



支援隊伍

支援隊伍的配合及支持，對參加者能否順利完成全程十分重要，建議支援隊伍隊長一同參加大會於 8 月舉辦的簡介會。

支援隊伍的角色及心態

- 樂施毅行者是團隊活動，除 4 名登記的毅行者外，支援隊員也應視作團隊一員，同心協力完成 100 公里的路程。
- 樂於助人、積極而有耐性、應變力強、遇突發事件時能主動、冷靜應對，即時調整心態、期望及行動，以配合參加者繼續完成路程，若有參加毅行者經驗更為理想。
- 支援隊伍人數以 3 至 5 人為佳，除攜帶所需物資，如食品、衣物等予參加者，更需擔任攝影師、按摩師、心理輔導員、計時員或陪行者等等。

良好的計劃和溝通是成功的一半

1. 支援隊伍須熟習各檢查站的位置和前往路線，並事先與參加隊伍視察各支援點，確認雙方會合地點。
2. 支援隊員應攜帶標有檢查站位置的地圖，以及參加隊伍預定抵達各檢查站的「參考時間表」（見 39 頁），亦可於活動期間登入大會網上追蹤系統得悉隊伍最近到達的檢查站。
3. 手提電話能幫助你與參加隊員聯絡。由於部分檢查站或支援點的訊號接收較差，請在活動舉行前預先到有關路徑測試手提電話，或嘗試以短訊互通消息。
4. 活動舉行當天，請與參加隊伍保持聯絡，並在他們預定抵達前約半小時到達檢查站。過早等候會造成交通擠塞。
5. 預先與參加隊伍議定所需物品前往支援點（可參考 41 頁「建議裝備清單」）。活動期間，支援隊伍不應沿途或在終點為參加者提供酒類飲品，因為參加者在長時間步行和極度疲累的情況下，會對酒精產生異於平常的反應。

保護自己，以發揮最大的助人力量

- 晚上檢查站可能會很寒冷，請自行攜帶禦寒衣物，亦宜帶備電筒，並要有心理準備，部分檢查站可能非常擠擁，須長時間等候，請互相忍讓。
- 為安全起見，支援隊員須確保有足夠的體力和適當的裝備，才可與參加隊伍一路同行，及避免阻擋其他參加隊伍，有需要時請讓出通道。
- 為公平起見，支援隊伍不應向參加者施以體力上的援助，例如攙扶及支撐參加者前行。



一起響應綠色毅行

- 支援隊伍一起響應「綠色毅行」，**避免使用即棄餐具及器皿**；同時預算準確份量，以免產生大量剩食。
- 請保持地方清潔，**盡量把垃圾帶到臨近市區的垃圾站拋棄**，切勿將支援物品、剩食及廢物遺留在支援點。若在檢查站附近進行支援，請把垃圾妥善分類放入回收箱/回收袋內。

各個檢查站的交通安排

各檢查站及就近地點的支援隊伍人數及車輛數目將於活動期間急升，令活動路段上的交通不勝負荷之餘，引致周邊居民和其他道路使用者不便，甚或招致投訴。因此，大會強烈呼籲支援隊伍**不要駕車前往檢查站**，以協助舒緩交通擠迫問題。

- 請支援隊伍盡量使用公共交通工具前往各檢查站，因檢查站泊車位有限，警方將同樣對支援隊伍的違例泊車行為發出告票，絕不會有任何優待。如你堅持自行駕車前往，請預計塞車時間，及留意泊車的地方亦可能跟檢查站有一段步行距離。
- 大會將安排免費穿梭巴士，往來以下路線：
 1. 往返北潭涌起點及二號檢查站：11月15日中午12時至晚上10時
 2. 往返港鐵荃灣站及八號檢查站：11月15日下午4時至11月16日晚上11時
 3. 往返港鐵站及終點：11月16日上午7時至11月17日上午7時
(請留意大會網站公佈)
- 在活動期間，大會將於起點、二號、三號、四號、六號、八號檢查站及終點實施臨時交通管制措施。駕車前往檢查站的支援隊員，請詳閱本手冊第31至35頁有關各檢查站的資料。如欲獲取更詳細的交通資料，請瀏覽樂施毅行者網站之「活動日 > 路線與檢查站」部分。另外，駕車人士於等候期間，務請停車熄匙，以免汽車噴出廢氣影響他人。



特別注意

部分檢查站位於郊野公園範圍內，禁止車輛駛入，所有支援隊伍須使用公共交通工具前往。凡進入郊野公園範圍，必須遵守郊野公園條例，詳情可瀏覽：<https://www.elegislation.gov.hk/hk/cap208> 網站之「第208章《郊野公園條例》」部分。請注意，大會恕未能為參加者或支援隊伍申請郊野公園許可證。



A good support team can make a huge difference. Leaders of the support teams are advised to attend the Organiser's briefings in August.

THE ROLE AND MENTALITY OF THE SUPPORT TEAM

- The support team is there not only to provide support to trailwalkers, but also complete the 100 km with the 4 registered participants; making Oxfam Trailwalker even more so a "Team event".
- Support teams should be helpful, positive, patient, flexible, keep calm and take initiative to handle any emergencies. They should adjust their mentality, expectations and actions to work with participants in completing the route. Having prior experience in Trailwalker would be ideal.
- Three to five members are good as support teams. Except food and clothes for participants, support teams are needed to be photographers, masseuses, psychological counselors, timekeepers, escorts, etc.

A GOOD PLAN AND COMMUNICATION ARE THE WAY TO SUCCESS

1. Support team members should familiarise themselves with the trail beforehand. Prior to the event, walkers and their support teams should survey all support points to ensure they know exactly where to meet.
2. You should have a map showing the precise locations of the CPs and a timetable showing your team's estimated time of arrival at each CP. (Please refer to P.39 for the Suggested Timetable for Walkers section.) You can also refer to the Oxfam Trailwalker online tracking system for teams' last arrived checkpoint.
3. Mobile phones make communication easier between teams and support teams. Test the reliability of the phones before the event as transmission signals may be weak in some areas. Try to use text messages in these areas.
4. Keep in close contact with the walkers during the event. To avoid traffic congestion, you should arrive at CPs not more than 30 minutes before the estimated arrival time of your team.
5. Plan what you will carry (please refer to P.41 "Suggested Checklist"). We suggest that walkers avoid drinking alcohol during the event or at the Finish Point as they might have an allergic reaction after having walked for hours.

KEEP YOURSELF SAFE TO BE ABLE TO GIVE THE BEST HELP ON THE TRAIL

- CPs can be very cold at night. Wear warm clothes. Bring a torch and be prepared to wait. Some CPs can be very crowded, so please be patient.
- It is also important that support team members have sufficient food and drink as well as other essentials if they wish to accompany the participating team to walk for a certain section. Please avoid blocking other participating teams on the trail and give way to other teams when appropriate.
- For the sake of fairness, support teams are not allowed to provide any physical assistance to participants, such as pushing the participants forward.

GREEN TRAILWALKER TOGETHER

- Support teams can join "Green Trailwalker" together to reduce using disposable cutlery or utensils; prepare an accurate quantity of food to avoid leftovers.
- Support teams should discard trash at refuse collection points and should not leave any items including leftover foods at support points. You are also welcome to place trash into recycle bins / recycle bags at Checkpoints if available. Please keep the area clean.



TRAFFIC ARRANGEMENT AT CHECKPOINTS

The number of support team members and cars have increased in recent years. While it is good to see growing support for the event and its participants, we have received complaints about the inconvenience large crowds have brought to villagers and other people on the trail. Therefore, we strongly urge support teams to avoid driving to checkpoints. The cooperation and support of everyone is crucial to enabling all walkers to complete the trail.

- Please try to use public transport where possible. Parking has become a problem as the event has grown. The police will not make exceptions for Oxfam Trailwalker support teams when issuing tickets for illegal parking. If you will be driving, please remember to leave plenty of time to allow for traffic jams, and be prepared to park some distance away from the CPs and walk the rest of the way.
- A free shuttle service will be provided at the following locations:
 1. Between the Start Point at Pak Tam Chung and CP2 from noon to 22:00, 15 November.
 2. Between the Tsuen Wan MTR Station to CP8 from 16:00, 15 November, to 23:00, 16 November
 3. Between the Finish Point and a MTR Station from 07:00, 16 November, to 07:00, 17 November (please refer to the announcement in the website)
- During the event, temporary traffic control will be implemented at the Start Point, CP2, 3, 4, 6, 8 and the Finish Point. Support teams driving to CPs should read the 'Checkpoints' section (P.35-38) carefully, especially regarding the parking arrangement at the Finish Point. You can also refer to the 'Event' > 'Trail & Checkpoints' section on the Oxfam Trailwalker website for more details. Please also be reminded to switch off the vehicle engine while waiting to reduce emissions.

IMPORTANT NOTE

Some CPs are located in country park areas where private cars are not allowed. In such areas, all support teams must use public transport and follow country park regulations. For details, please visit <https://www.elegislation.gov.hk/hk/cap208> and refer to 'Chapter 208 Country Parks Ordinance'. **THE ORGANISER WILL NOT PROVIDE A COUNTRY PARK PERMIT FOR ANY PARTICIPANT OR SUPPORT TEAM.**