



2025

心晴室內定向慈善賽

Joyful Indoor Orienteering Charity Race 2025



參加者須知及活動規則

日期 28/9/2025 (SUN)

時間 08:30-11:30

地點 D · PARK 愉景新城

網址 <https://www.jmhf.org/joyfulindoororienteing>



活動資料

活動日期	2025年 9月 28日 (星期日)
活動地點	荃灣 愉景新城 L1 (A 區 草地位置)
預計起步時間	上午 8:45
預計路線關閉時間	上午 10:15
號碼布及地圖領取時間	上午 7:45-8:15
活動紀念包領取時間	上午 10:00-11:15
行李寄存時間	上午 7:45 – 11:15
賽前之查詢電話	3690 1000/ WhatsApp 5404 3525
比賽當天緊急聯絡電話	5404 3525

備註：

1. 號碼布及地圖領取需時，請預留時間，比賽不會因此延遲開始。
2. 如需行李寄存服務，建議在活動前15分鐘辦理有關手續。



活動日流程

時間	活動
07:45-08:15	領取號碼布及地圖
08:30-08:40	介紹比賽玩法及注意事項等
08:40-08:45	起步儀式
08:45	起步(時限：90分鐘)
10:15	賽道關閉
10:30-11:00	主禮儀式
11:00-11:15	成績公佈及頒獎禮
11:30-16:00	情緒健康嘉年華
12:00-13:00	專家分享會
13:00-16:00	藝術體驗工作坊

活動流程有機會因實際情況而更改，一切以大會當天宣佈為準。



交通安排

參加者可乘搭以下公共交通工具：

- A. 港鐵 – 由荃灣站 A4 出口步行約 10 分鐘到活動場地
- B. 巴士/小巴 – 有多條巴士/小巴路線途經活動場地附近，參加者可乘車至愉景新城巴士總站或青山公路 (近中染大廈) 前往。

九巴路線資訊：<http://search.kmb.hk/KMBWebSite/index.aspx?lang=tc>

城巴路線資訊：<https://mobile.citybus.com.hk/nwp3/?f=1&ds=ETA&l=0>

小巴路線資訊：16seats.net/chi/index.html

活動前準備

1. 參加者需衡量其身體狀況是否適合參加賽事。如有疑問，請先諮詢醫生意見。大會建議參加者於號碼布背後寫上個人病歷、緊急聯絡人姓名及電話。
2. 建議參加者穿運動衣服、運動鞋，或輕便服飾，自備筆及所需文具。
3. 參加者需自行負責個人意外或財物損失。
4. 大會已為活動購買第三者保險，建議參加者按需要自行購買個人意外保險。



號碼布及活動紀念包領取

1. 號碼布及活動紀念包將於活動當天領取。號碼布連同活動地圖及遊戲卡將於活動開始前派發，而活動紀念包則於賽事完成後憑號碼布領取。
2. 個人組參賽者將獲發一份地圖及一張遊戲卡，團體組則每人獲發一份地圖及每組一張遊戲卡。
3. 參加者收到號碼布時，請仔細核對清楚資料是否正確，如有問題，請即時向工作人員反映。現場將有扣針提供。
4. 參加者需小心保管號碼布，如有遺失或損壞，大會不會另行補發。

賽事安排

1. 本活動為非專業賽事。
2. 如比賽過程中須向大會查詢及要求協助，請到詢問處與工作人員聯絡。
3. 大會設有水站、行李寄存站及急救站。為響應環保，建議參加者自備水樽。
4. 參加者的個人物件可存放於大會提供之行李寄存區。如參加者需行李寄存服務，可從號碼布上撕下行李寄存卡，並掛在行李上。切勿攜帶貴重物品，如有損毀或遺失，大會將不會負任何責任及作出任何賠償。參加者一旦使用此安排，已被假定接受此條款。
5. 參加者需於活動後盡快前往行李寄存區取回物品，大會有權自行處理逾時不取之寄存行李，如造成任何損失，大會恕不負責。
6. 請確保活動前有足夠熱身，以免受傷。
7. 參加者不得擅自移動或損壞任何設施，如造成損毀，須按價賠償。
8. 請參加者保持場地清潔。
9. 請勿攜帶危險物品及含有敏感字句的標語，如有違規，大會有權取消參加資格。
10. 大會有權因應情況隨時對活動安排及時間作出更改，參加者不得因此向大會追討任何賠償。



賽事規則

1. 各組的比賽時限均為 90 分鐘。
2. 參加者必須將號碼布及大會晶片扣於胸前當眼處以識別身分，否則大會有權取消參與資格，其成績亦將不被確認及不獲任何計時紀錄、名次及獎項。請不要彎曲或折疊晶片，確保晶片完整。
3. 參加者號碼布及晶片不得轉讓，如有代參與者，大會將取消其資格，有關捐款將不獲退還。
4. 參加者領取地圖後，必須在起步前約5分鐘、由司儀正式宣佈後才可打開，如在之前已翻閱，有機會被取消資格。
5. 參加者需於遊戲卡上填寫參賽號碼。團體組請把參賽號碼寫於同一張卡上，比賽打卡點的印章亦只需蓋於同一張卡上。如在衝線後遞交多於一張卡，只會計算印章最多的一張。
6. 比賽區域涵蓋三層商場，參賽者可參考地圖的提示自訂路線，前往各層的打卡點，於遊戲卡相應號碼的位置蓋印。賽事不設固定路線，參加者亦不需按打卡點的編號順序蓋印。
7. 部分打卡點上附有不同形式的問題，只要解答全部問題，便可獲得隱藏打卡點的重要訊息。參賽者可把答案寫於地圖背面的筆記欄上以協助找出答案，但地圖及上面的**答案毋須交回給大會，亦不會用於計分**。參加者於遊戲卡蓋上所有號碼(包括隱藏打卡點)，然後盡快回到終點衝線，並把遊戲卡交給工作人員。
8. 請保持遊戲卡清潔，如有蓋錯，可用筆刪塗並於旁邊補蓋。遊戲卡於終點一經遞交，便不能再作修改。
9. 參加者在比賽過程中必須經過設於拱門位置的起點及終點計時裝置方可記錄時間，否則無法計算成績。
10. 團體組組員必須一同行動。
11. 參加者於比賽期間只可使用地圖上指定的扶手電梯上或落，嚴禁使用升降機及樓梯。請勿於扶手電梯上奔跑，違規者有機會被取消資格。
12. 商場屬於公共場所，參加者沒有優先使用任何通道的權利，比賽期間請保持禮貌與克制，於較窄通道盡量靠左行走，避免與公眾人士發生碰撞。部分位置為非活動範圍，比賽期間請勿進入。



成績及獎項

1. 所有參賽者須於 90 分鐘內返回終點線。**獎項將頒予於遊戲卡上蓋上所有正確的印章，並以最短時間返回終點線的個人參加者/團隊。**未能完成所有打卡點的個人參加者/團隊中，以完成打卡點數目最多者排名較高，若完成打卡點數目相同，則以用時較短者排名較高。
2. 比賽成績將以大會時間為標準。團體組時間將以第二位抵達終點的隊員的衝線時間計算。團體組必須最少有 2 人出席參賽，當中家庭組必須有最少一人年齡 12 歲或以下，若到場人數少於 2 人或不符合以上要求，將無法競逐獎項。
3. 賽事當天將設有頒獎環節，各組前 3 名將獲頒發獎項。
4. 請留意成績公布及頒獎時間。大會公布得獎名單後，得獎者必須在 10 分鐘之內到達「得獎者召集處」報到。如未能及時報到，大會將會安排工作人員先行上台代領獎項，而不作另行通知。
5. 若對成績有任何上訴，必須在成績公布後的 15 分鐘內以書面形式提出，並連同上訴費用港幣 500 元正提交予大會作處理。如上訴被駁回，所繳費用將不獲發還。大會保留不接納任何其後提交之爭議或上訴之權利。
6. 大會將頒發電子完成證書予完成賽事並合乎資格之參加者。參加者可於活動七個工作日後在活動網站下載電子證書。
7. 所有禮品不可兌換現金。
8. 得獎者須於活動當日領獎，否則獎項將不獲發還。



惡劣天氣及特別事故安排

1. 如活動當日(2025年9月28日)凌晨4時或以後時間懸掛八號或以上颱風、紅色或黑色暴雨訊號；或天文台預計於活動期間將懸掛八號或以上颱風訊號，活動將會取消。捐款將不獲退還。
2. 請於活動當日早上留意天文台有關天氣的報導，或致電香港天文台查詢（電話：1878200），或留意本會Facebook的最新公佈。
3. 如有特別情況及事故，屬非大會所能控制的外在因素，大會有權臨時取消活動，不會另行安排補辦，捐款亦將不獲退還。
4. 請隨時留意本會臉書（心晴行動慈善基金）有關活動的最新消息：
<https://www.facebook.com/jmhf.org/>

其他事宜

1. 大會保留以是次活動照片及影片作日後推廣用途之權利。
2. 大會擁有以上規則的最終解釋及修訂權利。任何有關活動的臨時改動或取消，將以大會網站公布為準。
3. 如有任何查詢，請致電3690 1000、電郵run@jmhf.org或WhatsApp 54043525聯絡賽事統籌組。



2025 心晴室內定向慈善賽 Joyful Indoor Orienteering Charity Race 2025



Participants Event Guideline and Rules

📅 28/9/2025 (SUN)

⌚ 08:30-11:30

📍 D • PARK 愉景新城

🌐 <https://www.jmhf.org/joyfulindoororienteeing>



Event Information

Event Date	28th September 2025 (Sunday)
Venue	Tsuen Wan D • PARK L1 (Area A)
Estimated Starting Time	8:45 a.m.
Estimated Racecourse Closing Time	10:15 a.m.
Collection Time of Race Bib and Map	7:45-8:15 a.m.
Collection Time of the Souvenir Pack	10:00-11:15 a.m.
Baggage Storage Time*	7:45 – 11:15 a.m.
Pre-race Enquiry Number	3690 1000/ WhatsApp 5404 3525
Emergency Contact on the Race Day	5404 3525

Remarks:

1. Race bib and map collection takes time. Please plan accordingly. The race will not be delayed.
2. Please store your baggage 15 mins before the event starts.



Event Day Rundown

Time	Activity
07:45-08:15	Collection of Race Bib & Map
08:30-08:40	Introduction of Rules and Reminders
08:40-08:45	Starting Ceremony
08:45	Start of the Race (Time Limit: 90 mins)
10:15	Close of the Route
10:30-11:00	Official Ceremony
11:00-11:15	Results Announcement & Awards Ceremony
11:30-16:00	Mental Health Carnival
12:00-13:00	Seminar by Psychiatrist
13:00-16:00	Art Workshop

The event schedule is subject to change based on actual circumstances, and the final announcement on the day of the event shall prevail.



Transportation

Runners can arrive the event venue by the following public transportation:

- A. MTR – To Tsuen Wan Station and walk 10 minutes from exit A4 to event venue
- B. Bus or Minibus - To Discovery Park Bus Terminus or Castle Peak Road (near CDW Building), and walk to event venue.

KMB route information: <https://search.kmb.hk/kmbwebsite/index.aspx?lang=en>

Citybus route information: <https://mobile.citybus.com.hk/nwp3/index.php?golang=EN>

Minibus route information: <https://16seats.net/eng/index.html>

Pre-Event Preparation

1. Participants should ensure that their health conditions are suitable for the race. In case of doubt, please seek medical advice in advance. Participants are also recommended to write down their medical history, emergency contact name and number at the back of the bib.
2. Participants are advised to wear sports clothing, sport shoes, or casual attire, and bring their own pens and necessary stationery.
3. Participants are liable for their safety or property loss.
4. The organizer will be providing public liability insurance. Participants are advised to arrange their own insurance cover.



Race Bib and Souvenir Pack Pick Up

1. Please collect the race bib and souvenir pack on the event day. Race bibs together with maps and game card will be distributed prior to the event start. The souvenir pack will be distributed upon completion of the race.
2. Individual participants will receive one map and one game card, while team participants will each receive one map and one game card per team.
3. Please check carefully and make sure the personal information on the bib is correct when collecting the race bib. If you have any questions, please report them to the staff immediately. Pins are provided at the venue.
4. Please keep your bib properly. Bib will not be re-issued for any reason.



Race Arrangement

1. This event is not a professional race.
2. Should there be any emergency or assistance needed during the race, participants shall contact the officials at the information center.
3. Water stations, baggage storage and first aid services are provided. To promote environmental sustainability, participants are encouraged to bring their own water bottles.
4. Baggage storage service will be provided at the venue. If participant need the service, please tear off the baggage tag from the race bib and attach it to their baggage. Do not bring along valuables. The Organizer will not be responsible for any loss or damage of the property during storage. It has been assumed the participants agreed on this term when using this baggage storage service.
5. Participants should take back their baggage as soon as possible after finishing the race. The organizer will not be responsible for any loss as a result of any unclaimed baggage.
6. To prevent injury, participants should do warm up before the race.
7. Participants must not move or damage any facilities. If any damage occurs, compensation must be made at the original cost.
8. Please keep the venue clean.
9. Please refrain from bringing dangerous goods and slogans containing sensitive words or phrases. The organizer reserves the right to disqualify the participants in case of violation.
10. The organizer reserves the right to amend the event schedule. Participants may have no other claim against the organizer for any of its loss in connection with such changes.



Race Rules

1. The time limit of all categories is 90 minutes
2. Participants must stick the bib and chip at the front visibly throughout the event; offenders will be disqualified. Please do not bend or fold the chip to ensure that the chip is intact.
3. The chips and bib cannot be transferred to others. Offenders will be disqualified. There is no refund of donation for this case.
4. Participants must collect the map and may only open it approximately 5 minutes before the start, after the official announcement by the emcee. Opening the map beforehand may result in disqualification.
5. Participants must write their race number on the game card. For group categories, the race number should be written on a single card, and checkpoint stamps need only be applied to the same card. If more than one card is submitted after crossing the finish line, only the card with most stamps will be counted.
6. The competition area spans three floors of the mall. Participants can refer to the map's hints to plan their own route and visit checkpoints on each floor to stamp the corresponding number on their game card. The event does not have a fixed route, and participants are not required to stamp checkpoints in numerical order.
7. Some checkpoints include questions; answering all questions will reveal crucial information about a hidden checkpoint. Participants may write answers on the note section on the back of the map to help find the solution, but the map and its answers do not need to be submitted to the organizers and will not be used for scoring. Participants must collect stamps for all correct checkpoints (including the hidden checkpoint) on their game card and return to the finish line as quickly as possible to submit the game card to the staff.
8. Please keep the game card clean. If a stamp is placed incorrectly, you may cross it out with a pen and stamp again beside it. Once the game card is submitted at the finish line, no further modifications can be made.



Race Rules

9. Participants must pass through the timing devices located at the arch for both the start and finish lines during the competition to record their time; otherwise, their results will not be counted.
10. Team members in the group category must stay together during the competition.
11. During the competition, participants should only use the escalators specified on the map. The use of elevators and stairs is strictly prohibited. Running on escalators is not allowed. Offenders may be disqualified.
12. The shopping mall is a public venue. Participants have no priority over the use of any pathways. During the competition, please remain courteous and keep to the left when walking through narrower passages. Some areas are outside the event zone; please do not enter during the competition.



Results and Awards

1. All participants must return to the finish line within 90 minutes. Awards will be given to individuals/teams who finish all correct stamp on their game cards and return to the finish line in the shortest time. Among individuals/teams who fail to complete all checkpoints, those who complete the most checkpoints will rank higher; if the number of completed checkpoints is the same, the one with the shorter time will rank higher.
2. Race results will be based on the official event time. For group categories, the time will be determined by the finishing time of the second member. The minimum number of participants for a group is 2. For the family category, at least one participant must be 12 years old or below. If fewer than 2 participants show up or the above requirements are not met, participants will not be eligible to compete for awards.
3. An award ceremony will be held on the day of the event, with awards presented to the top 3 in each category.
4. Please note the result announcement and the time of the awards ceremony. When the list of winners is announced, participants must report to the winner's waiting zone within 10 minutes. If the winner fails to report in time, the Organizer will arrange representatives to receive the prizes on stage without prior notice.
5. Appeal is only acceptable within 15 minutes after result announcement with a completed "Complain and Appeal" form together with HK\$500 appealing fee. Appeal fee will only be refunded for successful appeal. No appeal will be entertained afterwards.
6. E-certificate will be issued to participants who complete the event and meet the eligibility requirements. E-certificate can be downloaded in 7 working days after the event from the event website.
7. All prizes cannot be redeemed for cash.
8. Winners should receive their award on the event day. Otherwise, the award will not be provided.



Severe Weather & Special Incident Arrangement

1. The event will be cancelled if a red or black rainstorm signal, or a tropical cyclone signal No.8 or above is hoisted at 4am or after on the event day, or the Hong Kong Observatory forecasts that Typhoon Signal No. 8 or above will be hoisted during the event period. Donations will not be refunded.
2. Pay attention to the weather reports from the Hong Kong Observatory in morning of the event, or call the Hong Kong Observatory (Tel: 1878200) for inquiries, or pay attention to the latest announcements on our Facebook page.
3. The Organizer reserves the right to cancel the event and it will not be re-scheduled due to any unexpected external condition or special incidents. Donation will not be refunded.
4. Please follow our Facebook page for the latest updates:
<https://www.facebook.com/jmhf.org/>

Others

1. The Organizer reserves the right to all photos and videos taken on the event day for future use and references.
2. The Organizer reserves the final right to interpret and amend the above regulations. Any changes or contingent measures for the event announced by the Organizer and posted on the Organizer's web page shall prevail.
3. If you have any enquiries, do feel free to contact the event coordination team on 3690 1000 Or email at run@jmhf.org Or WhatsApp 54043525.