



主辦 Organized By  
香港野外定向總會  
Orienteering  
Association  
of Hong Kong



資助 Subvented By  
康樂及文化事務署  
Leisure and Cultural  
Services Department

## 2011/2012香港野外定向錦標聯賽 Hong Kong Orienteering Ranking League Event 2011/2012 第一站 Series No. 1

### 賽員須知 Event Information

比賽日期 Date : 二零一一年十月三十日星期日 Sunday, 30th October, 2011  
地點 Venue : 屯門虎地 Fu Tei, Tuen Mun  
形式 Type : 越野式 Cross Country  
地圖 Map : 1: 10000定向彩圖、5米等高線間距、2011年版地圖及  
採用國際控制點提示符號  
1:10,000 Colour Orienteering Map, 5 metres contour interval,  
2011 version & International pictorial control description used.  
協辦屬會 Co-organizing Club : [同社 Akinalliance](#)  
控制員 Controller : 周樹忠先生 Mr CHOW Shu-chung Vincent  
賽事主任 Organizer : 李兆剛先生 Mr LEE Siu-kong  
賽程設計 Course Setter : 鍾志明先生 Mr CHUNG Chi-ming  
裁判團 Jury : 余善豪先生 Mr YU Shin-ho (香港野外定向會 HKOC)  
鄧俊傑先生 Mr TANG Chun-kit Ivan (青進野外定向會 YAOC)  
盧宗彥先生 Mr LO Joseph (喇沙書院野外定向會 LSCOC)

賽前之查詢電話 Enquiry before the Event: 25048112

**比賽當日聯絡電話 Enquiry on the day of Event: 96871126**

#### **注意事項!!! Attention!!!**

嚴禁代跑，如被發現，雙方賽員均會被取消全年度所有香港野外定向總會主辦之賽事的成績。

*Substitute participation was prohibited. Results of both parties in OAHK events for the whole season would be cancelled in case of finding.*

### 大會程序 Event Programme

0900 賽事中心開放 Event Centre opens  
0945 出發區開放 START open  
1000 精英組(ME及WE)開始出發 Start for ME & WE classes  
1045 其他組別 開始出發 Start for other classes  
1200 起點關閉 START closes  
1430 賽區、終點關閉 FIELD & FINISH closes  
1445 最後成績公佈 Final results display  
1500 投訴截止 close for complaint  
1530 賽事結束 End of Event

## 交通安排 Transport

賽會不會提供交通服務。賽員可以選用下列方法前往賽區：

- 乘搭九巴路線53、67M、67X、261號，或港鐵巴士K51號，於嶺南大學巴士站下車，然後沿富地路步行約30分鐘前往賽事中心，沿途有指示。
- 乘搭港鐵至兆康站下車，步行約45分鐘前往賽事中心。或於兆康站乘的士直達賽事中心，車資約30元。

賽事中心附近並沒有停車場，賽員不應駕車前往賽事中心。

The organizer will not arrange official transportation. You may access the Event Centre by the following methods:

- Take KMB bus number 53, 67M, 67X, 261, or MTR bus number K51 to Lingnan University Bus Stop. It takes 30 minutes walk from the Lingnan University Bus Stop to the Event Centre.
- Take MTR to Siu Hong Station. It takes 45 minutes walk from Siu Hong Station to the Event Centre. Direct taxi access from Siu Hong Station to the Event Centre is available for around HK\$30.

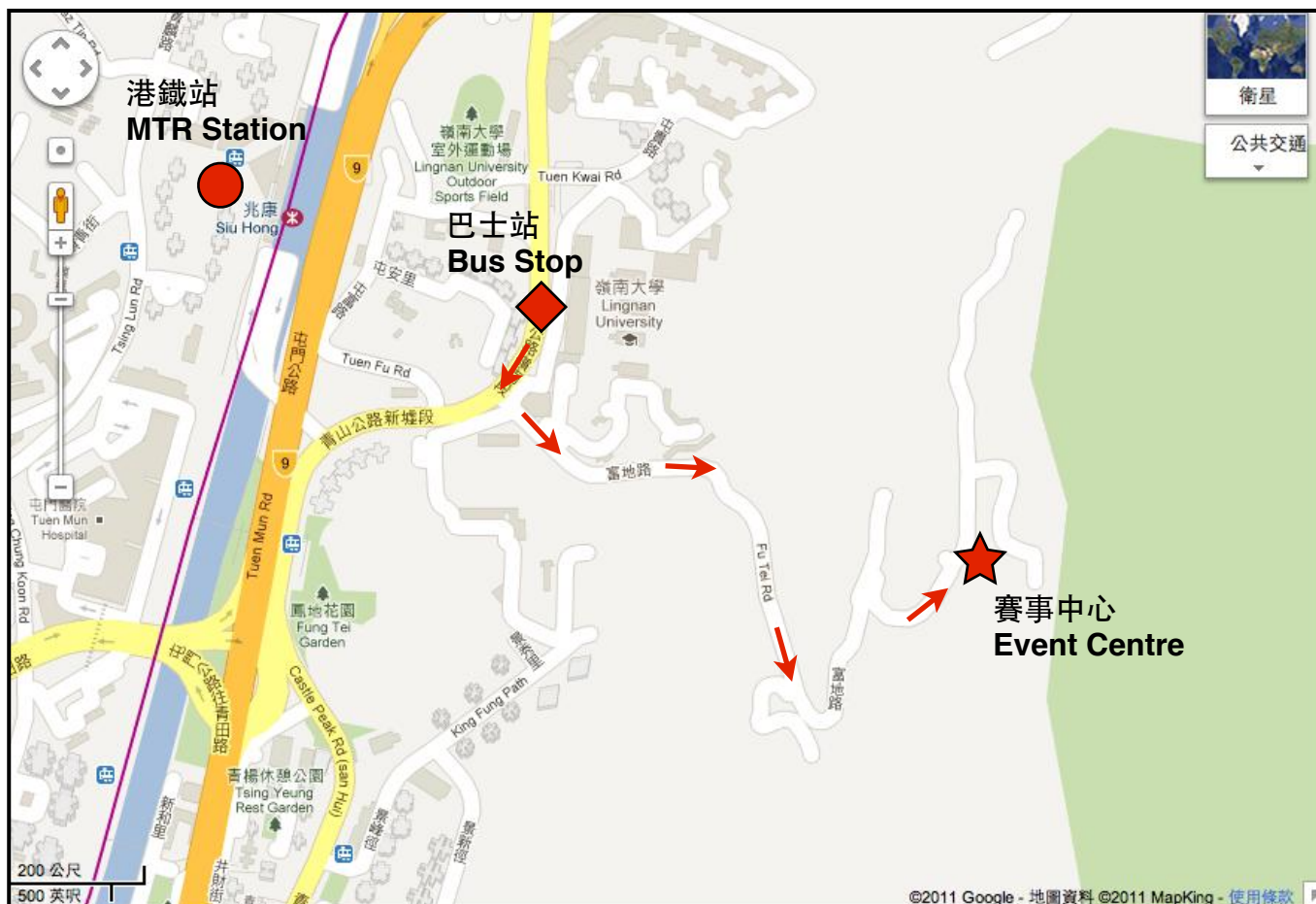
There is no car park at the Event Centre. Competitors should not drive to the Event Centre.

### 查詢詳情 Enquiries :

港鐵 MTR : <http://www.mtr.com.hk/> (港鐵熱線 MTR Hotline : 28818888)

九巴 KMB : <http://www.kmb.hk> (九巴熱線 KMB Hotline : 27454466)

## 賽事中心地圖 Map of Event Centre



## 賽事中心 Event Centre

1. 賽事中心設於虎地上村配水庫旁的燒烤場(座標：HE 077809)。由嶺南大學巴士站沿富地路步行往賽事中心約需30分鐘，距離約1500米，攀高約125米。沿路有指示，請參閱上圖。
2. 賽事中心位於燒烤場內，但由於燒烤爐有限，大會並不鼓勵賽員生火煮食。
3. 賽事中心僅提供一格流動洗手間，並沒有自來水供應。
4. 賽事中心設有物理治療服務。
5. 賽事中心將展示大會時間。
6. 大會不設行李存放服務，賽員攜來之物件需自行保管及處理，如有任何遺失，大會概不負責，故建議賽員請勿攜帶貴重物品。
7. 請預先找出自己的賽員編號，以便在賽事中心領取號碼布。賽員編號可於總會網頁查閱，並於賽事中心張貼。
8. 賽員可在賽事中心自行領取號碼布、扣針及備份標籤。賽員須在備份標籤上寫上自己的賽員編號，以便賽會在打孔記錄失效時作出覆核。各組別之提示符號紙將於出發區派發。

1. The Event Centre is located at the BBQ site next to the Ser Res, Fu Tei Sheung Tsuen. (GR: HE 077809). It takes 30 minutes walk from Lingnan University Bus Stop via Fu Tei Road to the Event Centre with 1500 meters distance and 125 meters climb.
2. The Event Centre is located in the BBQ site. Nevertheless, due to limit facilities, having BBQ in the area is not encouraged.
3. Only one temporary toilet without tap water is available in the Event Centre.
4. Physiotherapy service is provided in the Event Centre.
5. Official time will be displayed at the Event Centre
6. No storage facility will be provided and the organizer will not be responsible for loss of any belongings. Competitors are advised not to bring valuable items with them.
7. Please check your competitor number at the Event Centre or the OAHK website before collecting your number bib.
8. You may collect your own number bib, safety pins and e-card backup label at the Event Centre. Make sure you have your competitor number written on the e-card backup label. Each class of IOF description will be distributed at each Start zone.

## 賽區資料 Field Information

1. 賽區部份區域表面之土質鬆軟或/及有頗多碎石，請小心。
  2. 賽區內有頗多的沖刷溝及崖壁，部份更深逾3米，請小心。
  3. 賽區內可能有蚊蟲、黃蜂、荊棘，請穿著長袖有保護衣物。
  4. 賽區內設有水站，但供應量有限，各賽員可自備食水。
  5. 賽區內有數個「路不通行」的指示牌，但並不代表本賽事立場。
  6. 適宜穿著定向釘鞋，或鞋底有粗紋的運動鞋，以防滑倒。
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1. Part of the competition area is covered with loose sand and rubbles. Please be careful.
  2. There are many gullies and cliffs over 3 meters deep in the competition area.
  3. Long sleeve shirts and trousers are recommended to prevent injuries caused by thick vegetation and insect stings.
  4. Water points will be provided with limited supply. Please bring water if needed.
  5. There are several signs of “No Entry” in the competition area. They are not placed by the organizer.
  6. Orienteering shoes or good non-slippery sports shoes are recommended.

## 賽程資料 Course Information

1. 比賽時限為150分鐘。 Time limit of this competition is 150 minutes.
2. 各組賽程之長度及攀高如下： The length and climb of each class are as follows:

賽程 Course	組別 Classes	距離 (千米) Distance (km)	攀升 (米) Climb (m)	預算勝出時間 (分鐘) Estimated winning time (mins)	控制點數量 Number of controls
1	ME	5.3	300	50	16
2	WE, M21A, M35, M40	4.6	285	46-55	16
3	M20, M45, W21A, W35	4.3	280	47-55	14
4	M18, M50, M55, W18, W20, W40, W45, W50	3.9	200	45-60	13
5	W16, M16	2.9	180	30-40	11
6	W12, W14, M12, M14	2.0	100	20-30	9
7	W10, M10	1.8	80	20-30	8

## 出發程序 Start Procedures

1. 出發區設於賽事中心。賽員請按自己的出發時段提早5分鐘到達出發區，出發區會顯示大會時間。
  2. 賽員須接受工作人員檢查，是否已帶備指南針、哨子、電子控制咭，並將號碼布扣於胸前，缺一不可出發。賽員請帶備手錶。
  3. 出發程序採用二分區制。大會不會宣讀賽員編號，請賽員按自己出發時間早2分鐘進入二分區之第一格，每一分鐘行前一格。
  4. 提示符號紙在二分區內派發。如有需要，賽員請自行領取。大會將提供膠紙及剪刀給賽員使用。
  5. 進入最後一分區時，請把電子控制咭放在「起點控制器」上。
  6. 當訊號最後一響完成後，方可取地圖出發。賽員請檢查地圖上資料是否正確，取用正確地圖是賽員自己的責任。當領取完地圖後，不得在出發區及往起點控制點之通道上停留。
  7. 出發後賽員必須立即沿彩帶前往起點標誌，由出發區前往起點標誌距離約50米。
  8. **WE, ME, W50, W45, W40, W35, W21A, W20, W18, W16, M55, M50, M45, M40, M35, M21A, M20, M18 及 M16 組別賽員請沿黃色彩帶前往起點標誌。**
  9. **W14, W12, W10, M14, M12及M10組別賽員請沿紅色彩帶前往起點標誌。**
  10. 遲到者必須向出發區工作人員報到，由工作人員安排出發，而其所損失之時間將不獲補償。
1. The Start Area is located in the Event Centre. Please proceed to the Start Area 5 minutes before your start time. Official time will be displayed in the Start Area.
  2. Please put on number bib in front of your chest and have your compass, whistle and e-card ready. Competitors without any of the above items will not be allowed to start. Competitors should have their own watch also.

3. A “2-minute zone” system will be used at both Start zones. Competitors should enter to the first box of “2-minute zone” 2 minutes before his/her start time. Enter to the next box after the next minute.
4. The IOF description will be distributed in the first “2-minute zone” box. Competitors can collect one if necessary. Scissors and tapes will be provided for competitors.
5. While entering to the last box 1 minute before start, place the electronic control card on “start unit” at the same time.
6. Competitors may start and take map after hearing the last beep. Please check if the information on map, such as class entered, is correct. Competitors are responsible for taking the right map. Competitors are not allowed to stay along the aisle between the start and the start marker.
7. From the Start, competitors shall follow a 50 meters marked route to arrive the start marker where orienteering begins.
8. **Competitors of WE, ME, W50, W45, W40, W35, W21A, W20, W18, W16, M55, M50, M45, M40, M35, M21A, M20, M18 & M16 classes should follow YELLOW tape to the start marker.**
9. **Competitors of W14, W12, W10, M14, M12 & M10 classes should follow RED tape to the start marker.**
10. Latecomers must report to the officials at Start. They will be arranged to start at the late starting line. Time lost will not be compensated.

## 電子打孔及計時系統 **Electronic Punching System & E-card**

1. 本賽事使用「[EMIT](#)電子打孔及計時系統」。(本賽員須知已附上「電子打孔及計時系統」的參考資料，請各賽員仔細閱讀)。
  2. 賽員請核實其所持之電子控制咭號碼與編印在出發名單上之號碼相同，如有錯誤，請儘早通知賽會，以便修改有關資料。
  3. 賽員不得交換電子控制咭使用及代替他人出賽，否則將被取消參賽資格。
  4. 賽員須在備份標籤寫上自己的賽員編號，以便賽會在打孔記錄失效時作出覆核。
  5. 賽員應在比賽當日攜帶已登記之電子控制咭。若忘記攜帶電子控制咭，賽員須向賽會繳付港幣350元按金及港幣50元租金，共港幣400元到賽事中心租用電子控制咭。電子控制咭數量有限，先到先得。按金將於交還電子控制咭後退回。
  6. 請留意：所有租出的電子控制咭均為香港野外定向總會財產，賽員在比賽期間有責任妥善保管，若有遺失或損毀，賽員必須賠償港幣\$400給予香港野外定向總會。
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1. All courses shall use the [EMIT](#) punching and timing system (enclosed in this event information, please read carefully).
  2. Competitors must check and ensure the e-cards and all details are correct and inform the Event Centre immediately for correction.
  3. Exchange of e-cards with other competitors or substituting other competitors are not allowed, otherwise both will face disqualification.
  4. Competitors must write his/her competition number on the back-up tag.
  5. Competitors should take their registered electronic control card. If competitors forget to take that card, they need to pay \$50 hiring fee and \$350 deposit for a spare e-card, which will be refundable when card returned. The number of spare cards are limited and will be served on a first-come-first-serve basis.
  6. For those who needs to hire e-card from OAHK, please note that competitors must reimburse HK\$400 to OAHK for lost or damaged e-cards.



## 終點及成績處理 Finish Procedures and Result Processing

1. 終點及成績處理設於賽事中心。
2. 賽員無論完成賽事與否，或遺失電子控制咭，均須於出發後150分鐘內向終點報到，賽區將於下午2時30分關閉。賽員抵達終點時，應立即在終點控制器打孔，而比賽時間亦在該刻完結。
3. 賽員必須於完成比賽後10分鐘內前往成績處理處，將電子控制咭上的記錄下載。賽員須確保將電子控制咭盡快交到成績處理處，途中電子控制咭若有遺失或任何損毀，賽員須自行負責。
4. 賽會將會暫時收回已完成賽事賽員的地圖直至出發區關閉後派發。賽員有責任確保不會將地圖及賽程資料透露給未出發的賽員，違者會被取消資格。
5. 所有賽員請緊記，無論是否完成賽事或遺失電子控制咭，均必須返回終點報到。

1. Finish and Result Processing centre are located at the Event Centre.
2. Competition will end at 1430 hours. All competitors must report to the finish within 150 minutes from their start time or before all controls close, no matter whether they have completed the course or have lost their e-cards. When you reach the Finish, place your e-card on the finish control unit. This marks your finish time.
3. After reaching the Finish, you must go to the Result Processing counter and download the e-card data within 10 minutes. It is your responsibility to safe keep your e-cards.
4. Maps will be collected at the Finish and will give back after the Start closure. Finishers should not disclose the map to competitors waiting for start. Those who fail to do so will be disqualified.
5. You must report to Finish even if you cannot complete the course or have lost your e-card.

## 比賽規則 Rules

1. 比賽時限為150分鐘。
  2. 香港野外定向總會「[野外定向比賽則例](#)」適用於本賽事。
  3. 除賽會提供之地圖及允許之裝備外，不可使用任何輔助器具。
  4. 遺失電子控制咭將當未完成賽事論，但仍須向終點報到。
  5. 賽員如移動或損壞控制點或賽會設施，將被取消參賽資格，若有損毀，須按價賠償。
  6. 賽員須服從賽會指示，違反比賽規則將被取消參賽資格。
  7. 本比賽規則可隨時修訂，賽會無須於比賽前通知各賽員，但會在比賽當日公佈。
  8. 賽員必須尊重其他賽員及行山人士的權利，比賽賽員並沒有道路使用優先權。
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1. Competition time for all courses is 150 minutes.
  2. The [Technical Standards and Competition By-laws for Open Orienteering Event](#) of the OAHK shall apply to this competition.
  3. No other maps or aids (including mobile phones) other than those provided or mentioned by the organiser may be used.
  4. Loss of e-card will be treated as DISQ but you still have to report to the Finish.
  5. Competitors who remove/destroy any property of the organizer will be disqualified. The organizer will claim compensation from them.
  6. Competitors should obey the competition rules or otherwise will be disqualified.
  7. The organiser reserves the right to add or amend the rules. All amendments, if any, will be displayed at the Event Centre on the day of competition.
  8. All competitors must respect other country park users. Neither the Organiser nor competitors have priority in using the competition area. Please watch out when running and avoid colliding with members of the public.

## 投訴及抗議 Complaints & Protests

1. 對有違香港野外定向總會「野外定向比賽則例」事項或對賽會之指示有異議，可以作出投訴。投訴可以書面向賽會儘快提出。如投訴關於賽員成績，必須於最後成績公佈後15分鐘內提交，投訴由賽會處理，結果須立刻向投訴人通告。
  2. 如賽員對賽會的投訴處理有所異議，可作抗議。抗議可由賽員、屬會工作人員或賽事工作人員提出。抗議必須在賽會公佈投訴結果後的三十分鐘內以書面向賽會或裁判團成員提出。
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1. All complaints about the event or results must be made to the organizer in writing within 15 minutes after the announcement of final results. The organizer will record complaints and decisions made.
  2. Any protest shall be made in writing to the organiser or a member of the jury no later than 30 minutes after the organiser's has announced the decision about the complaint. The Jury will handle protests according to the Competition By-laws.

## 備註 Remarks

1. 本「賽事資料」內容如有更改，以賽會當日公佈為準，有關內容將在賽事中心公佈。
  2. 所有賽員必須尊重其他賽員及行山人士的權利，比賽賽員並沒有使用道路的優先權。請小心遊人，避免碰撞！
  3. 賽區內設有賽員禁區，地圖上有顯示。
  4. 賽員須自行負責個人意外及財物損失的責任，賽會概不負責。
  5. 賽員須遵守郊野公園守則及保持地方清潔，切勿污染水源和郊野。
  6. 賽員往返賽事中心時，請留意來往車輛。
  7. 賽事當日上午六時，[香港天文台](#)如發出雷暴、黃色暴雨或以上警告、三號或以上風球，賽事將會取消，詳情請留意[香港野外定向總會](#)網頁[www.oahk.org.hk](http://www.oahk.org.hk)，或在比賽當日致電緊急聯絡電話。
  8. 賽員如在比賽中遇上緊急事件需要求助，請留在安全地方並採用國際求救訊號，等候工作人員前來求援。(國際求救訊號指哨子連吹六響，相隔一分鐘重覆再吹)
  9. 賽員請留意比賽當日天氣及個人情況，有需要時請帶備足夠飲料及防曬用品。
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1. Should there be changes in the content of this Event Information, the announcement of the organizer on the competition day will be conclusive.
  2. All competitors must respect other country park users. Neither the organizer nor competitors have priority in using the competition area. Please watch out when running and avoid colliding with members of the public.
  3. Entry is prohibited in some areas inside the competition area as marked on the map.
  4. All competitors entering this competition are at their own risk. The organizer undertakes no liabilities to any personal injuries or loss of properties during and as a consequence to the competition.
  5. Competitors should follow the rules of the country park and keep the country park area clean. Do not pollute streams.
  6. Beware of cars when going to /from the Event Centre.
  7. If Typhoon Signal No. 3 or above, or the Thunderstorm or Amber Rainstorm Warning or above is announced by the [HK Observatory](#) at 0600 hours on the day of competition, the competition will be cancelled. For details, please visit [OAHK](#) website [www.oahk.org.hk](http://www.oahk.org.hk), or call the emergency telephone number on the day of the competition.
  8. In case of injury or emergency, please use the whistle. The distress signal is 6 beeps repeated every minute. Stay in a safe place, keep calm and wait for help.
  9. Please pay attention to the weather condition on competition date, bring along enough drinking water and sun protection measures.

## 查詢 Enquiry

### 香港野外定向總會

電話：2504 8112

傳真：2577 5595

電郵：[info@oahk.org.hk](mailto:info@oahk.org.hk)

地址：香港銅鑼灣大球場徑一號  
奧運大樓 1014 室

網頁：<http://www.oahk.org.hk/>

### Orienteering Association of Hong Kong

Tel: 2504 8112

Fax : 2577 5595

Email : [info@oahk.org.hk](mailto:info@oahk.org.hk)

Address : Room 1014, Olympic House,  
1 Stadium Path, Causeway Bay, Hong Kong

Website : <http://www.oahk.org.hk/>

## 鳴謝 Acknowledgment

香港物理治療學會 Hong Kong Physiotherapy Association

漁農自然護理署 Agriculture, Fisheries and Conservation Department



# 電子打孔及計時系統需知

## 系統使用

1. 是次賽事將使用 [Emit](#)「電子打孔及計時系統」；
2. 若賽會沒有發出「電子打孔及計時系統」失效的通知，所有賽員都不得拒絕使用這套系統；
3. 賽員的成績將根據電子控制咭的記錄計算，若然電子控制咭未能記錄賽員到訪某個控制點的記錄，賽會會根據備份標籤的記錄去覆核。若然兩者都無法証明賽員曾到訪該控制點，該控制點記錄將會視作無效

## 出發

1. 賽員需在出發前最少6秒前，將電子控制咭放在「起點啟動器」上，直至紅燈閃動，否則系統將無法計算比賽需時。
2. 賽員在起點響鐘發出長響後，必須把電子控制咭提離「起點啟動器」。

## 比賽途中

1. 賽員有責任確保電子控制咭成功放置入「電子打孔器」中，事實上，電子控制咭只能在一方面向放入「電子打孔器」中。若電子控制咭及備位標籤都無法記錄同一個打孔記錄，賽員不能以系統失效作為抗辯理由。

## 終點

1. 當賽員抵達終點時，應即前赴「終點控制器」拍咭，而賽員的比賽時間亦以該刻起完結；
2. 請跟隨指示，儘快返回成績計算站中，待工作人員把備份標籤取下，將電子控制咭的記錄成功下載後，賽員即可領取參考成績印表。

## 成績處理

1. 賽員切勿在完成賽事後，把電子控制咭放置在任何「電子打孔器」或「起點啟動器」之上，以便賽會有需要時可以覆核電子控制咭的記錄；
2. 所有成績均以大會的成績公佈為準，賽員個別的成績印表僅供參考。

# Essential Information for Electronic Punching and Timing System

## Electronic System

1. This Event will use the “[Emit](#)” Electronic Punching and Timing System.
2. No Competitor may refuse to use the “electronic punching and timing system” unless the organizer has issued the Notice of Malfunction of the aforesaid system.
3. The running time will be calculated based on the records in the e-cards. If the organizer has doubt on a particular punch record of an e-card, records of the backup label will be considered as a valid counter-check tool. In case both of them have no record, that particular punch record will be deemed voided.

## Start

1. At least 6 seconds before start, competitors must activate their e-cards by placing them on the “Start Unit” until the red light flashes, and otherwise no running time will be recorded.
2. Competitors must remove the e-cards from the “Start Unit” when the starter gives a long beep signal for starting.

## During competition

1. It is the competitors’ own responsibility to insert the e-card into the e-punch correctly. In fact, e-cards can only be inserted into the e-punch in one direction. If both the e-card and backup label cannot record a particular punch record, system malfunction will not be considered as a valid reason for appeal.

## Finish

1. As soon as competitors arrive at the Finish, please place the e-cards at the Finish Control, the time-count will stop accordingly,
2. After that, please follow the signposts/indication cards to return to the Event Centre and report to the Result Processing Station. After our officials have collected your backup label and have downloaded the records from your e-card, you may obtain your result slip from the mini-time recorder for reference.

## Result Processing and Display

1. Please do not insert your e-card into any Start Unit or e-punch after the completion of your race. By not doing so, your punch records will be retained for counter-check purpose.
2. Results of late starters will be processed separately. The final results displayed by the organizer will be conclusive; results from the mini-time recorder are for reference only.

# 如遇山火應注意的事項

## 安全指引

1. 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的威力。
2. 各賽員於賽事舉行期間請勿在賽區及賽事中心範圍內燃點煙草產品、吸煙。
3. 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. 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賽事中心，以免為山火所困。

## 應變措施

1. 遇到山火時應 保持鎮靜，切勿驚慌。
2. 估計以下情況，以便迅速離開火場。
  - a. 留意山火的蔓延方向，盡量避免跟山火蔓延的同一方向走避。
  - b. 選擇較平坦或斜度較少的小徑逃離火場。
  - c. 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）。
3. 沿現有的明顯小徑逃生會比較少障礙，且走得更快。
4. 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. 切勿走進樹林及草叢（地圖上顯示為白色及綠色地方），山火在這些地方可能 會蔓延得很快而且熱力也較高。

# Safety Tips of Hill Fire

## Safety Guidelines

1. Hill fire advances rapidly upward and windward on a steep grass slope in dry weather. Never underestimate its devastating power.
2. Listen to the weather bulletin. If the fire danger warning is red, handle kindling materials with great care. Except at designated barbecue sites or campsites, never light a fire within country parks. Smokers must refrain from smoking in Event Centre & competition area.
3. Hill fire is difficult to detect in daytime. Always pay attention to flying ashes or burnt smell. If a hill fire is spotted, leave the fire scene right away.
4. It is difficult to assess the spreading of hill fire. Don't risk continuing your competition in case of a fire nearby or you may get trapped in the fire. Go back to the Event Centre immediately!

## Emergency Measures

1. Don't panic and keep calm.
2. Note the following for a quick evacuation from the scene of fire:
  - a. The direction in which the fire spreads - avoid escaping in the same direction of the prevailing wind.
  - b. The gradient of the paths nearby - Choose the one which is easiest for escape.
  - c. The height and density of the vegetation nearby - Find a place with less vegetation (Dark Yellow on the map) for escape.
3. It is easier and quicker to escape through existing paths.
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.
5. Don't run into shrubs or grass-grown area (White & Green on the map), fire usually spreads rapidly and the temperature may soar in these areas.