

Trailwalker Practice 2019



The 2019 Oxfam Trailwalker will be held on 15-17 November. The **Athletics Interest Group (AIG)** has organized a series of training preparing members for this year's Oxfam Trailwalker. The practice also serves as part of the internal selection process for formation of the Institute's representative team.

Below is the practice schedule for the months of May and June:

Date, gathering time & place	(a) Shorter trail	Distance, time limit & difficulties	(b) Longer trail (only for experienced hikers)	Distance, time limit & difficulties	Deadline for enrolment
11 May (Sat) 7:45 am Sai Kung Bus Stop	Pak Tam Au → Ngau Yee Shek Shan → Kai Kung Shan → Kei Ling Ha	10K 3 hrs ***	<u>Cont'd:</u> Ma On Shan → Shatin Pass → Lion Rock Hill → Beacon Hill → Tai Po Road	23.5K 8 hrs ****	9 May
18 May (Sat) 8:00 am Tai Wo MTR Station	Wu Kau Tang → Lai Chi Wo → Luk Keng	13.5K 3.5 hrs ***	<u>Cont'd:</u> Nam Chung → Country Trail → Tan Chuk Hang Village → Hok Tau BBQ Site → Kat Tsai Shan Au → Pat Sin Leng → Tai Mei Tuk	35K 8 hrs ****	16 May
25 May (Sat) 8:00 am Tsuen Wan MTR Station	Tsuen Wan → Tsuen King Wai → Shek Lung Kung → Farm Milk	13K 3.5 hrs ***	<u>Cont'd:</u> Tai Lam Forest Trail → Tin Fu Tsai Shan → Sham Tseng	18K 4 hrs **	23 May
1 June (Sat) 8:00 am Prince Edward MTR Station	Tai Po Road → Shing Mun Reservoir → Needle Hill → Grassy Hills → Lead Mine Pass → Yuen Tun Ha	14K 4 hrs ***	<u>Cont'd:</u> Cloudy Hill → Sha Lo Tung → Pat Sin Leng → Tai Mei Tuk	36K 10 hrs ****	30 May
8 June (Sat) 9:00 am Tai Po MTR Station	Ha Wun Yiu → Lead Mine Pass → Tai Mo Shan → Tsuen Kam Au	12K 3.5 hrs ***	<u>Cont'd:</u> Shing Mun PipeApple Dam → Shing Mun Main Dam	33K 8 hrs ***	6 June



Remarks:

1. This is a practice with NO supervision. We are gathering members together to practise. It is expected that as the practice progresses, some experienced members may walk faster and they will continue at their speed.
2. Participants should not feel inhibited if they wish to cut short their practice at any time depending on their physical condition at the time. Safety is of paramount importance and trailers must take that into account when considering whether they should complete the entire trail for the sake of their own safety.
3. Participants must be fully prepared with proper gear. They must be physically fit to undergo the training on the activity date. If your health condition has changed since enrolment, please consult your physician to check if it is still advisable for you to participate in the training. You should also inform your convenor / the appointed on-site co-coordinator of the situation.
4. All participants must agree with the "Declaration, Assumption of Risks and Disclaimer of Liability and Personal Data" on page 3 when they enroll online.
5. All trailers are advised to eat a full breakfast before the walk.
6. Trailers are advised to bring at least 3-litre water/sports drinks, energy bar/snack/fruit, sun block lotion, hat, tracking shoes, hiking stick and an extra tee. If you have a CPA uniform, please wear it for easy identification.
7. Other information, such as mid-way supply, exit points and weather forecast will be provided after your enrolment is confirmed.
8. Bad weather arrangement: if typhoon signal no. 3 or above / Red and Black rainstorm warning is hoisted at 6:30 am, the practice will be cancelled.

Registration

To register, please enroll online on or before the respective deadlines as stated above.

Enquiries

Miss Betsy Liang
Email: betsyliang@hkicpa.org.hk
Tel: 2287 7009



Declaration, Assumption of Risks and Disclaimer of Liability and Personal Data:

Declaration

I declare that I do not suffer from any illness/disability that renders me unfit to participate in the above activity. I will immediately notify the convenor of the interest group/HKICPA if, for any reason, my health subsequently renders me or may render me unfit to participate in the above activity. I fully accept that the convenor of the interest group/HKICPA will then consider whether I should, in the interest of safety or the safety of the other participants, continue to be allowed to further participate in future sessions and that his/her/the decision of the HKICPA will be final.

Where trainers are in place, I agree to follow the trainer's instructions. I agree that this may be a verbal, visual, physical or demonstrative form of communication. I will ask for further clarification of any ambiguous and/or inaudible instructions. I understand that I will be asked to leave a session immediately if deemed to be deliberately ignoring the instructions from the trainer.

Assumption of Risks and Disclaimer of Liability

As a participant in the above activity you accept that you may be exposing yourself to risk of harm due to the hazards inherent in the activity.

Personal Data: Your personal data collected from the enrolment process and administration of courses/events/activities will be used for the purpose of the administration of the course/event/activity on which you are enrolled ("Event"). Such data collected may be accessible by the Institute's officers, persons or committees processing the application and related matters. In addition, the Institute may use the collected data for statistical research and analysis. By submitting the Enrolment Form online, you understand and agree that the Institute may provide your personal data above to co-organisers/service providers in or outside Hong Kong for the purpose relating to the Event. The Institute intends to use the personal data of your name, email address and correspondence address to inform you, where relevant, of members' benefits, goods, services, facilities and events organized or provided by the Institute or other organizations. Members and registered students may opt out of receiving such materials at any time by logging in via the following link <http://mas.hkicpa.org.hk/mycpa/login.jsessionid=pEzvTllm1zpl-kZTDbtY3Fmc>. Non-members may opt out of receiving such materials at any time by sending an email to the Institute at privacyofficer@hkicpa.org.hk or a letter to the Institute's privacy officer. For more information about the privacy policy of the Institute, please go to <http://www.hkicpa.org.hk/en/service-tools/privacy-policy/>.

Event Information Enquiry: 2287 7009 / e-mail: betsyliang@hkicpa.org.hk