

**Faculty of Social Sciences**  
**Gold Go Run**  
**金禧同樂跑**

**A. Introduction 簡介**

As one of the main activities of the 50th anniversary of the Faculty of Social Sciences, “Gold Go Run” is organised to provide an excellent opportunity for all HKBU members including students, alumni, and staff members to enjoy a fun and healthy running with their families and friends, as well as to connect and build loyalty amongst HKBU members and alumni. In addition to the running, physical fitness test and newly emerged sports tryout stations will also be set up for the participants to take part in the events free of charge. All participants who finish the run within 40 minutes will be presented a certificate at the finish point. A prize will be awarded to the group consisting of family members from three generations.

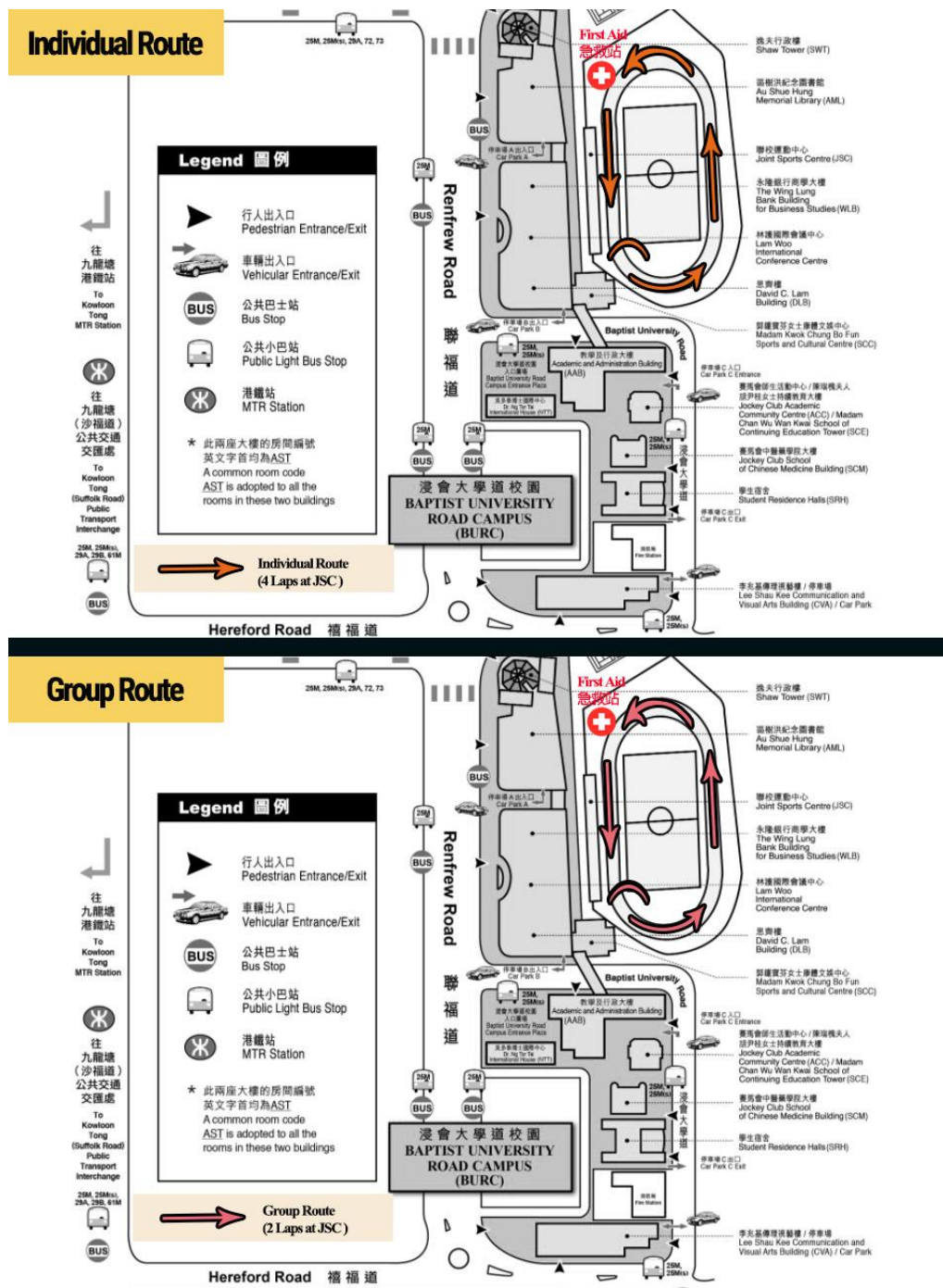
作為社會科學院金禧年的重點慶祝活動之一，「金禧同樂跑」提供一個難得的機會予浸大成員，包括學生、校友、教職員與他們的親友享受一個健康和歡樂的跑步運動，同時藉此連繫各師生校友，建立對學院的歸屬感。除了跑步外，本活動亦設有體適能測試及新興運動體驗攤位供參加者免費參與。所有在四十分鐘內完成賽事的參加者均可於終點獲頒發證書一張。凡以三代家庭成員組成的組別，均可獲得「三代同堂獎狀」。

<b>Date</b> 日期	<b>13 November 2021 (Saturday)</b> <b>2021 年 11 月 13 日 (星期六)</b>		
<b>Name of Event</b> 活動名稱	<b>Gold Go Run</b> 金禧同樂跑	<b>Physical Fitness Test Station</b> 體適能測試站	<b>Newly Emerged Sports Tryout</b> 新興運動體驗
<b>Description</b> 活動內容	<p>Participants can join the Run individually or in groups.</p> <p>參加者可以個人或團體形式參加。</p> <p>Remarks: All participants should finish the Run within 40 minutes.</p> <p>註：參加者需在四十分鐘內完成。</p>	<p>Physical Fitness Test Station, consisting of 4 physical fitness tests items, provides participants an opportunity to understand their level of balance, flexibility, agility and strength &amp; power.</p> <p>體適能測試站的四類體適能測試項目為參加者提供機會，了解自身的平衡力、柔韌度、靈活度與肌力及爆發力水平。</p>	<p>There are two parts for the Newly Emerged Sports Tryout. The first one is <b>flyball</b>. Participants will first familiarise themselves with the passing and catching technique. Then, they will be separated into two teams to play a mini game.</p> <p>新興運動體驗分為兩個部份。第一項為<b>旋風球</b>，參加者首先會熟習傳接球的技巧，繼而進行一個名為「佔領島」的小型比賽。</p>

			<p>The second newly emerged sport is <b>disc golf</b>. Participants will first practise the technique of throwing the disc at the targets. Then, they will be separated into two teams to play disc golf.</p> <p>第二個項目為<b>飛盤高爾夫</b>。參加者首先會以飛盤擊中雪糕筒為目標，練習投擲的準繩度，然後再進行小型比賽，在最少投擲數內，使飛盤進入目標籃子。</p>
<b>Venue/ Starting Point</b> <b>地點/ 起步位置</b>	Joint Sports Centre (JSC), Renfrew Road, Kowloon Tong 九龍塘聯福道 聯校運動中心	Podium, 3/F, Academic and Administration Building, Baptist University Road Campus 浸會大學道校園 教學及行政大樓三樓平台	3/F, Madam Kwok Chung Bo Fun Sports and Cultural Centre, Shaw Campus 逸夫校園 郭鍾寶芬女士康體文娛中心 三樓體育館
<b>Time</b> <b>時間</b>	12:30 noon - 4:30 pm <ul style="list-style-type: none"> <li>Registration 報到 (12:30 noon - 1:30 pm)</li> <li>Start 起步 (2:20 pm)</li> </ul>	12:30 noon – 4:30 pm	12:30 noon – 4:30 pm

The route map of Gold Go Run is as follows:

金禧同樂跑路線圖如下：



For individual division participants, please complete 4 laps in JSC (total distance is around 1.6 km for the individual division). 個人組別參加者須在聯校運動中心完成四個圈（個人組別全程約1.6公里）。

For group division participants, please complete 2 laps in JSC (total distance is around 0.8 km for the group division). 團體組別參加者須在聯校運動中心完成兩個圈（團體組別全程約0.8公里）。

## B. Eligibility 參加資格

All full-time or part-time undergraduate and postgraduate students, staff members and alumni of Hong Kong Baptist University and their family members and friends are welcome to join the Gold Go Run. Participants shall consider whether they are physically fit to take part in this event. In case of doubt, please consult a doctor.

所有香港浸會大學全日制及兼讀制的本科生或研究生、教職員、校友及其親友均可參加。參加者需衡量身體狀況是否適合參與此活動。若有疑問，請先徵詢醫生之意見。

## C. Team Composition 組別

	Participant(s) 參加者
Individual Division 個人組別	HKBU students, staff members and alumni 香港浸會大學學生、教職員或校友
Group Division 團體組別	HKBU students, staff members or alumni and their family members / friends (Each group should not exceed 4 persons) 香港浸會大學學生、教職員或校友及其家庭成員或朋友(每組不可多於四人)

## D. Notes and Rules 備註及規則

1. Participants shall report to the registration counter in person, bringing along with them the original copy of the identity document (e.g. student card, staff card or HKID card) for verification of eligibility.  
參加者須親身前往報到處報到，並帶同報名時使用的身份證明文件（如學生證、職員證或香港身份證）之正本，以核實參賽資格。
2. All participants shall collect a T-shirt at the registration counter during the registration period (i.e. 12:30 noon - 1:30 pm) on the event day.  
參加者須於指定的報到時間（中午十二時半至下午一時三十分）往報到處領取T恤。
3. Registration will end by 1:30 pm and those who are unable to show up by 1:30 pm will be deemed to have dropped out of the Run.  
報到時間將在下午一時三十分結束。如未能在下午一時三十分前報到的參加者將被視為退出同樂跑。
4. A first aid station will be set up at the Joint Sports Centre (JSC). Participants could seek help there if necessary.  
聯校運動中心場內設有急救站，參加者如有需要可向急救員求助。

5. The Organiser reserves the right to change the starting time of the Run. The starting time as announced on the spot shall prevail.  
主辦單位保留更改同樂跑開始時間的權利。開跑時間以現場公布為準。
6. The Organiser reserves the right to amend the rules and regulations at any time without further notice. The Organiser may adjust the quotas for each division in light of the enrolment response. Participants shall raise no objection. Places are given on a first-come first-served basis.  
主辦單位保留隨時修改規則及條款的權利，恕不另行通知。參賽名額有限，先到先得。主辦單位可根據報名情況調整參賽名額，參加者不得提出異議。
7. The Organiser has the right to release the information and photos of the event to the public.  
主辦單位有權向公眾發布活動資訊和照片。
8. Precautionary Measures against COVID-19

### **COVID-19預防措施**

#### Before Entering the Joint Sports Centre

#### 進入活動場地前

- 8.1 The Organiser will strictly control the number of people in the Joint Sports Centre (JSC) and would not allow any non-participants of Gold Go Run to enter the JSC. Participants must wear the Gold Go Run T-shirt to identify themselves.  
主辦單位將嚴謹控制聯校運動中心場內人數，並不接受任何非參加者進入會場。參加者必須穿上大會派發的T恤以識別身份。
- 8.2 All participants are required to adhere to the following precautionary measures imposed by the JSC and the Organiser:  
參加者需時刻注意個人衛生，及遵守以下聯校運動中心及主辦單位的防疫注意事項：
  - participants are requested to complete a Health Declaration Form of JSC and undergo body temperature check at the entrance;  
參加者進入中心時必須填寫聯校運動中心健康申報表及通過體溫檢測；
  - participants are requested to wear a face mask at all times during the event; and  
參加者必須全程佩戴口罩；及
  - participants will be prohibited from entering the JSC if they either have any COVID-19 symptoms or their body temperature is higher than 37.6°C.  
如有任何COVID-19病徵或體溫等於/超出攝氏37.6度，參加者不會獲准進入場地範圍。
- 8.3 For participants who would like to participate in the Physical Fitness Tests and the Newly Emerged Sports on campus, they are required to complete the online Health Declaration Form of HKBU on the event day before entering the campus and undergo temperature checks at the University entrance checkpoints. Participants will be informed of the details in the Confirmation Email.

進入浸大校園參加體適能測試站及新興運動體驗的人士，須遵守浸大採取的COVID-19防疫措施，在浸大入口處進行體溫檢查，並提交健康申報表。詳情會透過確認電郵通知參加者。

### At the Joint Sports Centre

#### 在活動場地內

8.4 Disinfection supplies will be available for the use of visitors. Participants must wear masks, maintain good personal hygiene at all times, and follow the instructions of staff on-site, and maintain a social distance of 1.5 meters. Groups with more than four people will be prohibited.

主辦單位會提供消毒用品給入場人士使用，請各位參加者及同行人士必須佩戴口罩及時刻保持良好的個人衛生，遵從在場工作人員指示，與其他人士保持1.5米的社交距離，並以每4人為一組，避免群眾聚集。

8.5 The Organiser may fine-tune the start time of each group to avoid the crowd. Please note that all participants should pay attention to information to be announced on the event day. Participants are advised to follow the instructions of the staff on-site and wait in the designated waiting area to start the race. All participants must abide by the government and health department's epidemic prevention regulations and should not take off their masks on the runway.

工作人員可能會微調各個組別的開跑時間，避免群眾同時起跑，請各參加者務必注意活動當天公布的資訊，以便清楚明白活動當天的流程。請各參加者遵從在場工作人員的指示，在指定的等候區內等候開跑，所有參加者必須遵守政府及衛生部門的防疫規例及指引，不得於跑道上脫下口罩。

9. If there is any conflict or inconsistency between the English version and the Chinese version of these Notes and Rules, the former shall prevail.

本備註及規則之中、英文版如有任何歧義，一概以英文版為準。

### **E. Adverse Weather Arrangements 惡劣天氣安排**

The Gold Go Run will be cancelled 此活動將會被取消

1. if Typhoon Signal No. 3 or above/ "Extreme Conditions"/ "Red" or "Black" Rainstorm Warning Signal is in force at 7:00 am on event day.

如活動當天早上七時三號或以上風球/「極端情況」警告/「紅色」或「黑色」暴雨警告訊號仍然生效。

2. if the Hong Kong Observatory announces that Typhoon Signal No. 3 or above/ "Extreme Conditions"/ "Red" or "Black" Warning Signal will be issued at 7:00 am or after on event day.

如香港天文台宣佈於活動當天早上七時或之後將懸掛三號或以上風球，或發出「極端情況」警告/「紅色」或「黑色」暴雨警告訊號。

3. The Faculty of Social Sciences and the Alumni Affairs Office will announce the Adverse Weather Arrangements on their respective Facebook Page and website on the event day. The organiser reserves the right to change the event time and format or cancel the event.

如活動當天遇到惡劣天氣情況，社會科學院及校友事務處會於Facebook專頁及網頁公布有關活動安排，敬請密切留意。主辦單位有權更改活動時間及形式或取消活動。