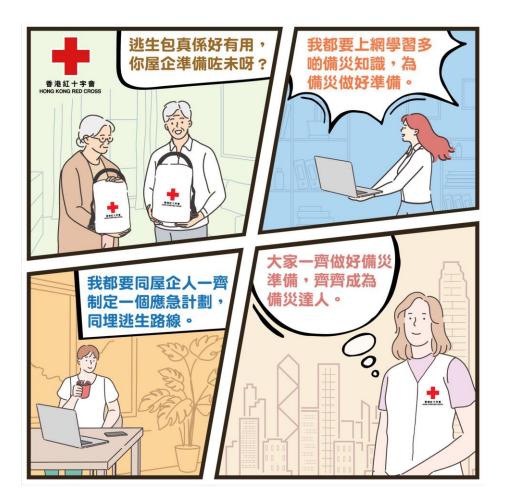


The 2nd RED CROSS CITY CHALLENGE

Participant Briefing



Three Steps to Disaster Preparedness





Be vigilant in peacetime, understand the risks and be prepared



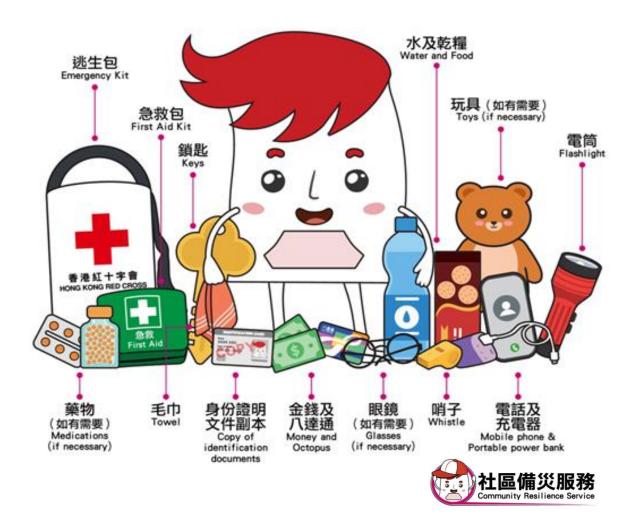
Have an emergency plan



Prepare an emergency kit



Emergency Kit



- ✓ "Three Treasures of Escape": Copy of ID Card, Phone Number, Key
- ✓ A small amount of money, a flashlight, a towel, a phone charger, a mini first aid kit, water, dry food, a whistle, emergency contact card information
- ✓ Adjust according to personal needs: prepare medication for chronic diseases; provide spare glasses; provide toys for children etc.

正確使用輪椅方式 Proper Use of a Wheelchair

1 打開輪椅,確定輪椅完全張開

Ensure the wheelchair is fully unfolded



2. 坐上輪椅前,必須先鎖上剎車掣,並移開/拉高腳踏板

Lock the wheel brakes and lift up/remove the footrests before use.





3. 輪椅使用者坐姿保持挺直,雙手放在輪椅内,雙腳放在腳踏上,坐穩後需扣上安全帶 Wheelchair user should keep the back straight with hands placing inside the wheelchair and feet on the footrests. Use the safety belt to secure.



4. 推動輪椅前需解開剎車掣

Unlock the brakes before moving the wheelchair



5. 使用者離開輪椅前,必須先鎖上剎車擊,並移開/拉高腳踏板 Lock the wheel brakes and lift up/remove the footrests before leaving the wheelchair





6. 使用輪椅後,將輪椅摺合 Fold up the wheelchair after use



香港紅十字會

Hong Kong Red Cross 輔助行動器材租借服務

Mobility Equipment Loan Service (MEL)

本服務為傷病者和行動不便者提供價廉合用的輔助行動器材租賃,幫助他們復康及提高活動能力。可供租用的器材包括輪椅、步行架、穿手拐杖及沐浴椅等 13 項,以切合不同的需要。本會在全港設有 10 間器材交收中心,查詢及預約熱線 2610 0515,網頁 QR code.

The service provides affordable and appropriate mobility equipment loans to the sick, injured, and disabled people to help them recover and improve their mobility. A total of 13 types of equipment are available for loan, including wheelchairs, walking frames, elbow crutches and bath chairs etc. to meet different needs. The HKRC has 10 equipment service depots in Hong Kong \cdot Booking and enquiry hotline: 2610 0515, webpage:



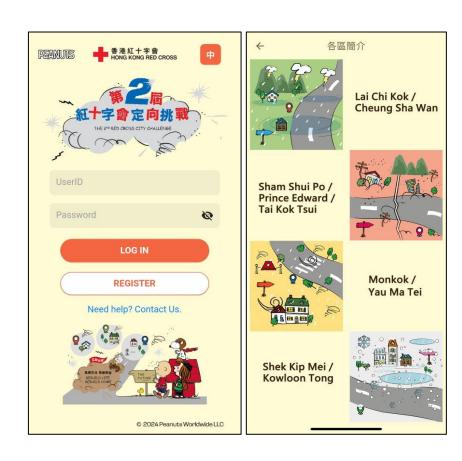






Pre-race Preparation – Download the Event Mobile App

- Participants can download the event mobile app from the event webpage https://citychallenge.redcross.org.hk/ starting 26
 February. The login ID and password will be emailed to the participants on 20 February, and each participant is required to download the mobile app and log in to participate in the competition.
- The app is only available for download for smartphones using iOS and Android systems and must be equipped with functions such as: photo, GPS, Internet access, etc. Please bring back batteries during the event.
- After logging in, participants can press the "Start" button to start
 the race, and after confirming the "Start," the mobile app will start
 the timer for 180 minutes. No timer can be paused or restarted,
 and participants of the same team must start the game at the same
 time and place.





Pre-race Preparation – Plan the Route

Competition Time Limit: 180 minutes

 Participants are required to complete various online and offline challenges from the districts of Kowloon Tong to Cheung Sha Wan within 180 minutes



More than 60 check points
Includes QR code and Global
Positioning System (GPS)
check points



More than 30 online missions
Includes quiz questions,
Finding the Difference, Puzzles,
Augmented reality (AR) shooting



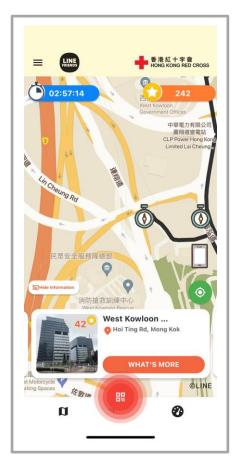
4 Physical check points
Awarded after completing
missions - special edition
souvenir*

**Only available on March 2

*Limited quantity available on a first-come first-served basis



Pre-race preparation - QR code and GPS check points



QR code check points
 Arrive at the designated location and s

Arrive at the designated location and scan the QR code to get the scores

Global Positioning System (GPS) check points

With the GPS positioning sensor of the mobile phone, the arrival score will be displayed after reaching the specified range, and the score can be scored after pressing confirmation. All team members must arrive at each "check point" at the same time

 All team members must arrive at each check point and complete the missions at the same time

Participants can also view their findings through the phone app, include scores and the clock-in progress of members in the same team





Pre-Race Preparation - Online Missions



Q&A

Participants will be tested on their knowledge of disaster preparedness and first aid



Puzzle

Restructuring the disaster site
Rescuers travel along



Spot the difference

Limited Time Challenge Test the observation skills of the participants



Emergency Kit

Limited Time Challenge Participants will be tested on their disaster preparedness knowledge



Augmented Reality (AR) photography

Participants are required to be with teammates and act together
Wear an event T-shirt and take photos at the scene of the disaster



Pre-race Preparation - Physical Check Points (Only available on 2 March*)

Participants who complete the missions at 4 physical check points on March 2 will receive a special edition 'The Peanuts' pin*









Jockey Club Creative Arts Centre (JCCAC) L2

D2 Place TWO Rooftop

T.O.P This is Our Place Rooftop

The Hong Kong Red Cross HQ G/F

*Limited quantity available on a first-come first-served basis

618 Shanghai Street Address: 618 Shanghai Street, Mong Kok Arrival Score: 60	D2 Place TWO (CS Counter) Address: 15 Cheung Shun Street, Lai Chi Kok, Kowloon, Hong Kong Arrival Score: 60	Address: G/F, No.7 Castle Peak Road, Sham Shui Po Arrival Score: 40 *Digital Checkpoint, please wait for the QR	E-PowerSpot (Yee Kuk Street) Address: G/F, No.172 Yee Kuk Street, Sham Shui Po Arrival Score: 40 *Digital Checkpoint, please wait for the QR code to be displayed on the screen.
E-PowerSpot (千尋館) Address: Shop 17, 3/F, Tung Lung House, Tai Hang Tung Estate, Shek Kip Mei Arrival Score: 80 *Digital Checkpoint, please wait for the QR code to be displayed on the screen.	E-PowerSpot (Pot of Snaildles) Address: G/F, 4 Play Field Road, Prince Edward Arrival Score: 40 *Digital Checkpoint, please wait for the QR code to be displayed on the screen.	Nam Cheong Street, Sham Shui Po Arrival Score: 40	Circle K (Nullah Road) Address: Shop A, G/F., Nos.22, 24 & 28, Nullah Road, Kowloon Arrival Score: 40
Circle K (Attilio Building) Address: Shop 3, G/F, Attilio Building, No.579 Nathan Road, Kowloon Arrival Score: 40	Circle K (No. 72 Sai Yeung Choi Street South) Address: G/F, No. 72 Sai Yeung Choi Street South, Mongkok Arrival Score: 40	Charming Garden, No.8 Hoi Ting Road,	Circle K (Pitt Street) Address: G/F, 50 Pitt Street, Kowloon Arrival Score: 40
Circle K (Fuk Wing Street) Address: G/F., No. 128 Fuk Wing Street, Kowloon Arrival Score: 40	T.O.P This is Our Place (CS Counter) Address: 700 Nathan Road, Mongkok Arrival Score: 60		Kowloon True Light School Address: 1 True Light Lane, Kowloon Tong Arrival Score: 80

The Church of Christ in China Ming Kei College Address: 16 Oak Street, Tai Kok Tsui, Kowloon Arrival Score: 40	Un Chau Shopping Centre Address: 303 Un Chau Street, Cheung Sha Wan Arrival Score: 40	Home Affairs Department Shek Kip Mei Community Hall Address: 215 Nam Cheong Street, Shek Kip Mei Arrival Score: 80	On Kee Dry Seafood (Yau Ma Tei) Address: Shop 1-2, G/F, Hydan Place, 228 Shanghai Street, Yau Ma Tei Arrival Score: 80
Broadway Cinematheque Address: 3 Public Square Street, Yau Ma Tei Arrival Score: 60	Dragon Centre Address: Yen Chow Street, Sham Shui Po Arrival Score: 40	Lei Cheng Uk Han Tomb Museum Address: 41 Tonkin Street, Sham Shui Po Arrival Score: 60	Mong Kok Flower Market Address: Flower Market Road, Mong Kok Arrival Score: 40
Mong Kok Fire Station Address: 181 Tong Mi Road, Mong Kok Arrival Score: 60	Mong Kok Ambulance Depot Address: 42 Tai Kok Tsui Road, Tai Kok Tsui Arrival Score: 60	Yaumati Catholic Primary School (Hoi Wang Road) Address: 10 Hoi Wang Road, Yau Ma Tei Arrival Score: 40	Yaumatei Tin Hau Temple Address: 56-58 Temple Street, Temple Street, Yau Ma Tei Arrival Score: 60
Yau Ma Tei Jade Hawker Bazaar Address: Canton Road, Yau Ma Tei Arrival Score: 40	_	Yau Ma Tei Theatre Address: 6 Waterloo Road, Yau Ma Tei Arrival Score: 60	Yaumati Catholic Primary School Address: 41 Tung Kun Street, Yau Ma Tei Arrival Score: 60
Cheung Sha Wan Ambulance Depot Address: 7 Fat Tseung Street, Cheung Sha Wan Arrival Score: 60	Former North Kowloon Magistracy Address: 292 Tai Po Road, Pak Tin Arrival Score: 80		Starbucks (Festival Walk) Address: Shop UG-20A, Festival Walk, 80 Tat Chee Ave, Kowloon Tong Arrival Score: 60

Starbucks (Lai Sun Commercial Centre) Address: Unit G17-19, G/F, Lai Sun Commercial Centre, 680 Cheung Sha Wan Road, Cheung Sha Wan Arrival Score: 40	Starbucks (Cheung Sha Wan Plaza) Address: G/F Cheung Sha Wan Plaza, 833 Cheung Sha Wan Road, Cheung Sha Wan Arrival Score: 60	Adress: Tower 1, 8 Waterloo Road, Yau Ma Tei Arrival Score: 60	Maxim's MX (Dragon Centre) Address: Unit No. 206, 2/F of Dragon Centre, No. 37K Yen Chow Street, Sham Shui Po Arrival Score: 40
Maxim's MX (Mong Kok East Station) Address: Shop No. MKK 26, MTR Mong Kok East Station Arrival Score: 60	Maxim's MX (Sai Yeung Choi) Address: Basement, 51 Sai Yeung Choi South Street, Mong Kok, Kowloon Arrival Score: 40	Address: Shop no. G08, So Uk Shopping Centre, So Uk Estate, Cheung Sha Wan	Maxim's Cake (Un Chau Shopping Centre) Address: Shop G13, G/F, Un Chau Shopping Centre, Un Chau Estate, Cheung Sha Wan Arrival Score: 40
Maxim's Cake (Dragon Centre) Address: Unit G02, G/F, Dragon Centre, 37K Yen Chow Street, Sham Shui Po Arrival Score: 40	The Heritage of Mei Ho House Address: 70 Berwick Street, Shek Kip Mei Arrival Score: 80	Address: 1/F, Un Hong House, Un Chau	Hong Kong Red Cross Headquarters Address: 19 Hoi Ting Road, West Kowloon Arrival Score: 60
Hong Kong Christian Service Un Chau Neighbourhood Elderly Centre Address: Wing C, G/F, Un Lok House, Un Chau Estate, Cheung Sha Wan Arrival Score: 40	Hong Kong Christian Service Fortune Neighbourhood Elderly Centre Address: G/F, Fook Yat House, Fortune Estate, Cheung Sha Wan Arrival Score: 40	Integrated Family Service Centre Address: Room 219-235, Block 23, Shek Kip Mei Estate, Shek Kip Mei	Hong Kong Christian Service To-gather Parents Resource Centre Address: Shop 1 & 2, 1/F, Southern Lodge, 362 Un Chau Street, Cheung Sha Wan Arrival Score: 40

Address: G/F Hay Lim House Lei Cheng	Address: 8 Argyle Street, Mongkok,	ELCHK, Essence Hub Address: 3/F., 204 Prince Edward Road West, Kowloon Arrival Score: 40	Wai Ji Christian Service Sheltered Workshop at Un Chau Address: G/F Cheung Sha Wan Plaza, 833 Cheung Sha Wan Road, Cheung Sha Wan Arrival Score: 60
Wai Ji Christian Service - Nam Shan Day Activity Centre Address: G/F, Nam Ming House, Nam Shan Estate, Shek Kip Mei, Kowloon, Hong Kong Arrival Score: 80	Address: No. 9-15, G/F, Tung Hoi House,	Address: 60 Public Square Street, Yau Ma	Exit C1, MTR Kowloon Tong Station Address: 80 Tat Chee Avenue, Kowloon Tong Arrival Score: 60
Exit A1, MTR Cheung Sha Wan Station Address: Tonkin Street, Cheung Sha Wan Arrival Score: 40	Exit A2, MTR Sham Shui Po Station Address: Apliu Street, Sham Shui Po Arrival Score: 40	Olympian City 2 Address: 18 Hoi Ting Road, Tai Kok Tsui Arrival Score: 40	St. James' Settlement Philanthropic Community Pharmacy (Sham Shui Po) Address: Shop 7, G/F, High One Grand, 188 Fuk Wing Street, Sham Shui Po Arrival Score: 40
Address: 2/F, Gladiolus House, So Uk	Lui Seng Chun Address: 119 Lai Chi Kok Road, Mong Kok Arrival Score: 60		

打卡點建議路線#1

Check Points Route Suggestion #1

打卡點及地址	Check points & Address
香港紅十字會總部 地址:西九龍海庭道19號	Hong Kong Red Cross Headquarters Address: 19 Hoi Ting Road, West Kowloon
油麻地天主教小學(海泓道) 地址:油麻地海泓道10號	Yaumati Catholic Primary School (Hoi Wang Road) Address: 10 Hoi Wang Road, Yau Ma Tei
OK便利店 (富榮花園) 地址:西九龍海泓道富榮花園地下32-33號舖	Circle K (Charming Garden) Address: Shop No.32 & 33 G/F., Site 2 Charming Garden, No.8 Hoi Ting Road, West Kowloon
奧海城二期 地址:大角咀海庭道18號	Olympian City 2 Address: 18 Hoi Ting Road, Tai Kok Tsui
中華基督教會銘基書院 地址:大角咀橡樹街16號	The Church of Christ in China Ming Kei College Address: 16 Oak Street, Tai Kok Tsui, Kowloon
D2 Place 二期 地址:荔枝角長順街15號	D2 Place TWO Address: 15 Cheung Shun Street, Lai Chi Kok, Kowloon, Hong Kong
星巴克(長沙灣廣場) 地址:長沙灣長沙灣道833號長沙灣廣場地下	Starbucks (Cheung Sha Wan Plaza) Address: G/F Cheung Sha Wan Plaza, 833 Cheung Sha Wan Road, Cheung Sha Wan
石硤尾社區會堂 地址:石硤尾南昌街215號	Home Affairs Department Shek Kip Mei Community Hall Address: 215 Nam Cheong Street, Shek Kip Mei
賽馬會創意藝術中心 (JCCAC) 地址:石硤尾白田街30號	Jockey Club Creative Arts Centre (JCCAC) Address: 30 Pak Tin Street, Shek Kip Mei
T.O.P This is Our Place 地址:旺角彌敦道700號	T.O.P This is Our Place Address: 700 Nathan Road, Mongkok
油麻地救護站 地址:油麻地窩打老道44號	Yau Ma Tei Ambulance Depot Address: 44 Waterloo Road, Yau Ma Tei
紅磚屋 地址:油麻地窩打老道8號1座	Red Brick Building Address: Tower 1, 8 Waterloo Road, Yau Ma Tei
油麻地戲院 地址:油麻地窩打老道6號	Yau Ma Tei Theatre Address: 6 Waterloo Road, Yau Ma Tei
百老匯電影中心 地址:油麻地眾坊街3號	Broadway Cinematheque Address: 3 Public Square Street, Yau Ma Tei
油蔴地天主教小學 地址:油蔴地東莞街41號	Yaumati Catholic Primary School Address: 41 Tung Kun Street, Yau Ma Tei
油麻地天后廟 地址:油麻地廟街56-58號	Yaumatei Tin Hau Temple Address: 56-58 Temple Street, Temple Street, Yau Ma Tei
梁顯利社區中心 地址:油麻地眾坊街60號	Henry G. Leong Yau Ma Tei Community Centre Address: 60 Public Square Street, Yau Ma Tei
油麻地玉器小販市場 地址:油麻地廣東道	Yau Ma Tei Jade Hawker Bazaar Address: Canton Road, Yau Ma Tei
安記海味油麻地分店 地址:油麻地上海街228號海德中心地下1-2號舖	On Kee Dry Seafood (Yau Ma Tei) Address: Shop 1-2, G/F, Hydan Place, 228 Shanghai Street, Yau Ma Tei

Every One Matters

打卡點建議路線#2

Check Points Route Suggestion #2

打卡點及地址	Check points & Address
香港紅十字會總部 地址:西九龍海庭道19號	Hong Kong Red Cross Headquarters Address: 19 Hoi Ting Road, West Kowloon
油麻地天主教小學(海泓道) 地址:油麻地海泓道10號	Yaumati Catholic Primary School (Hoi Wang Road) Address: 10 Hoi Wang Road, Yau Ma Tei
OK便利店 (富榮花園) 地址:西九龍海泓道富榮花園地下32-33號舖	Circle K (Charming Garden) Address: Shop No.32 & 33 G/F., Site 2 Charming Garden, No.8 Hoi Ting Road, West Kowloon
奧海城二期 地址:大角咀海庭道18號	Olympian City 2 Address: 18 Hoi Ting Road, Tai Kok Tsui
中華基督教會銘基書院 地址:大角咀橡樹街16號	The Church of Christ in China Ming Kei College Address: 16 Oak Street, Tai Kok Tsui, Kowloon
618上海街 地址:旺角上海街618號	618 Shanghai Street Address: 618 Shanghai Street, Mong Kok
朗豪坊 地址:旺角亞皆老街8號	Langham Place Address: 8 Argyle Street, Mongkok, Kowloon
美心MX(西洋菜街) 地址:旺角西洋菜南街51號友誠商業大廈地庫全層	Maxim's MX (Sai Yeung Choi South) Address: Basement, 51 Sai Yeung Choi South Street, Mong Kok, Kowloon
T.O.P This is Our Place 地址:旺角彌敦道700號	T.O.P This is Our Place Address: 700 Nathan Road, Mongkok
美心MX (旺角東站) 地址:Maxim's MX (Mong Kok East Station)	Maxim's MX (Mong Kok East Station) Address: Shop No. MKK 26, MTR Mong Kok East Station
旺角花墟 地址:旺角花墟道	Mong Kok Flower Market Address: Flower Market Road, Mong Kok
基督教香港信義會金齡薈 地址:九龍太子道西204號3樓	ELCHK, Essence Hub Address: 3/F., 204 Prince Edward Road West, Kowloon
星巴克 (始創中心) 地址:太子始創中心2樓Kiosk A&B舖	Starbucks (Pioneer Centre) Address: Kiosk A & B, 2/F, Pioneer Centre, Prince Edward
E電(壺城風味) 地址:太子運動場道4號A舖 *電子打卡點, 需等待螢幕上QR Code出現。	E-PowerSpot (Pot of Snaildles) Address: G/F, 4 Play Field Road, Prince Edward *Digital Checkpoint, please wait for the QR code to be displayed on the screen.
油麻地救護站 地址:油麻地窩打老道44號	Yau Ma Tei Ambulance Depot Address: 44 Waterloo Road, Yau Ma Tei
安記海味油麻地分店 地址:油麻地上海街228號海德中心地下1-2號舖	On Kee Dry Seafood (Yau Ma Tei) Address: Shop 1-2, G/F, Hydan Place, 228 Shanghai Street, Yau Ma Tei
油麻地玉器小販市場 地址:油麻地廣東道	Yau Ma Tei Jade Hawker Bazaar Address: Canton Road, Yau Ma Tei
油麻地天后廟 地址:油麻地廟街56-58號	Yaumatei Tin Hau Temple Address: 56-58 Temple Street, Temple Street, Yau Ma Tei
梁顯利社區中心 地址:油麻地眾坊街60號	Henry G. Leong Yau Ma Tei Community Centre Address: 60 Public Square Street, Yau Ma Tei
油蔴地天主教小學 地址:油蔴地東莞街41號	Yaumati Catholic Primary School Address: 41 Tung Kun Street, Yau Ma Tei
百老匯電影中心 地址:油麻地眾坊街3號	Broadway Cinematheque Address: 3 Public Square Street, Yau Ma Tei
油麻地戲院 地址:油麻地窩打老道6號	Yau Ma Tei Theatre Address: 6 Waterloo Road, Yau Ma Tei
紅磚屋 地址:油麻地窩打老道8號1座	Red Brick Building Address: Tower 1, 8 Waterloo Road, Yau Ma Tei

Every One Matters

Gentle Reminder



Participants can choose their own start time and place, but partially there is a chance at the check point is closed to the public at night



The game will end automatically when the time limit is over. The team can also end the game at any time by pressing the "end" button.



Please ensure the smartphones have adequate batteries and data for the race. Once login and start the game, it is not allowed to switch to another smartphone device.



If any technical problems occurred during the competition, you can reboot the app. Quitting the app will not end the game automatically, however the timer will continue to count.



If you are unable to clock in or complete the task due to technical problems, please take a photo or a screenshot to record it and contact us by email after the competition. The score will be adjusted on a case-by-case basis.



Please keep the road smooth and courteous during the race to avoid harassment of road users



During the race, please pay attention to the weather conditions and your own safety, plan the route according to the team members' ability, and reserve rest time on the way



Please keep the place clean during the race and encourage attendees to bring their water bottles and towels. Let's join environmental protection.

Award

- 1. Each group has a trophy and designated gifts for the champion, first runner-up and second runner-up. All participants who have completed the competition will receive an electronic certificate of participation.
- 2. Highest Fundraising Award include: Top 10 Highest Donation Team (Quota: 10 teams) & The Highest Donation Amount Award.
- 3. For funds raised over HK\$1,000 via designated donation link, the team may have the chance to receive gifts (Quota: 100 teams).

Contact Us



+852 2117 1650

Office hours:

Monday to Friday - 9:30-13:00 and 14:00-18:00

If outside office hours, please capture a screenshot to record the problem and email to rccitychallenge@sportsoho.com.



rccitychallenge@sportsoho.com