

HONG KONG AIR CADET CORPS TRAINING GROUP

PMCO 2017 – Wilderness Adventure Challenge 野外歷奇比賽 “Proficiency in Map reading, Camp craft and Orienteering”

Orienteering Event Information 野外定向賽員須知

Basic Information 基本資料

Date 日期	19 March 2017 (Sunday) 2017 年 3 月 19 日 (星期日)
Time 時間	0730 – 1430
Venue 賽區	Sai Kung West Country Park 西貢西郊野公園
Type 形式	Group of Three Cross-country 三人小隊越野式
Map 地圖	<ul style="list-style-type: none">- Scale 1:10,000 比例 1:10,000- Vertical Interval 5 m 等高線間距 5 米- Updated in Aug 2006 2006 年 8 月更新- Coloured Map with ISOM2000 Standard ISOM2000 標準彩色定向圖- IOF Control Description 國際定向聯盟控制點提示符號
Remarks 備註	Mechanical punching system will be used in the competition. 比賽將採用機械打孔系統。

Key Officials 主要工作人員

Event Officer-in-charge 賽事主管	Plt Off Derek Y H KUN 鄺耀恆少尉
Event Controller 賽事控制員	Plt Off Philip C Y WONG 黃智暘少尉
Course Setter 賽程設計員	Plt Off Derek Y H KUN 鄺耀恆少尉
Competition Area 賽區主任	Plt Off Mark B L LI 李步朗少尉
Command Post 指揮中心主任	WO LEE Wing San 李穎笙准尉
Start Area 起點主任	Fg Off Ken G CHAN 陳嘉健中尉
Finish Area 終點主任	Instr LAM King Sing 林景星訓練員
Result Processing 成績處理主任	Plt Off Rachel W M KWAN 關穎雯少尉
Jury Panel 裁判團	To be announced later 稍後公布

Competition Programme 賽事程序

- 0730 Command Post Opens 指揮中心開放
- 0800 Start Area, Competition Area and Finish Area Open
出發區、賽區及終點區開放
- 0900 Start Area Closes 出發區關閉
- 1100 Competition Area and Finish Area Close 賽區及終點區關閉
- 1400 Final Results Announcement 最後成績公布

Command Post 指揮中心

1. The command post locates at Wan Tsai West Campsite (50Q KK 261 866).
指揮中心設於灣仔西營地（50Q KK 261 866）。
2. The official time will be shown at the command post and the start area.
指揮中心及出發區將顯示大會時間。
3. Washrooms are available at the command post.
指揮中心設有洗手間。
4. There will be first aid services at the command post.
指揮中心將為是次比賽提供急救服務。
5. **Make sure you bring with all necessary equipment such as compass, watch, whistle, group mobile phone, group small backpack and personal supplementary drink for the competition (if needed).**
請確保帶備所有比賽物品，如指南針、手錶、哨子、小隊手提電話、小隊小背囊及個人賽程途中的飲料（如需要）。
6. Spike shoes are not allowed at the command post, start area, competition area and finish area.
指揮中心、出發區、賽區及終點區內嚴禁穿著釘鞋。
7. Fire is not allowed at the command post, start area, competition area and finish area.
指揮中心、出發區、賽區及終點區內嚴禁生火。
8. Please keep clean and bring away all rubbish produced.
請保持地方清潔並帶走所有拉圾。
9. Water point will not be provided.
大會將不設水站。
10. Reference straight line distances from the command post to the following key locations:
由指揮中心到以下各主要地點之直線參考距離：
 - a. Start Area: 0 m
出發區：0 米
 - b. Finish Area: 1185 m
終點區：1185 米

Equipment Transportation 裝備運送

Competitors' equipment not used in the competition, gathered together with all teammates, will be transported to the command post. Teams can send representatives to collect after the competition.

賽員其餘裝備，請與其他隊員集中存放，大會將運送至指揮中心。隊伍可於比賽後派代表領取。

Start Area 出發區

1. Competitors **must follow the designated route** to the start area. Areas outside the designated route are out of bounds for competitors. Do not enter before the competition, **or otherwise his/her team may be disqualified.**
賽員必須依照指定路線前往出發區。指定路線以外之地區皆為賽區，賽事開始前，賽員將不可進入，違者將可能被取消其隊伍之參賽資格。
2. **Every group must show one mobile and one small back pack while every competitor must show his/her compass and whistle before entering the pre-start area.**
每小隊必須出示一部手提電話及一個小背囊；每位賽員則必須出示其指南針及哨子，否則不得進入預備出發區。

Starting Procedure 出發程序

1. Any competitors in the team can be selected to form two 3-people groups.
隊伍可隨意挑選隊中任何賽員組成兩個三位小隊。
2. The start area will be open at 0800.
出發區將於 0800 開放。
3. Start time will begin at 0800. Groups will be arranged to start the course on first-come-first-served basis.
出發時間由 0800 開始，大會將以「先到先出發」形式安排小隊出發。
4. Groups are only allowed to start the course according to officials' instructions. All other groups must remain in the warm-up area to wait for starting.
小隊必須按照工作人員指示方可出發；其餘所有隊伍均必須留在熱身區等待出發。
5. **Groups are only allowed to read the maps after starting the course, or otherwise his/her team may be disqualified.** After starting, please leave the start area immediately and do not stay in passages.
小隊必須於出發後方可閱讀地圖，違者將可能被取消其隊伍之參賽資格。請於出發後立即離開出發區，切勿在通道上停留。
6. Latecomers will also be arranged to start the course but time lost will not be compensated. His/her team will receive score penalty or be disqualified according to "PMCO 2017 Rules and Regulations".
遲到隊伍已將會被安排出發，惟所損失之時間將不獲補償且其隊伍分數將按照《野外歷奇比賽 2017 簡介及規則》扣除，甚至取消資格。
7. **Start area will be close at 0900. No teams will be arranged to start the course after 0900.**
出發區將於 0900 關閉，0900 後大會將不會安排任何隊伍出發。

Course Information 賽程資料

1. The course is about 2000 m in distance and 160 m in ascent.
賽程長度約為 2000 米，攀升則約為 160 米。
2. The course distance and ascent are measured in straight line.
賽程長度及攀升以直線計算。
3. The time limit for each group in the competition is 120 minutes.
每小隊之比賽時限為 120 分鐘。
4. If the course is changed, the announcement made at the start area will be final.
賽程如有更改，以當日出發區公布為準。

Map and Competition Area Information 地圖及賽區資料

1. There are a lot of plantation areas in the competition area. Due to different vegetation cover formed according to the density of planted trees, some paths may be covered off. Please be careful that there is quite a lot of gravel under the vegetation cover in some areas.
賽區內有很多植林區，由於植樹的疏密關係而形成不同的植被，當中部份路段可能被植被所遮蓋。部份區域植被下有頗多碎石，敬請小心。
2. Please be careful with slippery streams and cliffs.
請小心濕滑之河流及崖壁。
3. Water point will not be provided in the competition area.
賽區內將不設水站。
4. If the weather deteriorated, such as thunderstorm, officials may stop the competition due to adverse weather. Competitors are advised to abandon the race and return to the command post IMMEDIATELY when informed by officials.
如遇上天氣惡劣（如暴雨），工作人員或會因天氣惡劣而終止比賽，請賽員即時停止賽事，並立即返回指揮中心報到。
5. Competitors should respect the rights of other tourists. No competitors will have priority in access. Please be careful and avoid bumping into other tourists. His/her team may be disqualified once suspected.
請尊重其他郊遊人士的權利，賽員並沒有優先使用權。賽員在比賽時請小心，避免撞倒郊遊人士，如發現賽員作出相關行為，其隊伍將可能被取消資格。

Finish Area and Result Processing Procedures 終點區及成績處理程序

1. The time limit for each group in the competition is 120 minutes. Late finish will receive score penalty or be disqualified according to “PMCO 2017 Rules and Regulations”.
每小隊之比賽時限為 120 分鐘，遲到隊伍之分數將按照《野外歷奇比賽 2017 簡介及規則》扣除，甚至取消資格。
2. For safety reasons, competitors must report to the finish area within 120 minutes after start, regardless of losing the control card or not yet finished.
為保障賽員安全，請賽員無論遺失控制卡或未完成比賽，均必須於出發後 120 分鐘內返回終點報到。

3. Results will only be calculated when all competitors of a team have crossed the finish line.
隊伍所有賽員必須越過終點才會被計算成績。
4. When teams have arrived at the finish area, follow the signage to the “Result Processing Area” near the command post and submit the control card and maps. It is the responsibility of competitors for any loss or damage to the control card.
隊伍返回終點區後，請沿指示前往指揮中心旁之「成績處理區」繳交控制卡及地圖，方可離開。如控制卡有遺失或任何損毀，大會概不負責。
5. Please ensure that the map and course information would not be shared with other competitors who have not yet started the course, or otherwise his/her team will be disqualified.
賽員須確保不會將地圖及賽程資料透露予未出發之賽員，違者將被取消其隊伍之參賽資格。
6. Finished competitors are not allowed to return to the competition area.
完成賽事之賽員不得重返賽區。
7. Results will be announced at the command post.
成績將於指揮中心公布。

Complaints 投訴

Competitors can complain about any violation of “Orienteering Competition Bylaws” of the Orienteering Association of Hong Kong. Complaints must be made by team leader in writing. Complaints will only be accepted within 30 minutes after the results announcement.

賽員如認為有違反香港定向總會之《定向比賽則例》的事項，必須由隊長以書面形式作出投訴。大會只會於最後成績公布後 30 分鐘內接納投訴。

Competition Rules 比賽規則

1. “Orienteering Competition Bylaws” of the Orienteering Association of Hong Kong applies to this competition.
香港定向總會之《定向比賽則例》適用於本賽事。
2. Substitute participation is prohibited. Results of both teams will be cancelled.
賽員嚴禁代跑，如被發現，有關賽員之隊伍均會被取消參賽資格。
3. During the competition, do not interrupt other competitors.
比賽期間，賽員不得騷擾其他賽員。
4. Exchange of control cards and communications about the competition or the course between competitors of different teams or groups are prohibited, or otherwise both teams will be disqualified.
不同隊伍或小隊之賽員間不得交換控制卡或作任何有關比賽或賽程之溝通，有關賽員之隊伍均被取消參賽資格。
5. No other maps or aids, including communication devices, such as mobile phones and walkie-talkies, and GPS with display, other than those provided or mentioned in this Event Information document may be used.
除大會提供的地圖及本賽員須知所提及之裝備外，賽員不可使用其他地圖或輔助工具，包括手提電話、對講機等通訊器材及有顯示之 GPS 器材。

6. All competitors must report to the finish area before 1100 regardless of completion of the course or loss of the control card, or otherwise this will be treated as person loss.
所有賽員無論完成賽事與否或遺失控制卡，均必須於 1100 前返回終點報到，否則當失蹤論。
7. Competitors' team will be disqualified if they violate the competition rules.
如賽員違反比賽規則，其隊伍將會被取消參賽資格。
8. If competitors move or damage the control points or other facilities, his/her team will be disqualified.
如賽員移動或損壞控制點或其他設施，其隊伍將會被取消參賽資格。
9. Finished competitors are not allowed to return to the competition area.
完成賽事之賽員不得重返賽區。
10. Competition rules could be added or amended without notifying competitors prior to the competition, but it will be announced at the start area in the competition.
大會可隨時增加或修改比賽規則，而無需於比賽前通知各賽員，有關之更改將會於比賽當日於出發區公布。

Adverse Weather Arrangement 惡劣天氣情況之安排

If any warning signal is hoisted by Hong Kong Observatory on the competition day, arrangement will be made according to "Trg Gp General Guidelines for Conducting Training Activities" by HQ.

如香港天文台於比賽當日懸掛任何警告信號，大會將按照總部之《在惡劣天氣下出席訓練指引》作出安排。

Environmental Protection 環境保護

1. Do not leave any things or rubbish in the competition area.
請勿在賽區內留下任何物品或垃圾。
2. Do not pick any flower, vegetation or fruit in the wild. Do not interfere in any bird nest.
請勿採摘任何野生花朵、植物或果實；不要干擾任何雀鳥巢窩。
3. Do not contaminate water or the wild.
請勿污染水源或郊野。

Remarks 備註

1. Any changes made to the competition rules will be announced at the start area on the competition day and it will be final.
任何有關比賽規則之改變將於比賽當日於出發區公布並以此作準。
2. Please respect other users as the competition area is open for the public. Competitors have no priority in using.
賽區為公眾地方，請尊重其他人士使用，賽員沒有優先使用權。

3. If competitors need to seek for help due to injury or any emergency issue, please stay in safe places and send out International Distress Signal to wait for officials' help (International Distress Signal refers to sending out six long whistles in a minute averagely then stop for a minute and repeat).
賽員如在比賽中受傷或遇上緊急事件需要救助，請留在安全地方並採用國際山難求救訊號，等候工作人員前來救援（國際山難求救訊號指哨子一分鐘內平均發出六響長訊號，停頓一分鐘後重覆再吹）。
4. Competitors please pay attention to weather and personal condition, prepare enough drink and sunblock if needed.
賽員請留意天氣及個人情況，有需要時請帶備足夠飲料及防曬用品。

End 完

Appendix I – Safety Guidelines and Emergency Measures for Wildfire

附錄一 山火安全指引及應變措施

Safety Guidelines 安全指引

1. Wildfire advances rapidly upward and windward on a steep grass slope in dry weather. Competitors should never underestimate its devastating power.
在乾燥的天氣，山火於較斜的草坡上順風向上蔓延速度極快，賽員絕不可輕視山火威力。
2. Fire is not allowed at the command post, start area, competition area and finish area.
指揮中心、出發區、賽區及終點區內嚴禁生火。
3. Wildfire is difficult to detect in daytime. Always pay attention to flying ashes or burnt smell. If a wildfire is spotted, leave the fire scene right away.
由於山火於日間比較難於看見，應隨時留意飛灰和火煙味。如發現山火，必須盡速遠離火場。
4. It is difficult to assess the spreading of wildfire. Competitors must immediately stop the competition and return to the command post in case of a fire nearby or you may get trapped in the fire.
緊記山火蔓延速度極難估計，如發現前路遠處有山火，應立即停止比賽，盡快遠離山火位置及返回指揮中心，以免為山火所困。

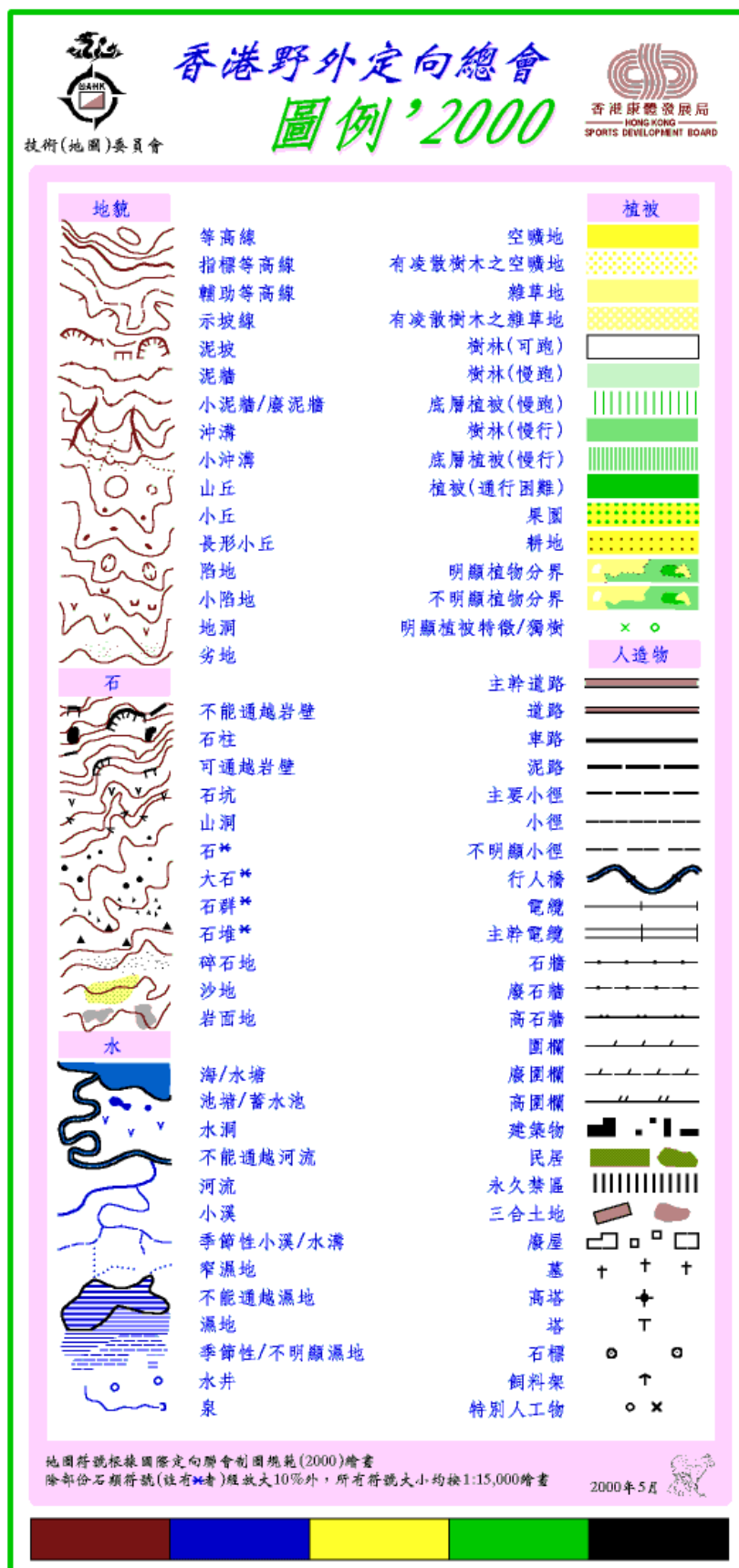
Emergency Measures 應變措施

1. Do not panic and keep calm.
遇到山火時，應保持鎮靜，切勿驚慌。
2. Note the following for a quick evacuation from the scene of fire:
估計以下情況，以便迅速離開火場。
 - a. The direction in which the fire spreads – avoid escaping in the same direction of the prevailing wind
留意山火的蔓延方向，儘量避免跟山火蔓延的同一方向走避。
 - b. The gradient of the paths nearby - choose the one which is easiest for escape.
選擇較平坦或斜度較少的小徑逃離火場。
 - c. The height and density of the vegetation nearby – find a place with less vegetation for escape (Dark yellow areas as shown on map).
附近植物的高度及密度，選擇少植物的地方（地圖上顯示為深黃色之地方）。
3. It is easier and quicker to escape through existing paths.
沿現有的明顯小徑逃生會比較少障礙，且走得更快。
4. If the fire is imminent and there is no way out, you should cover your exposed skin with wet clothing and then make for the burnt area. This can minimize the chance of getting injured. Never run uphill if the situation permits as this will consume energy.
若山火迫在眉睫又無路可逃，則應以衣物包掩外露皮膚逃進已焚燒過的地方，這樣可減輕身體受傷的機會。如情況許可，切勿往山上走，因會消耗體力。

5. Do not run into shrubs or grass-grown area (White and green areas as shown on map), fire usually spreads rapidly and the temperature may soar in these areas.
切勿走進樹林及草叢（地圖上顯示為白色及綠色之地方），山火在這些地方可能會蔓延得很快而且熱力也較高。

Appendix II – ISOM2000 Legend (Chinese Version)

附錄二 ISOM2000 圖例 (中文版)



Appendix III – Control Description Sheet (Chinese Version)

附錄三 國際控制點提示表（中文版）

國際控制點提示表 Control Description Sheet

A B C D E F G H 每行釋義

IOF Event Example							
M45, M50, W21							
5		7.6 km		210m			
▷							
1	101						
2	212						
3	135						
4	246						
5	164						
○----- 120 ----->							
6	185						
7	178						
8	147						
9	149						
○----- 200 ----->◎							

[賽事範例]

男子45及50歲以上組別,女子21歲以上組別。
賽程編號5,賽程長度7.6千米,總攀高210米
起點 - 大路與牆連接處。

控制點1:編號101-狹窄沼澤的彎位。
控制點2:編號212-西北方1米高石之東面。有水站。
控制點3:編號135-兩密林之間。有工作人員檢查控制點。
控制點4:編號246-中間的陷地的東部。
控制點5:編號164-東方的破毀建築物之西面。
*由控制點位置,沿120米長之指定路徑前進。
控制點6:編號185-倒塌的石牆的東南角外。
控制點7:編號178-山咀,西北腳。有護理人員。
控制點8:編號147-上面2米高的陡崖。
控制點9:編號149-小徑交叉處。
最後控制點往終點尚有200米的指定路徑。

註*:此列會因應個別賽程之需要而顯示。

粗線右側之項目,為最重要。

A	B	C	D	E	F	G	H
2	212						

A:控制點序號
B:控制點編號
C:指示相同特徵中那個
D:控制點特徵
E:控制點特徵的細節
F:特徵大小、組合
G:標誌旗擺放位置
H:其他資料

International Control Description Symbols 國際控制點提示符號

C行
↑ 北方的
↗ 東南方的
→ 上面的
← 下面的
⇄ 中間的

D行(地貌)
⌋ 台地
⌋ 山咀
⌋ 山窩
⌋ 泥坡
⌋ 採石地
⌋ 土埂/堤
⌋ 沖溝
⌋ 小乾溝
⌋ 山丘
⌋ 小丘
⌋ 鞍部
⌋ 陷地
⌋ 小陷地
⌋ 地洞
⌋ 坎地
⌋ 蟻丘

D行(岩石)
⌋ 峭壁,陡崖
⌋ 石柱
⌋ 山洞
⌋ 大石
⌋ 群石地
⌋ 大石堆
⌋ 碎石地
⌋ 岩石地
⌋ 崖間狹路

D行(水系)
⌋ 湖,水塘
⌋ 池塘
⌋ 水洞
⌋ 河溪,水道
⌋ 小溝,溝渠
⌋ 狹窄沼澤
⌋ 沼澤
⌋ 沼澤局部乾地
⌋ 水井
⌋ 水道源頭
⌋ 水箱

D列(人造特徵)
⌋ 大路
⌋ 小道、小徑
⌋ 林中間隙
⌋ 人行橋
⌋ 電纜
⌋ 電纜架/桿
⌋ 隧道
⌋ 石牆
⌋ 圍欄
⌋ 橫越點
⌋ 建築物
⌋ 水泥地
⌋ 破毀建築物
⌋ 管道
⌋ 塔架
⌋ 射擊台
⌋ 石標誌
⌋ 飼料架
⌋ 炭灰地
⌋ 紀念碑,塑像
⌋ 有蓋通道
⌋ 階梯

D行(植被)
⌋ 空曠地
⌋ 半空曠地
⌋ 樹林之角
⌋ 林中空曠地
⌋ 密林,密植叢
⌋ 密樹叢
⌋ 植被分界
⌋ 樹叢
⌋ 獨樹
⌋ 倒樹根

D列(特定的符號)
⌋ 墳墓(香港適用)
⌋ 特定項目

E行(外觀細節)
⌋ 低矮的
⌋ 淺的
⌋ 深的
⌋ 茂密的
⌋ 開闊的
⌋ 多岩石的
⌋ 濕軟的
⌋ 多沙的
⌋ 針葉樹的
⌋ 落葉樹的
⌋ 倒塌的

F行(大小)
2.5 高度、深度(米)
8x4 水平面積(米)
5/2.0 斜坡上的特徵物之高度(米)
2.0 3.0 兩種特徵物之高度(米)

F行(組合)
⌋ 交叉處
⌋ 連接處

G行(標誌旗的位置)
⌋ 東北面
⌋ 東南邊緣
⌋ 西部
⌋ 東角內
⌋ 南角外
⌋ 西南端
⌋ 彎位
⌋ 西北盡頭
⌋ 上部
⌋ 下部
⌋ 在頂上
⌋ 在底下
⌋ 腳下(不指明方向)
⌋ 東北面腳下
⌋ 在兩者之間

H行(其他資料)
⌋ 水站
⌋ 電視或無線電站
⌋ 工作人員檢查控制點
⌋ 救傷站

G行(續)
⌋ 兩個密林之間
⌋ 大石與小丘之間

F行(續)
⌋ 小徑交叉處
⌋ 小徑與林隙交叉處
⌋ 大路連接處
⌋ 河溪與溝渠連接處

由最後控制點往終點之指示:
⌋ 380m 往終點尚有380米,無指定路徑
⌋ 400m 往終點為400米長之指定路徑
⌋ 150m 往終點尚有150米,抵終點匯集區後,沿指定路徑前行

註:以下之指示,會因應個別賽程之需要而顯示。

由一控制點往另一控制點之指示:
⌋ 60m 由控制點位置,沿著60米長之指定路徑前行
⌋ 300m 兩控制點間為300米之指定路徑
⌋ 強制性橫越點
⌋ 強制性通道穿越禁區
⌋ 50m 至換圖區為50米之指定路徑

7/2004香港版(IOF2004版)

Appendix IV – Compass, Whistle and Wrist Watch Reference

附錄四 指南針、哨子及手錶參考

Compass 指南針



Whistle 哨子



Wrist Watch 手錶

