



Scout Association of Hong Kong – Hong Kong Island Region

Island Scout Trail Walk 2015

Participant memorandum (Island Scout, Non-Island Scout & District categories)

Date:	15 th March 2015 (Sun)			
Route:	Hong Kong Trail 50km (Big Wave Bay → The Peak)	Hong Kong Trail 25km (Wong Nai Chung Reservoir → The Peak)		
Time limit:	Within 13 hours	Within 7 hours		
Category:	Island Scout (Leader & Youth) Non-Island Scout(Other Scout Regions, Uniform Groups) & Rotary Club	Island Scout (Scout section) & Non-Island Scout (Other Scout Regions, Uniform Groups)	District Invitation	Rotary Club
Assembly point:	(1) No. 13 Bus Terminus (Central) (2) Wellcome Supermarket (Shaukeiwan Po Man St.)	No. 5, Oi Kwan Road, Wan Chai, Hong Kong Tang Shiu Kin Victoria Government Secondary School (9:00am)		
Coach departure time	5:00 am	9:30am		
Reporting time:	5:30 am (Big Wave Bay)	9:00am		
Race start time:	6:00 am	10:00 am		
Prize presentation time:	4:30 pm (The Peak)			

Prizes

1. Champion, 1st Runner-up & 2nd Runner-up. Each member of the winning teams will also receive a medal.
2. In order to appreciate the effort paid by the participants, the Event Organizer (the Organizer) also presents medals to the 3rd Runner-up and 4th Runner-up Team members during the prize presentation ceremony.
3. Those participants who had participated 50KM in the event for 3, 5, 7, 10, 13, 15 & 17 years (no necessary to be in the consecutive years) will be awarded a commemorate cup in the successive year.
4. All winning teams will receive a “Winner notice card” and “Awardee T-shirts”. They should report to the “Winners’ waiting zone” by 4:00pm on the event day. All winning team members should wear the “Awardee T-shirt” to attend the prize presentation ceremony.
5. If the winning teams failed to obey the above instructions, the Organizer reserves the right to revoke the eligibility of this team to win the prize. The successive team will replace its position.



Organizer :

SAHK – Hong Kong Island Region

Co-organizers &
Beneficiaries:



Rotary Cub of Hong Kong Harbour

Certificate

1. Certificate of participation will be issued to those who completed the race. Certificates can be obtained their cert from Hong Kong Island Region, Room 1111 Hong Kong Scout Centre two week after the event.

Personal equipment

1. Participants are advised to wear sporting shoes which are suitable for a long walking distance including concrete road and countryside path. New shoes are not recommended due to it takes time to adapt the shoes.
2. In order to avoid getting lost, participants should familiar with the countryside map (Hong Kong Island) and know how to identify direction. A Route-hint Card may be found useful in finding your way. Cards will be distributed to the teams on the event day. Participants should also bring along with their mobile phones for safety reason.
3. If necessary, change shocks in order to avoid toe blain.
4. Participants are advised to cut their toe nails before the event.
5. Participants are advised to bring torches which may be useful in the beginning of the 50-km race.

Food and drink supply

1. The Organizer will provide water, bun, banana at most of the check points, please refer to the location list in the PowerPoint uploaded in the website.

Having sufficient rest

1. Participants are advised to have sufficient rest before the race. Abundant dinner is a must before the event day.
2. Warm up exercise should be done before the starting of the race and each rest time. Rest time is highly advised during the course with even walking distance.

Heatstroke

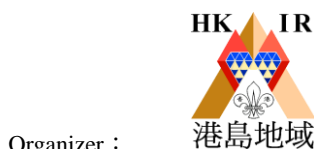
1. Long exposure to sunshine or high temperature will cause heatstroke.
2. Those patients who are suffering heatstroke; his/her skin will turns red in colour and become dry. If he/she is still conscious, settle him/her to a cool place with shelter/cover, healing with cushion, remove extra clothes and sprinkle his/her body with cool water. All patient suffered with heatstroke should be sent to hospital.
3. In order to avoid getting heatstroke, participants should keep drinking water during the course. In case of feeling sick, he/she should take a break or ask for help at the nearest check point.

Injury

1. First Aid posts will be on garrison at every check point. Participants should ask for help in case of feeling sick or call the emergency hotline 2574 4296.
2. People should take of spirit in helping each others. Should the participants find someone needs help, please give your hands or call to the emergency hotline. Don't remove any patient if you are not a first aider.

Hill fire

1. In case of hill fire, keep claim and do not run to higher place; get away from the bush land. In case of emergency and facing a dead end, use your clothes to cover your skin, avoid walking downstream in the wind direction. Call the emergency hotline 2574 4296. Smoking or ignition is strongly forbidden.



Organizer :

SAHK – Hong Kong Island Region

Co-organizers &
Beneficiaries:



Rotary Cub of Hong Kong Harbour

Salute to nature and keep clean

1. Rubbish bins can easily be found at designated point along the whole trail. Use them to drop the rubbish, keep clean with the environment.
2. Do not leave tinder or cigarette in the trail.
3. HK\$1,500 fine penalty is subjected to those violates the ordinance about cleanness.

Inclement Weather and Air Pollution

Warning Signals of Inclement Weather or Air Pollution	Issued 3 hours before the activity (see note 1)	Issued during the activity
Tropical Cyclone Warning Signal No. 1	Proceed as usual	Proceed as usual
Tropical Cyclone Warning Signal No. 3 or higher	Activity Cancelled	Activity Cancelled Arrange retreat
Landslip Warning		
Amber, Red, or Black Rainstorm Signal		
Thunderstorm Warning (at place outside the activity venue)	Proceed as usual (please dial 2574 4296, and check with the HKIR website for latest announcement)	Proceed as usual (please dial 2574 4296, and check with the HKIR website for latest announcement)
Thunderstorm Warning (at place of the activity venue)	Please dial 2574 4296, and check with the HKIR website for latest announcement.	Please dial 2574 4296, and check with the HKIR website for latest announcement.
Air Quality Health Index (AQHI) is 7 at activity venue (i.e. Health Risk Category is High)	Proceed as usual Participants who are susceptible to effects of air quality (e.g. those with heart or respiratory illnesses) are advised not to attend the activity.	Proceed as usual Participants who are susceptible to effects of air quality (e.g. those with heart or respiratory illnesses) are advised not to attend the activity.
AQHI is 8-10 at activity venue (i.e. Health Risk Category is Very High)	Proceed as usual Participants who are susceptible to effects of air quality (e.g. those with heart or respiratory illnesses) are advised not to attend the activity.	Proceed as usual Participants who are susceptible to effects of air quality (e.g. those with heart or respiratory illnesses) are advised not to attend the activity.
AQHI is 10+ at activity venue (i.e. Health Risk Category is Serious)	Activity Cancelled	Activity Cancelled
Frost Warning, Cold Weather Warning	Proceed as usual *	Proceed as usual *
Very Hot Weather Warning	Proceed as usual *	Proceed as usual *



Organizer :

SAHK – Hong Kong Island Region

Co-organizers &
Beneficiaries:



Rotary Cub of Hong Kong Harbour

*Participants are reminded to prepare for the bad weather conditions, e.g. wear suitable clothing, bring sufficient water and avoid long exposure in the sun, etc.

Note 1 :

- 1. The starting time for all competition groups (50 km and 25 km) is 6:00 AM (assessment of warning signals starts from 3:00 AM);**
- 2. Participants can withdraw from the competition if the weather and air conditions are not suitable them.**

Course and Route-hint Card

1. Route-hint Card, number bib and team participation ID card will be distributed on the event day. Participants can easily identify the direction in the road junctions with the Route-hint Card.
2. Please retain the Route-hint card for future use.

Miscellaneous

1. No changing rooms will be provided for participants.
2. Number bibs and team participation ID cards will be distributed on the event day. All participants should wear the number bibs on their chest position during the competition; team leaders should also wear the team participation ID card.
3. The organizer reserves the right to reject teams to continue the race in case they are late to report at the commencement time or not in the full team reporting (4 persons).
4. In case that one of the first-string members cannot turn up on the event day, the registered team substitute member can replace his/her position. Change of members during the race is not accepted. All participants should bring along with their own HKID card. Event staffs will have a random checking at the check points or end point. If you have failed to present your own ID card, your team will be disqualified. Photo-taking service will be provided at the check points.
5. The composition of a racing team should meet the requirement set by the organizer no matter substitute member is used or not.
6. New methods for recording teams progress will be adapted:
 - Island Scouters and Members in 50km group (team number 11 and 12): teams will receive a GPS tracker, which must be brought and kept by the team leader during the whole course. When the teams are passing the check points, they do not need to stop and obtain the punch mark. However, if it is necessary, such as taking photo or replacing the GPS tracker, teams should follow the staffs' instructions.
 - All other teams: same rules as before, teams should obtain punch mark at each check point. The organizer will provide value-added service. Check point staffs will take photos for the teams and upload to the event website immediately. This will accelerate the working process of updating teams' progress.
7. Teams will also be disqualified in case one or more team members have injured and cannot continue the race.
8. In case any teams want to drop out from the race, they should report to the nearest check point, surrender the number bibs and team participation ID cards and then find the nearest route to urban area and upon arrival, make a telephone report to the emergency hotline 2574 4296 immediately.
9. In case there is no mobile signal coverage, you can dial 112 in emergency.
10. All teams should arrive before the closing time of each check point; otherwise, they will be disqualified.
11. The organizer has established an Appeal Committee for the competition. In case teams want to make an appeal about the results, they should present a written letter of appeal to the deputy-chairman

(competition) before 4:00pm. The said deputy-chairman will process your request and notify you the appeal result before the prize presentation ceremony. The decision of the Appeal Committee will be final and no further appeal will be entertained.

12. If there is any inadequacy or amendments in this memorandum, the organizer reserves the right to make the amendment without prior notice.
13. Most of the useful information can be browsed at <http://www.hkirscout.org.hk>.

If there is any dispute of this translation with the Chinese version, all correct information must refer to the Chinese Version.

Updated: 5th February 2015



Organizer :

SAHK – Hong Kong Island Region

Co-organizers &
Beneficiaries:



Rotary Cub of Hong Kong Harbour