at fault. No competitor will be allowed to start after 15 minutes of their scheduled start time.
- 14) Please see the 'Start Flow' as attached at Appendix II.

FINISH

- 1) The Finish location is at the Event Centre which is marked by red  on the competition map.
- 2) All competitors must enter the Finish/Event Centre from the main entrance, you are not allowed to use any other access points which will be marked as out of bound.
- 3) **All competitors are required to report to the finish within the specified competition times, i.e. 3 hours or 6 hours. Any late for 15 minutes or more will be deemed to be DNF (DO NOT FINISH) and are ineligible for a placing. The course closing times for 3 hours and 6 hours competitions will be 1415 hours and 1615 hours respectively.**
- 4) Teams should be finishing altogether and incomplete teams are not allowed to enter the Finish Chute.
- 5) Contactless finish line is used at Finish for the race. The timing stops when runners pass through the finish line and the SIAC card will feedback with "beep" sound and flashing optical signal as confirmation. If runners find that no feedback is given by the SIAC card when passing the finish line, they can choose to punch on the "Finish" unit. Yet, the later time will be taken as the Finishing time.
- 6) Please proceed to Result station for result download after crossing the Finish. You are not allowed to unfasten your SIAC card by yourself otherwise you will be disqualified.
- 7) The organiser will distribute new masks to all competitors who have completed the event.
- 8) Please follow the instructions of the event officials to download the data from your SIAC cards and you will be provided with a result slip for reference.

COMPETITION MAP

- 1) The map will be in 5 colours, at the scale of 1:15,000 with 10 metres contour interval, produced in.
- 2) The map is printed on plain paper and the size is approximately 66cm x 51cm. You need to prepare your map case to protect your map.
- 3) The map is drawn in accordance with the drawing specifications of Rogaine maps.

- 4) There will be two versions of 6 hours map. Class of 25A Youth Cup, Open Challenge Cup will be given version A. Class of Corporate Team Championship and Youth Challenge Cup will be given Version B.
- 5) Map legends will not be printed on the competition map. Please also refer to the Appendix 3 for map legends.
- 6) Name of major villages will be printed on the map.
- 7) Not all Impassable rock face and bare rock will be shown on the map.
- 8) For vegetation, rough open and open land will be shown in white colour while dense vegetation and open forest will be shown in light green colour.
- 9) Cultivation land will be shown by yellow colour with black dots and is only accessible when there is a path shown on the map. Other part will be out of bound. Beware of the change on map due to the latest development of the rural area, which may affect your navigation plan.
- 10) All check points, start & finish point and water points will be pre-printed on the maps.
- 11) Apart from the competition maps provided by the organiser, no other maps in whatever form are to be used during the competitions, failure to do so will lead to disqualification.
- 12) All out of bound areas will be shown in olive green colour on the map and are strictly forbidden to enter. Competitors entering these areas will lead to disqualification and may endangering yourself.**
- 13) Please note that due to the limited size of the competition map, a portion of the competition area in the top right corner falls outside the map frame and is printed on the lower right part of the map.

COMPETITION AREA

- 1) The competition area covers the Central and Northern part of New Territory and extends **9km and 8km from East to West and from South to North respectively.**
- 2) **The competition area encompasses the town area and villages of Tai Po, Fanling and Sheung Shui districts of the New Territories.**
- 3) **The highest point in the area is Pak Tai To Yan which is 556m above sea level.**
- 4) About 40% of the competition area is covered by dense vegetation, the other 60% of the area is covered by rough open ground, settlements and cultivation land and **developed** areas.
- 5) Most of the river valleys or re-entrants are covered by dense vegetation and competitors should travel along prominent paths.
- 6) You are advised to wear long-sleeve clothing to avoid being hurt by thorns and insect bites.
- 7) Some slopes are rather steep with coarse sands and gravels, be careful especially when descending.
- 8) The area is very popular with hikers during Holidays. Please be careful and do not bump into the hikers when running along the hiking paths.
- 9) **During the competition, you may come across the busy motorways like Lam Kam Road, Fan Kam Road, Tai Po Road and Fanling Highway. Please travel along pedestrian or side of the road and do not run/walk on motor roads. Beware of the ongoing vehicle and follow the traffic rules. When crossing a motor road, you must make use legal pedestrian crossing such as zebra crossing, traffic lights and overhead footbridge or pedestrian tunnel**
- 10) Please do not endanger yourself by entering the cycling lanes .
- 11) When coming across the construction sites in the competition area, please stick to the walkway around the sites and beware of the traffic conditions.
- 12) Please do not cause any disturbance and keep quiet when passing through village settlement. Be careful with the wandering dogs in the vicinity of the villages. **You may need to wear your face mask when passing through the villages.**
- 13) There will be 3 water stations in the competition area which will be shown on the map or check point descriptions. Each competitor will be provided with a maximum of 0.5 litre of water at each water station. **You have to refill the water with your water bottles and no drinking cups will be provided.**
- 14) Please keep the countryside clean and take your litter home

COURSE

- 1) The course covers large and diverse area and your fitness and navigation skills will be tested to your limit. **So careful route planning is important.** Steep ascent and descent will put your four limbs in great challenge.
- 2) **Travelling on paths is highly recommended especially for novice. Do not go straight into dense vegetation (Fight area) and create your walkways.**
- 3) Check points will be shown by red **O** on the map and an orange and white colour marker will be hanged on the actual ground. Check point marking device and code number will be provided at each check point.
- 4) Check points descriptions with English and Chinese version will be provided separately in A-4 paper.
- 5) ' * ' will be used in check point descriptions if the feature is not shown on the map.
- 6) Check points scores have been assigned on basis of a number of factors including navigational difficulty, remoteness & distance from the Start & Finish and physical challenge of the course. As a general rule for **Rogaine competition, do not attempt to get all the checkpoints which is almost impossible. Checkpoints with the highest scores usually require good navigation skills, strong physique and a significant amount of time.**
- 7) **All team members shall remain within a distance of 10 metres at all times whilst on the course. All team members shall simultaneously approach to each checkpoint. As we are using SPORTident Air+ contactless timing system which will record accurate punching time of all competitors upon visit of the check, all team members within the team have to punch the check point within 3 minutes otherwise the team will not get any score of that check point. All competitors must wear a number bib chest high at all times. A warning will be given to teams violating the aforesaid rules for the first time and subsequent offences will lead to disqualification. Some checkpoints and parts of the competition area will be manned by Event Officials to ensure that competitors are abiding by these competition rules. Any violation of the competition rules will lead to disqualification without any prior warning.**

SCORING

- 1) This is a Score Event. You can take the checkpoints in any order. Each checkpoint carries a certain score (from 30-100). The team with the highest score and shortest competition time will be the winner.
- 2) Time Penalty system will also apply. 30 points will be deducted for every minute or part of a minute late.
- 3) **All team members within the team have to punch the checkpoint within 3 minutes otherwise the team will not get any score for that check.**
- 4) Teams with an overdue time of more than 15 minutes will be deemed to be DNF (DO NOT FINISH) and are ineligible for a placing.
- 5) In case of same scores, the winner will be the one with less competition time.

SIAC CARDS (ELECTRONIC CHECK CARDS)

- 1) SPORTident AIR+ is the official timing system for this race.
- 2) One SIAC card will be issued to each team member to record the visit of the check points.
- 3) As Rogaine is a team competition, all members of a team **must punch at each check point together** in order to get the valid score of the check points visited.
- 4) Since the effective range between the control station and the SIAC card is about 30cm, please leave the check point immediately after "punching" to avoid disturbing the normal operation of the control station and to avoid obstructing other roganiers.
- 5) **After the completion of your race, you have to download the data stored at your SIAC card.** The SIAC card should be fastened on your wrist by a wristband which is made from synthetic material and **cannot be removed from the wrist until you reach the Download Station,**

otherwise you will be disqualified. You are strongly advised to protect well with your SIAC card and a towel wrist band is a good protection.

- 6) Competitor has to pay HK\$700 to the organiser in case his/her SIAC card is lost or damaged.

FLIGHT PLAN

- 1) As a safety measure, teams participating **6-hour** Rogaine competition will be required to submit a flight plan showing their intended route and checkpoints to be visited before the start. Please also provide the organiser with at least a phone number of your team which can be used for communication purposes on the day of the event.
- 2) Two A3 copies of the flight plans will be provided to mark up the team's intended route and check points to be visited. You must submit one copy of flight your plan before you start. Please keep another one for your own record.
- 3) Please mark your intended travel direction through the check points with an arrow and complete the declarations printed on the back of the Flight Plan.
- 4) The Flight Plan is just for the reference of the organiser, you can amend your route plan during the competition as so required. However, teams not submitting a flight plan are not allowed to start.

EQUIPMENT TO CARRY (Please also read Appendix 1)

(A) To bring to the Event Centre/Hash House

- ☐ Plastic bag or clear contact to protect your map (size of map is about 66cm x 51cm)
- ☐ Pencil, marker pens, highlighters, scissors, adhesive tapes, strings for measuring distance on map work & planning
- ☐ Spare & changing clothing, shoes, towels
- ☐ Snacks
- ☐ Spare water
- ☐ Basic first aid kit

(B) To carry during competition

- ☐ *At least one First aid kit **per team**, compulsory items include crepe bandage, Elastoplast's for minor cuts, 2 triangular bandages (blister kit is advisable)
- ☐ *At least one Mobile phone **per team** (at least one per team with a phone number provided to the organiser for communication purposes on the event day)
- ☐ *One Waterproof marker pen **per team**
- ☐ *At least one Lighting device **per team (6 hours Rogaine's only)**
- ☐ *One Compass for **each member** (compass on mobile phone not accepted)
- ☐ *One Whistle for **each member**
- ☐ *One Watch for **each member**
- ☐ *At least 1.5 liters of drinking water for **each member** at START
(No water will be provided before START, you are required to bring your own water to the event centre). You are strongly advised not to use one-off disposable water bottles
- ☐ Wet / cold weather gear and warm clothing for **each person** (compulsory if the weather forecast is severe / temperature below 10°C)
- ☐ If weather forecast is severe / temperature below 10°C, one space/emergency blanket /Survival Bag **per team (6-hour Rogaine's only)**
- ☐ Small backpack
- ☐ **Towel wrist band** (to protect your SIAC card and synthetic wristband)
- ☐ Gaiters or other leg coverings **(full body cover is strongly recommended)**
- ☐ Shoes with good grips
- ☐ Sunhat, sun cream, insect repellent
- ☐ Snack on the course (e.g. staminate, energy/muesli bars, dried fruit, chocolate)

***Compulsory items: You should have the above personal and team equipment for safety and comfortable reasons, checking of equipment by officials will take place at start or check points. Failure to carry the compulsory items of equipment will endanger your life and lead to disqualification.**

LIGHT MEAL ARRANGEMENT

Light meal will be provided to competitors starting from 13:30. Competitors are not allowed to collect light meal during the race. Please collect at the collection counter by presenting number bibs after finishing the race (limited quantity for each choice, first-come-first-served, while supply lasts).

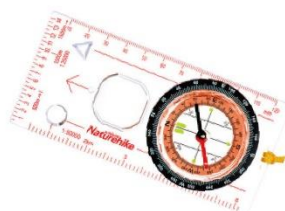
Notes:

- 1) Please bring along your number bibs to the Catering Area for stamping after getting your meal.
- 2) **To minimise the disposal of vast amount of disposable cutleries and containers during event, rental of tableware will be provided at the Event Centre. Competitors are also welcome to bring their own reusable cup and tableware.**
- 3) Please have your meals at designated area of Catering Area.
- 4) Please keep the countryside clean and take your litter home.

- End -

Compulsory PERSONAL Equipment

a) Compass



b) Whistle



c) Watch



d) At least 1.5 liters of drinking water at START



**1.5L
UP ↑**

e) If weather is severe or temperature is below 10°C
(Wet/ Cold weather gear and warm clothing for each person)



Compulsory TEAM Equipment

- a) One First Aid Kit



Compulsory items include crepe bandage, Elastoplast's for minor cuts, 2 triangular bandages (blister kit is advisable)

- b) One Mobile Phone

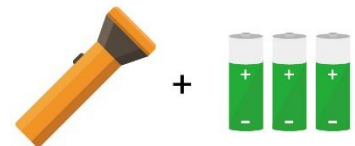


(At least one per team with phone number provided to the organiser for communication purpose on the event day)

- c) One Waterproof Marker Pen



- d) One lighting device for each team
(6 hours Rogainers)



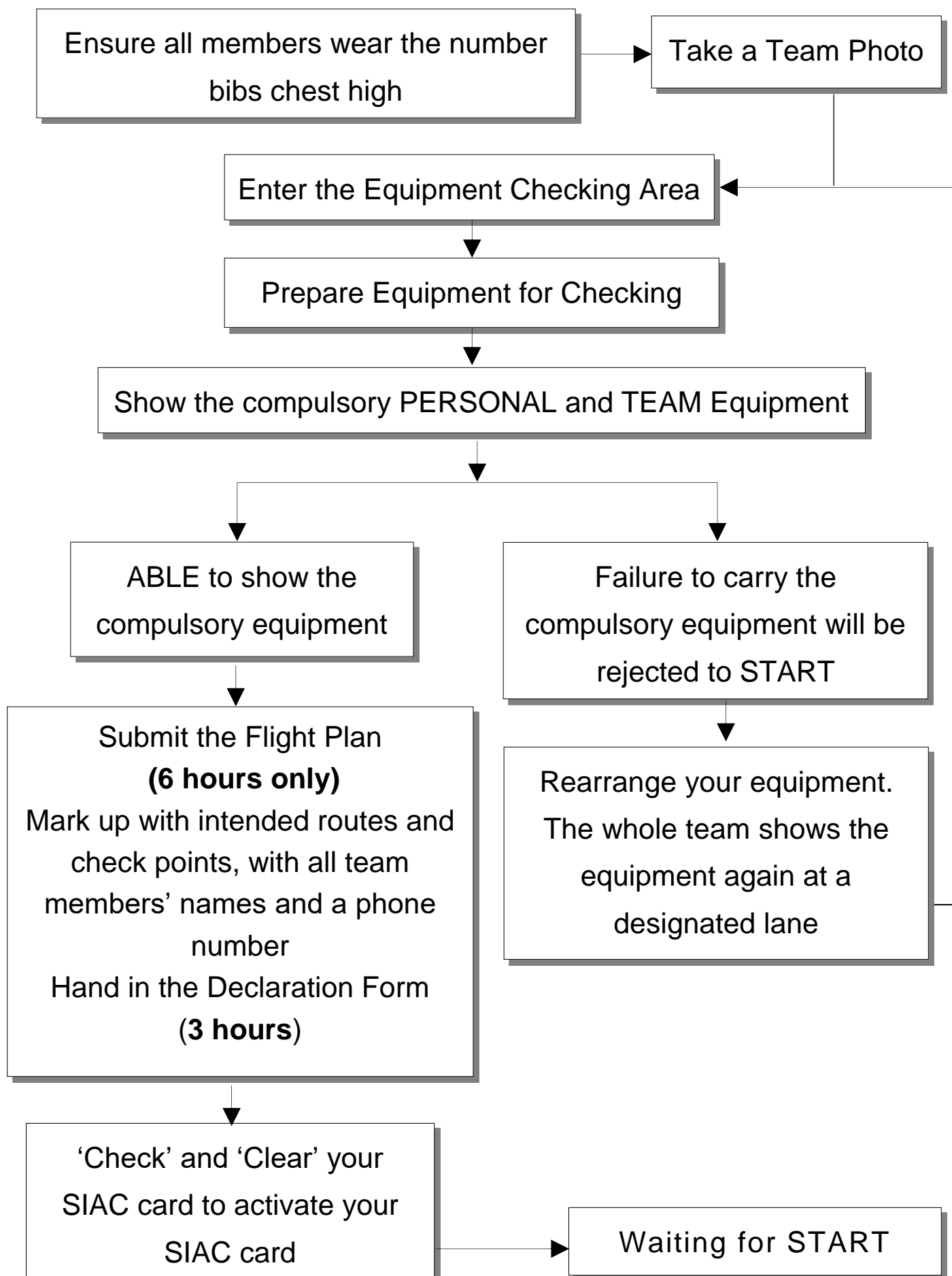
*Spare light bulbs and batteries are recommended

- e) If weather is severe or temperature is below 10°C

One Space/ Emergency Blanket/ Survival Bag per team



START Procedure



LEGEND 圖例

	CONTOUR (10m), Form Line	等高線 (10米), 輔助等高線
	INDEX CONTOURS (50m)	指標等高線(50米)
	DAM	水壩
	WATERCOURSE	河流, 溪澗
	POND	水池
	WATER PIPE	水管
	IMPASSABLE CLIFF	不能通越岩壁
	SPOT HEIGHT	標高柱
	POWER LINE	電纜
	POWER LINE/PYLON	高架電纜, 電塔
	HIGH FENCE/WALL	高圍欄/牆
	BUILDING / PAVILION	建築物 / 亭
	RUIN	廢屋
	OPEN LAND	空曠 / 雜草地
	THICK SCRUB, FOREST	密林, 樹林
	CULTIVATION	耕地
	DISTINCT TREE	顯眼樹木
	FOOTBRIDGE AND SUBWAY	行人天橋及隧道
	PAVED AREA	三合土地
	RAILWAY LINE	火車路
	ROAD	道路
	CYCLE TRACK	單車路
	MAJOR FOOTPATH	主要小徑
	FOOTPATH	小徑
	CEMETERY	墳場
	GIGANTIC BOULDER	大石
	OUT OF BOUND AREA	禁止進入地區
	CROSSING POINT UNDER MAJOR ROAD OR RAILWAY	橫過主要車路或火車路隧道
	WATER POINT	水站
	START, FINISH	起點, 終點
	CHECK POINT No. 5	5號檢查點