



OUTWARD BOUND
HONG KONG™



SF Supply Chain China
In partnership with DHL



SF Supply Chain x Outward Bound Multi-Adventure Race 2024 Captain's Briefing

OCT 4, 2024

THANK YOU FOR SUPPORTING OUR CHARITY TO #FUTUREPROOFYOUTH



OUTWARD BOUND
HONG KONG™

裝備 青年未來
#FutureProofYOUTH



Outward Bound Hong Kong is a registered charity since 1970.

香港外展訓練學校是一間於1970年成立的註冊慈善機構。



THANK YOU FOR SUPPORTING OUR
CHARITY TO **#FUTUREPROOFYOUTH**



OUTWARD BOUND
HONG KONG

裝備 青年未來
#FutureProofYOUTH

#FutureProof

300,000+ Hong Kong Youth

through #OutdoorExperientialEducation to build a stronger Hong Kong.

透過具挑戰性的野外體驗式教育，
裝備超過30萬名香港青年未來，
建立更強香港。



THANK YOU FOR SUPPORTING OUR CHARITY TO #FUTUREPROOFYOUTH

IMPACTED 5,800 Young Lives

Overview of Our Work in 2023

5,829

Total Participants

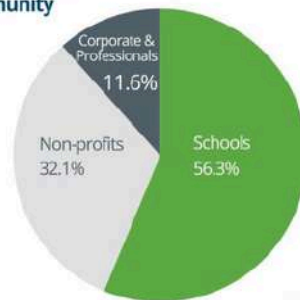
Every 1 in 4



Received Bursary

100+

Partners in the Community



25,239

Days of Participation



Gender of Participants

184

Total Courses

The impact of OBHK's courses is measured by the Outward Bound Outcomes Survey. This survey tool was developed and validated by a panel of leading academics, provides great insights, and allows us to quantify the impact of our work in 5 key areas: **Resilience, Self-Confidence, Compassion, Social Competence, and Environmental Responsibility.**

Participant Development

(Average Before vs. After Course Score)



LEARN MORE



*The Outward Bound Outcome Survey uses an 8-point Likert scale



THANK YOU FOR SUPPORTING OUR CHARITY TO #FUTUREPROOFYOUTH

INVESTING IN ONE...

Inspires...
SELF BELIEF

And develops....
LIFELONG SKILLS

To then...
IMPACT OTHERS

Hong Kong

Outward Bound programs inspire individuals to develop skills and habits with lifelong value for participants and society at large.

\$9 of social value is created for every \$1 invested into Outward Bound¹

¹SROI value was determined by analysis conducted by Accenture Development Partnerships

In 2024, Outward Bound International partnered with Accenture Development Partnerships to conduct a **Social Return on Investment (SROI)** analysis to estimate the impact of Outward Bound's global programming measured against the cost to deliver.

The SROI quantifies the **global economic, social, and environmental value** that Outward Bound generates for every dollar spent, revealing the **transformative & rippling impact** of Outward Bound.

...CREATES VALUE FOR MANY MORE

Developed with Accenture Development Partnerships

MORE WAY TO SUPPORT OUR CHARITY TO #FUTUREPROOFYOUTH

Annual Fundraising Events



April
Pedal Power
(Annual Event with HKEX)



October
Multi-Race 「舟」山跑



December
Corporate Challenge



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OCT 4, 2024

Event Rundown



Time	Event	Location
06:30-07:30	Elite Teams Registration	PHAB Site, Pak Tam Chung
07:00-08:15	Regular Teams Registration	
07:00-08:30	Parent-Child Teams Registration	
07:30 08:15 08:30	Elite Teams Start Regular Teams Start Parent-Child Teams Start	
11:30	Refreshment Opens	OBHK Tai Mong Tsai Base
11:30-12:00	Prize Presentation 1 (Parent-Child Route)	
12:00-13:15	Music Performance	
13:30-14:00	Prize Presentation 2 (Regular & Elite Route)	
14:00	End of Event	

Start Point



Venue: PHAB Site, Pak Tam Chung

Event Day: Oct 12, 2024 (Sat)

Registration Time: 06:30-07:15 (Elite), 07:00-08:15 (Regular & Parent & Child)

Start Time: 07:30 (Elite Route), 08:15 (Regular Route), 08:30 (Parent-Child Route)



Google Location

Transportation to Start



Bus Route 94 - Sai Kung



Minibus Route 7 - Sai Kung



Bus Route 33R - Tsuen Wan



Minibus Route 9 - Sai Kung



Bus Route 74R - Tai Wo



Bus Route 96R - Diamond Hill



Bus Route 289R - Shatin

*Please refer to operators' website for the latest information.

Finish Point

Venue: OBHK Tai Mong Tsai Base

Address: 210 Tai Mong Tsai Road, Sai Kung

***Vehicles without permit are not permitted to enter the OBHK TMT Base.**



Google Location

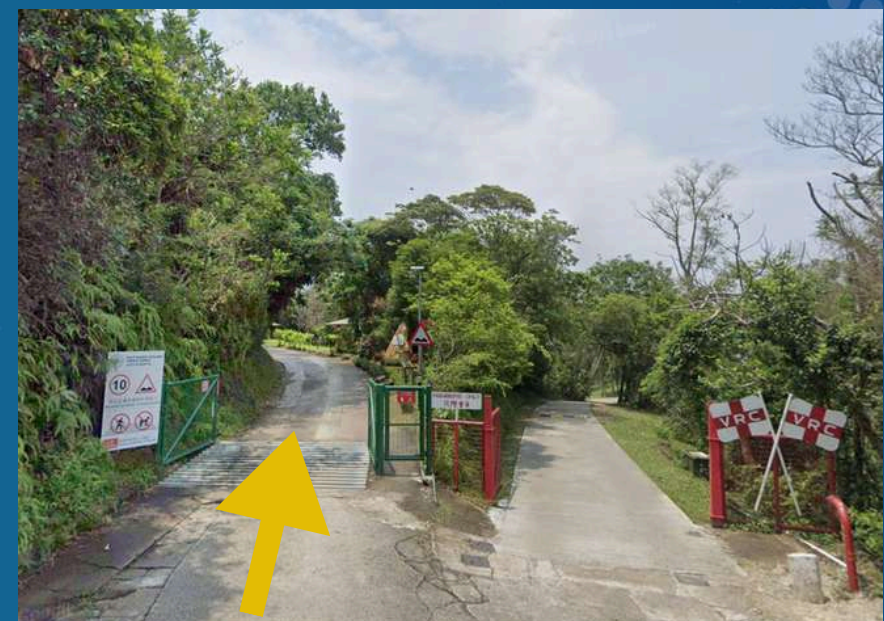
Finish Point



1. 550m walk from Tai Mong Tsai Road



2. Choose the right path



3. Enter the Green Gate (OBHK TMT Base)

Event Staff

OBHK Staff in safety vest or Outward Bound T-shirt (Navy blue) will station at main Road Crossing/Checkpoints



Event Volunteer

Volunteers in safety vest or Outward Bound volunteer T-shirt (Grey) will station at main Road Crossing/Checkpoints



Before Race



1. Captains please collect the ID cards of teammates for registration
2. Collect Task Completion Card (x1), Race Tops (x2 or 4), Race Bibs (x2 or 4), and Drop-off bag (x1).
3. Change clothes in changing room.
4. Return your drop-off bag to luggage collection area.
5. The drop-off bags will be transported to the Finish for collection.
6. No valuables in the drop-off bag please. The Organiser will not hold responsibilities for damaged or lost items.

Race Top



Parent-Child Route



Elite Route



Regular Route



Corporate Team (Regular/Elite Route)

Race Bib



Parent-Child Route (A&B)



Regular Route (A&B)






Elite Route (A-D)

*For emergency during the race, please call the Organiser at 5205 5269 (Race Day Only)

Task Completion Card



Parent-Child Route

Team No.

PARENT & CHILD

TEAM TASK COMPLETION CARD

Team fails to collect a punch in the specified box, specified time penalty will be added to the final time

15 mins




60 mins

15 mins

Time at Finish
: :

CUT OFF
CP3/D CP4/E

Regular Route

Team No.

REGULAR

TEAM TASK COMPLETION CARD

Team fails to collect a punch in the specified box, specified time penalty will be added to the final time

15 mins




15 mins

120 mins

Time at Finish
: :

CUT OFF
CP3/D CP4/E

Elite Route

Team No.

ELITE

TEAM TASK COMPLETION CARD

Team fails to collect a punch in the specified box, specified time penalty will be added to the final time

15 mins

120 mins

15 mins

15 mins

15 mins

Time at Finish
: :

CUT OFF
CP3/D CP4/E

Parent & Child Route

Please retain this card and return it to Outward Bound staff after crossing the Finish Line.

Team fails to present this card, a total penalty of **90 minutes** will be added to its final time.

請妥善保存此卡，並於衝線後立即交回終點處大會工作人員收集。

如隊伍未能於終點交回此卡，將會在總時間加上 **90分鐘**。

In case of emergency, please call

5205 5269

Regular Route

Please retain this card and return it to Outward Bound staff after crossing the Finish Line.

Team fails to present this card, a total penalty of **150 minutes** will be added to its final time.

請妥善保存此卡，並於衝線後立即交回終點處大會工作人員收集。

如隊伍未能於終點交回此卡，將會在總時間加上 **150分鐘**。

In case of emergency, please call

5205 5269

Elite

Please retain this card and return it to Outward Bound staff after crossing the Finish Line.

Team fails to present this card, a total penalty of **165 minutes** will be added to its final time.

請妥善保存此卡，並於衝線後立即交回終點處大會工作人員收集。

如隊伍未能於終點交回此卡，將會在總時間加上 **165分鐘**。

In case of emergency, please call

5205 5269

After Race



1. After crossing the finish line, make sure to submit Task Completion Card to OBHK Staff. Lost card will result in severe time penalty. **(90mins for Parent-Child Teams; 150mins for Regular Teams; 165mins for Elite Teams)**
2. Collect your Drop-off Bag.
3. Shower facilities available at OBHK TMT Base.
4. Free Physiotherapist Service by CORES
5. Packed Lunch from 11:30 to 13:30pm (Upon presentation of your race bib!)
6. All prizes are awarded at the discretion of the Organiser.

Mandatory Equipment



Each racer **MUST** have the following:

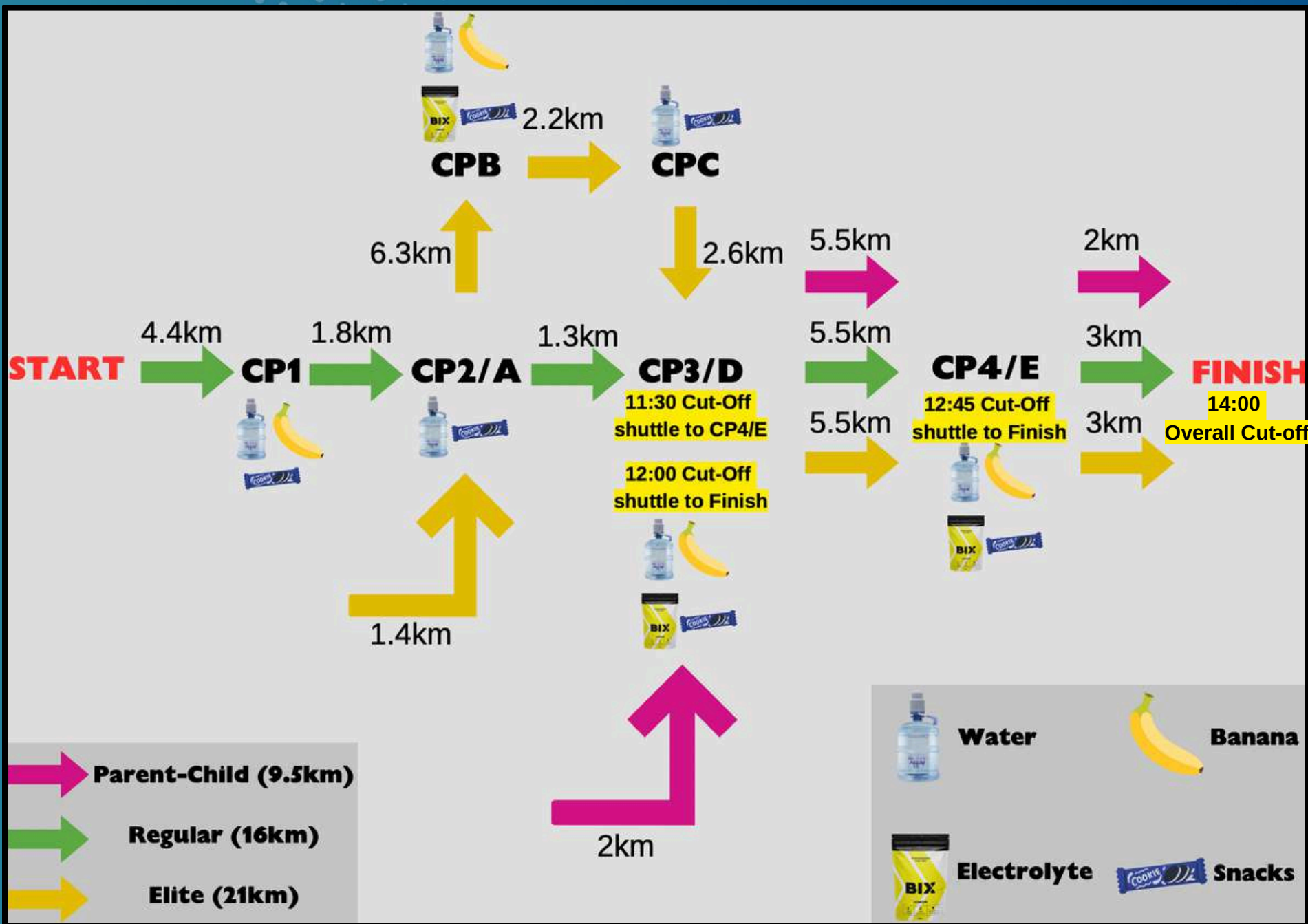
1. **Number Bib** on the front side of **Race Top** and be visible throughout the race
2. **Task Completion Card** (ONE per team)
3. **Sports Shoe** on at all times (flip-flops/sandals are not allowed)
4. **Hydration System** (e.g. soft flask/water bladder) for the refill (min. 1L recommended)
5. **Life Jackets** (provided by OBHK) for all water sections
6. **Whistles** for emergency use

Suggested Equipment



1. Protective apparel (e.g. long sleeves, long running tights, gloves, etc.)
2. Compass (will NOT be provided by OBHK)
3. Energy Food
4. Mobile phone with waterproof case
5. Helmet (Not mandatory)
You can bring your own, or the ones provided by OBHK at Start Point on first come first served basis

Route Diagram



Route Diagram (Cont.)



Parent-Child Route (~9.5km)

Start > 2km to CP3/D > 5.5km to CP4/E > 2km to Finish

Regular Route (~16km)

Start > 4.4km to CP1 > 1.8km to CP2/A > 1.3km to CP3/D > 5.5km to CP4/E > 3km to Finish

Elite Route (~21km)

Start > 1.4km to CP2/A > 6.3km to CPB > 2.2km to CPC > 2.6km to CP3/D
> 5.5km to CP4/E > 3km to Finish

Refreshment



Checkpoints	Distance From Start			Items Provided			
	Parent-Child Route (9.5km)	Regular Route (16km)	Elite Route (21km)	Water	Electrolyte	Banana	Snacks
Start	0km	0km	0km	✓	✓		
CP1		4.4km		✓			
CP2/A		6.2km	1.4km	✓		✓	✓
CP B			7.7km	✓	✓		
CP C			9.9km	✓		✓	✓
CP3/D	2km	7.5km	12.5km	✓	✓	✓	✓
CP4/E	7.5km	13km	18km	✓	✓	✓	✓
Finish	9.5km	16km	21km	Refreshments will be provided			

Cut-Off Arrangement



At CP3/D (Applicable to all participants)

1st Cut-Off Time: 11:30 am

Participants arriving at 11:30 am or later will be considered *Did Not Finish (DNF)* and will be transferred to CP4/E to continue the rest of the race until the finish.

2nd Cut-Off Time: 12:00 pm

Participants arriving at 12:00 pm or later will be considered *Did Not Finish (DNF)* and will be transferred to the finish directly.

At CP4/E (Applicable to all participants)

Cut-Off Time: 12:45 pm

Participants arriving at 12:45 pm or later will be considered *Did Not Finish (DNF)* and will be transferred to the finish directly.

Overall Cut-Off (Applicable to all participants)

Overall Cut-Off Time: 14:00 pm

Participants will be considered *Did Not Finish (DNF)* if they are still on race at 14:00 pm or later. They must stop racing upon reaching the next checkpoint.

Cut-Off Arrangement



Cut-Off Point	Distance From Start			Cut-Off Time	Action
	Parent-Child	Regular	Elite		
CP3/D	2km	7.5km	12.5km	11:30	Shuttle to CP4/E
	2km	7.5km	12.5km		12:00
CP4/E	7.5km	13km	18km	12:45	Shuttle to Finish
Overall Cut-Off				14:00	Finish Line Closes

- Results will not be counted for teams being cut off or incomplete team
- Please follow instructions from marshals
- The Organiser reserves the right to stop any racer whose condition is deemed unfit to continue.
- The Organiser reserves the right to disqualify teams that cannot meet the cut-off time.

Trail Running Section



1. All racers must complete the course on their own power.
2. Follow course markings and strictly no deviations and shortcuts.
3. All 2 or 4 team members must Stay Together throughout the course.
(except at the Orienteering Session for the Elite teams)
4. Follow safety instructions from marshals, be aware of traffic, and be very careful when going to very steep or slippery sections.
5. If you do not see any ribbons for a long period, return to the last point where you observed the ribbon.

Course Markings

(Around 50m apart / Ribbon)



Parent-Child Route
(Pink Ribbon)



Regular Route
(Green Ribbon)



Elite Route
(Orange Yellow Ribbon)



Overlapping Route

Orienteering Section



1. The Start and End of Orienteering are in separate locations.
2. The Orienteering Map will be distributed at the Start of Orienteering.
3. READ THE INSTRUCTIONS CAREFULLY at the back of the Orienteering Map.
4. Please make sure to punch the appropriate boxes at the orienteering points.
5. All team members will be required to check in together at the end of Orienteering.
6. Failure to complete the Orienteering challenge will result in a time penalty.
7. NO compass will be provided (please bring your own if you need one)
8. NO Route Markings in the Orienteering Section
9. GPS is NOT allowed

Parent-Child Route & Regular Route

- 1 Orienteering Map per team
- Team members MUST TRAVEL TOGETHER.



Elite Route

- 2 Orienteering Maps per team
- Teams can split into two sub-teams of 2.
- Sub-team members MUST TRAVEL TOGETHER.



Water Section



1. Life Jackets on at all times during the water sections.
2. One sit-on-top kayak per team (**Parent-Child Route** / **Regular Route**)
Two sit-in kayaks per team (**Elite Route**)
3. Look out for OBHK flags, banners, and marshals for direction.
4. The Kayak landing area will be marked with **Green Multi-Race Flags**.
5. Follow safety instructions and beware of other users at sea.
6. Water sections might be changed to trail running in case of strong wind or poor visibility (Decision to be made before race starts)
7. When capsizing, stay near the kayak and hold the paddle up for easier identification. Keep calm.

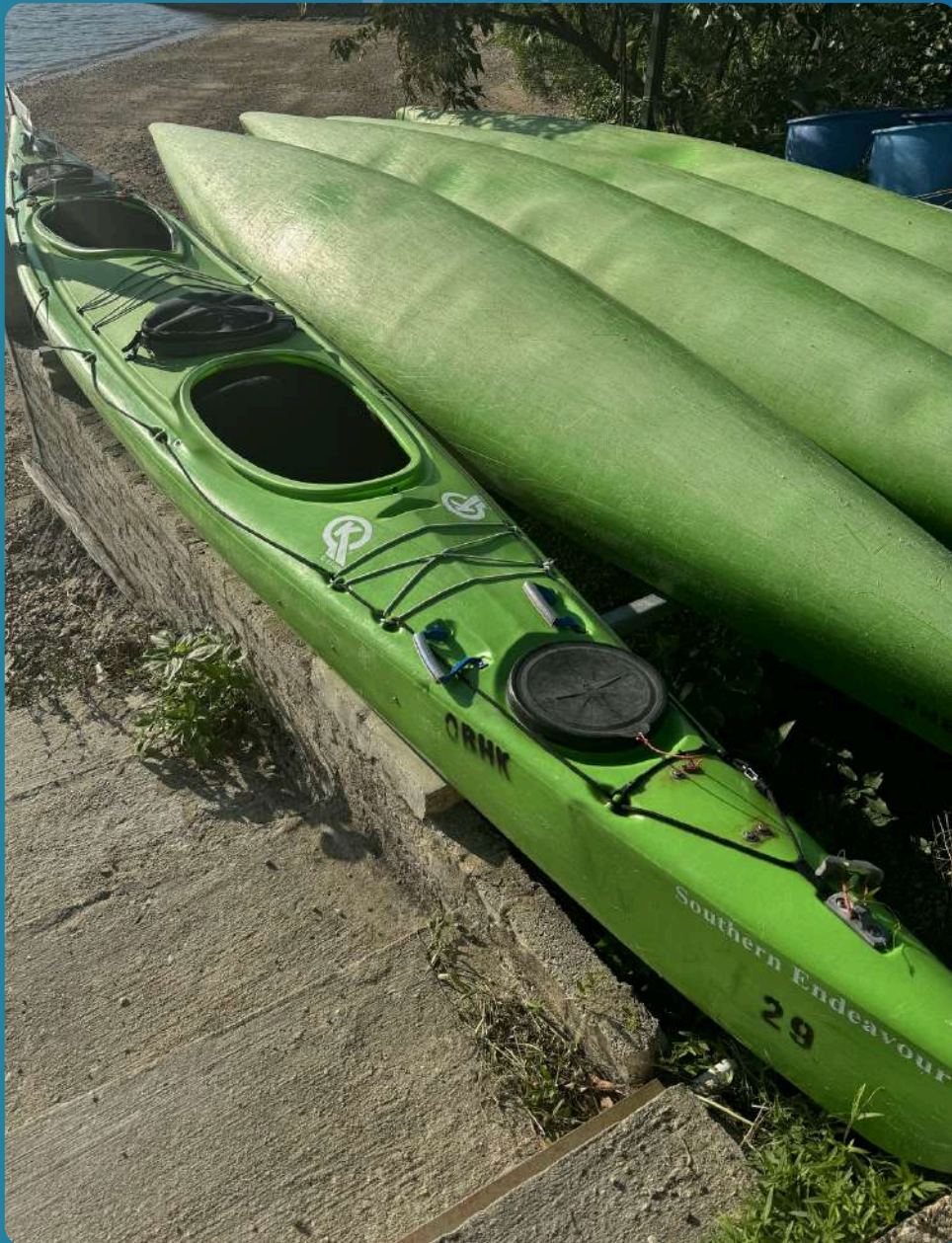


Parent-Child Route / Regular Route -

Sit-On-Top



Elite Route - Sit-in Kayak



Pedals / footrest can be adjusted!






Rudder cannot be used!!

Mystery Team Tasks



1. There will be **3 Mystery Tasks for Parent-Child Teams**, **3 Mystery Tasks for Regular Teams** and **4 Mystery Tasks for Elite Teams**.
2. A punch will be put on the Task Completion Card upon completion of each challenge by OBHK Staff. Failure to collect a punch will result in a time penalty.
3. All teams must pass through the Final Challenge before crossing the Finish line.
4. All teams must follow specific instructions from marshals for each mystery task and complete the task accordingly.

			
Team No. <input type="text"/>		ELITE	
TEAM TASK COMPLETION CARD			
Team fails to collect a punch in the specified box, specified time penalty will be added to the final time			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15 mins	120 mins		
<input type="checkbox"/>	<input type="checkbox"/>	Time at Finish	
15 mins		: :	
<input type="checkbox"/>	<input type="checkbox"/>	CUT OFF	
15 mins		<input type="checkbox"/> CP3/D <input type="checkbox"/> CP4/E	

First aid & Insurance



- OBHK staff equipped with first aid kits will station at checkpoints
- OBHK mobile first aiders along the route
- First aid booth at the Finish area
- Public liability insurance has been procured for the organisation, but not personal accident insurance. Participants are advised to take care their own personal accident insurance if necessary.

Outside Assistance



- There is NO transition or support area along the whole course
- Outside assistance is prohibited



Withdrawal

- Any team opting to withdraw from the race MUST notify our staff and follow marshal instructions.
- Please stay with any injured team member until marshals / first aiders arrive.

Parent-Child Route / Regular Route

- If one team member withdraws, the team must discontinue.

Elite Route

- If one team member withdraws, the team could continue, but the results will not be counted.
- If more than one team member withdraws, the team must discontinue.



Protests

Any protest should be made to the Race Director at the Finish Point **15mins** before the prize presentation.

Prize Presentation 1 (**Parent-Child Route**): 11:30

Prize Presentation 2 (**Regular Route** & **Elite Route**): 13:30

Foul Weather



- The Organiser has the absolute discretion to cancel the race or change the route on-site in case of foul weather, e.g., rainstorm, thunderstorm, monsoon, etc., hoisted before or during the race. **In such an event, funds raised and registration fees will NOT be refunded.**
- Changes in the route due to foul weather (including replacing water sections with trail running) will be announced before the race starts.
- If the Air Quality Health Index (AQHI) is at a high to very high level (7 – 10), participants with heart or respiratory problems are advised to reconsider attending the event. If AQHI is severe (over 10), participants with heart or respiratory problems are asked not to take part in the race. Others are reminded and suggested not to push themselves too hard.
- Racers should refer to our Facebook page for updated announcements or arrangements before the race.

Responsible Racing



- Racers should keep the route clean and respect the country park rules.
- DO NOT LITTER. OBHK is a supporter of “Leave No Trace” principles.
- Recycling Bins will be available at Refreshment Points. Please put all the rubbish inside the bins.
- Please bring your own Hydration System, and no plastic bottles will be provided from the Stations.
- Respect and be considerate of villagers, pedestrians, road users, wild animals, and other racers along the course.

General Rules



- Race top with number bib must be worn at all times.
- Shoes must be worn at all times, including in all water sections. Life jackets provided must be worn properly for the water sections, including kayaking.
- All racers must pass through all checkpoints, team challenges and finish line together to be ranked.
- No outside assistance is allowed except for water and food provided by OBHK at Refreshment Points and first aid stations.
- The Organiser makes all decisions regarding infringement of rules, penalties, allocation of prizes, etc.
- In any emergency situation during the race, call 5205 5269. (Race Day Only)
- For general enquiries, please call 2554 6067. (Office Hour: Weekday 08:30-17:00)

MUSIC FESTIVAL (12:00-13:15)



Senza



Eagle Chan



City Echo

