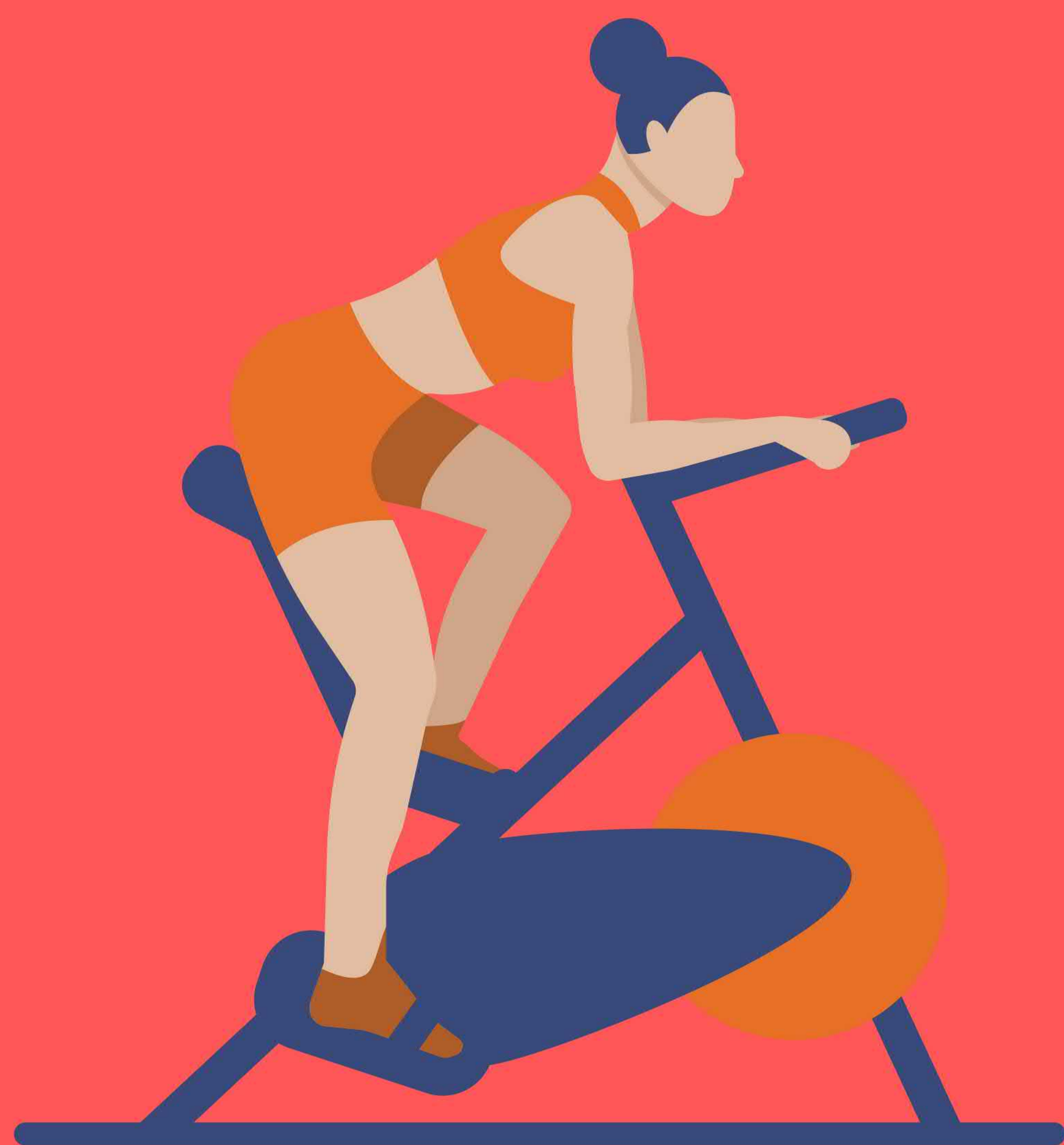




ACTIVE OBSTACLE CHALLENGE

ATHLETE GUIDE



HEALTH & SAFETY



Participation is at your own risk. If your health does not allow you to participate we recommend that you do not take part.

Participants affirm that they are in good physical condition to exercise. Their participation is purely voluntary and in no way mandated by The University of Hong Kong.



Participants understand that they can stop the activity anytime if they have any discomfort or even without any particular reason.

START TIMES



Times will be reminded via email. Please stay tuned. 3 x 3 teams per time slot. Please turn up 15mins before allotted time slot for registration and warm up.

CHECK IN



Team check in: Please bring HKU staff/student card for registration and arrive 15 mins before your start time. You will be directed to enter event area after registration.

ATTENTION!!



Please refer to the technical briefing that explains how each station is completed, the transition between team members and the transition to each station. It is the participants responsibility to ensure they are doing the correct station with correct technique. Penalties will be awarded for those not performing correctly.

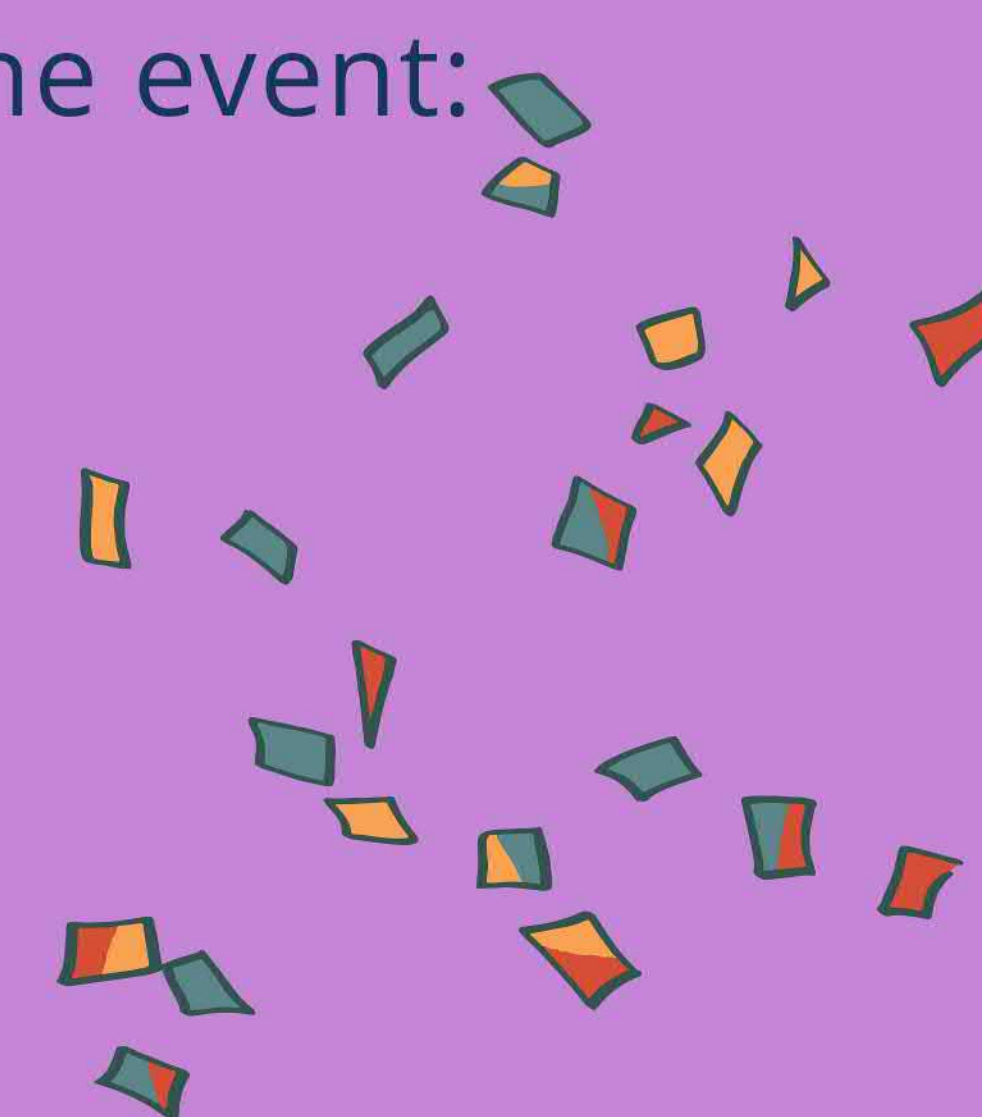


TEAM RESULTS & AWARDS

All participants will receive a participation gift. Winners of each of the following will be announced on social media 2 days after the event:

- Best Team (Open)
- Best Team Faculty/Department
- Best Team College/Hall
- Best Dressed/Best team name

Winners may collect their prizes at B-Active in March 2024.





ACTIVE OBSTACLE CHALLENGE

ATHLETE GUIDE



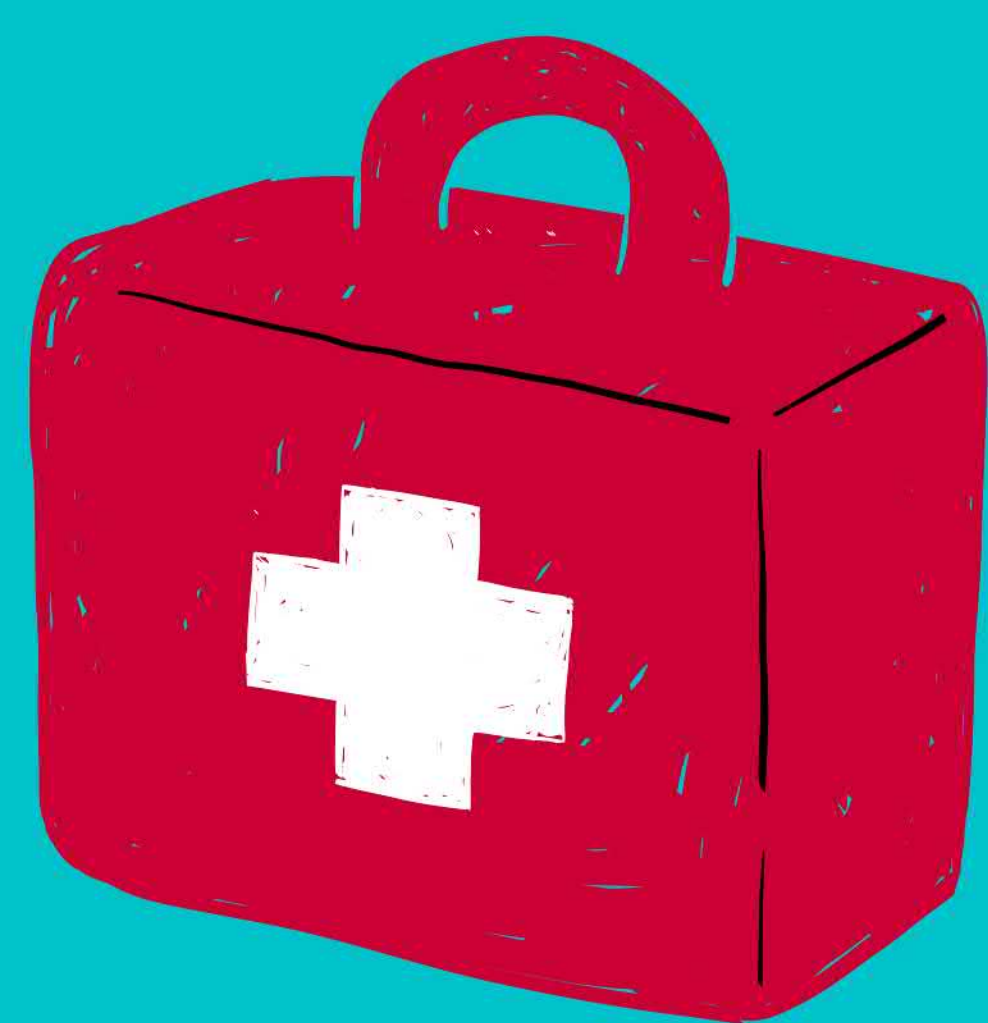
BAG DROP

You can drop off small bags with small items inside. CSE is not responsible for lost bag outside the bag drop zone. Valuables are not recommended to be left.



WARM UP ZONE

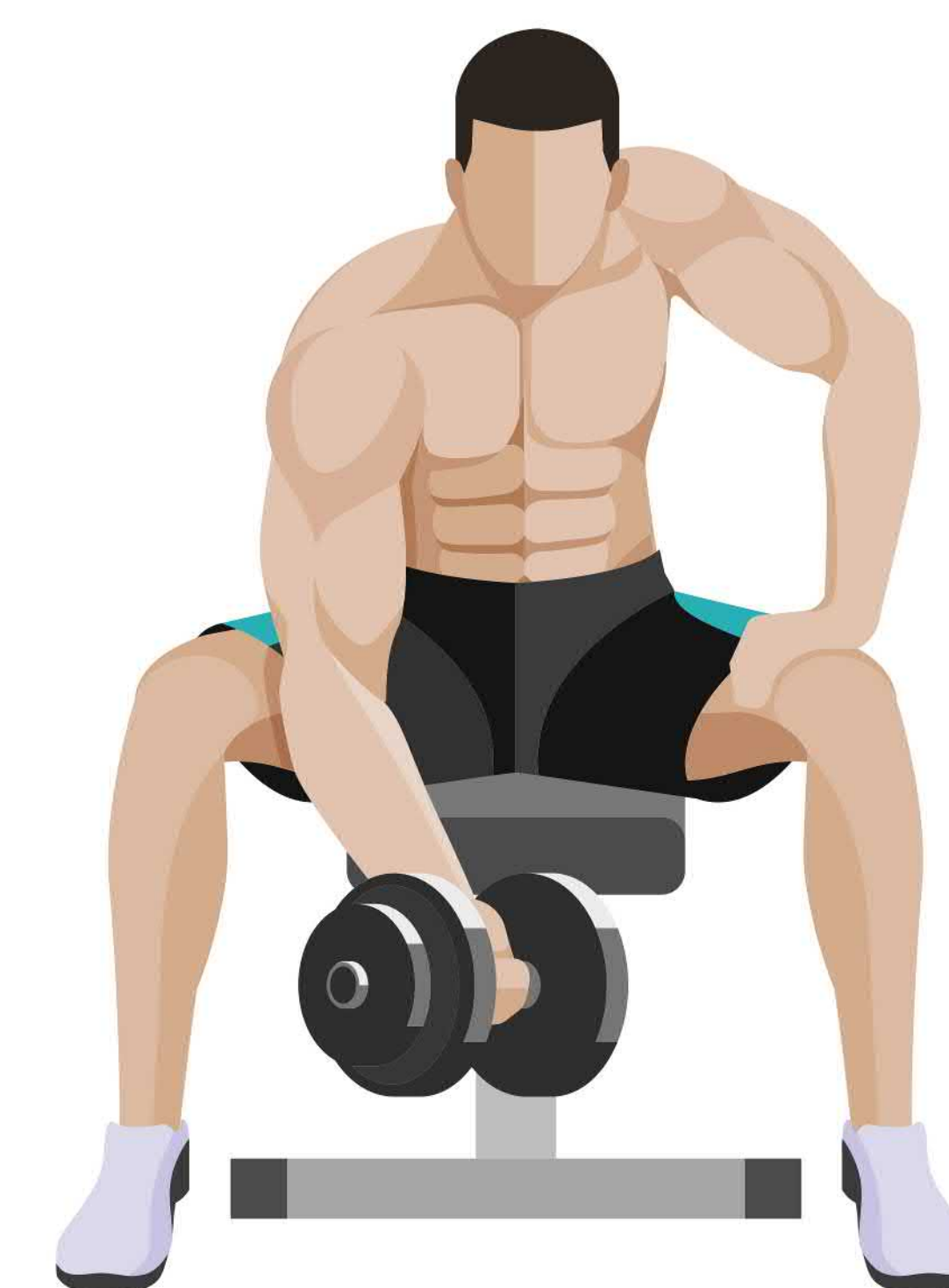
Arrive early for a quick warm up, we will prepare some warm up equipment for you.



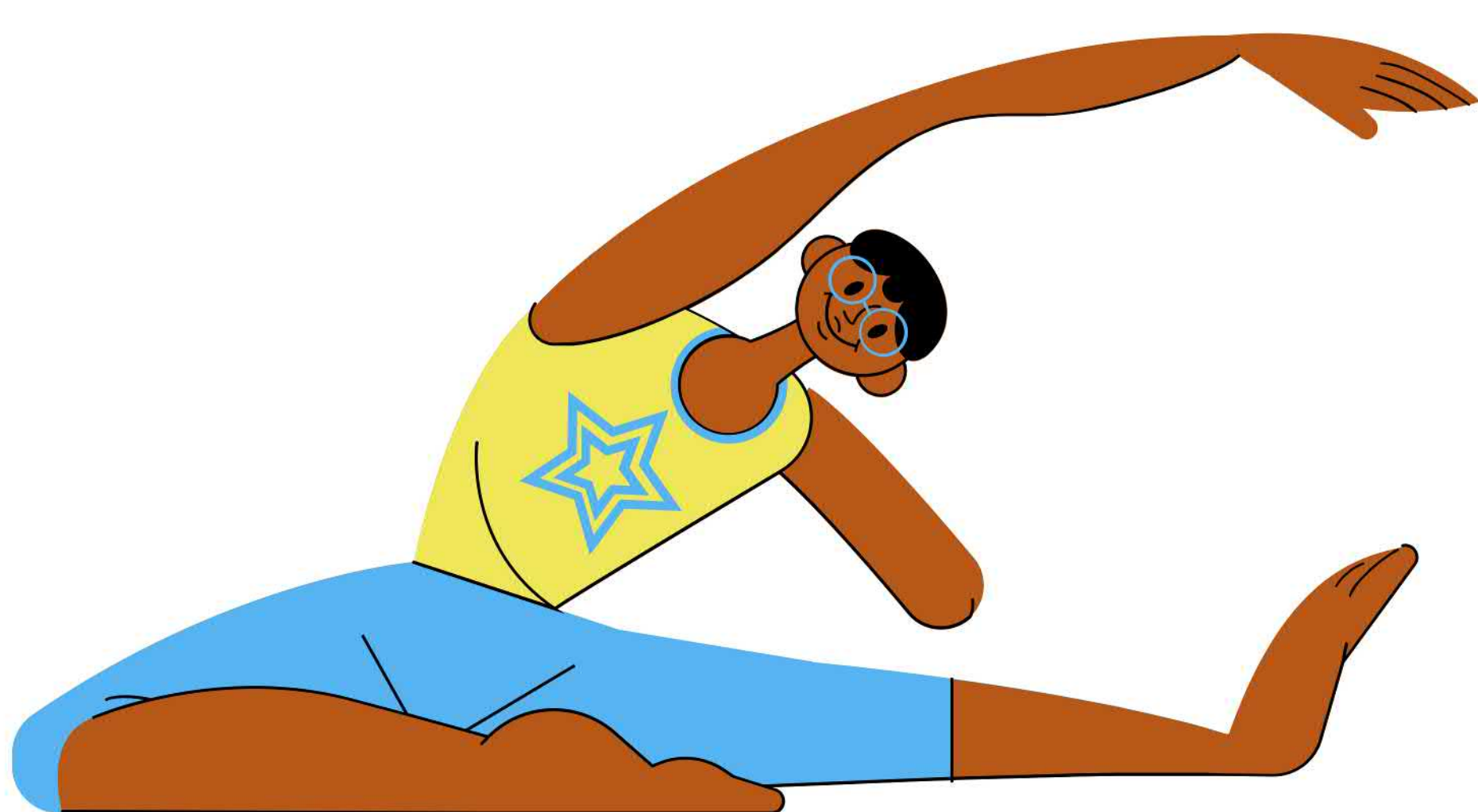
FIRST AID

If you feel unwell at anytime, please inform our staff and reduce intensity. Go hard but be safe. First aid station is available.

ATTENTION!! WORK OUT AREA



Make sure you are aware of the exercise sequence and number of repetitions per participant. Please follow staff directions and be aware of other competitors. Please do not enter the workout area prior to your participation time.



COOL DOWN ZONE

Feel free to use the cool down area to stretch, recover and rehydrate.



ACTIVE OBSTACLE CHALLENGE

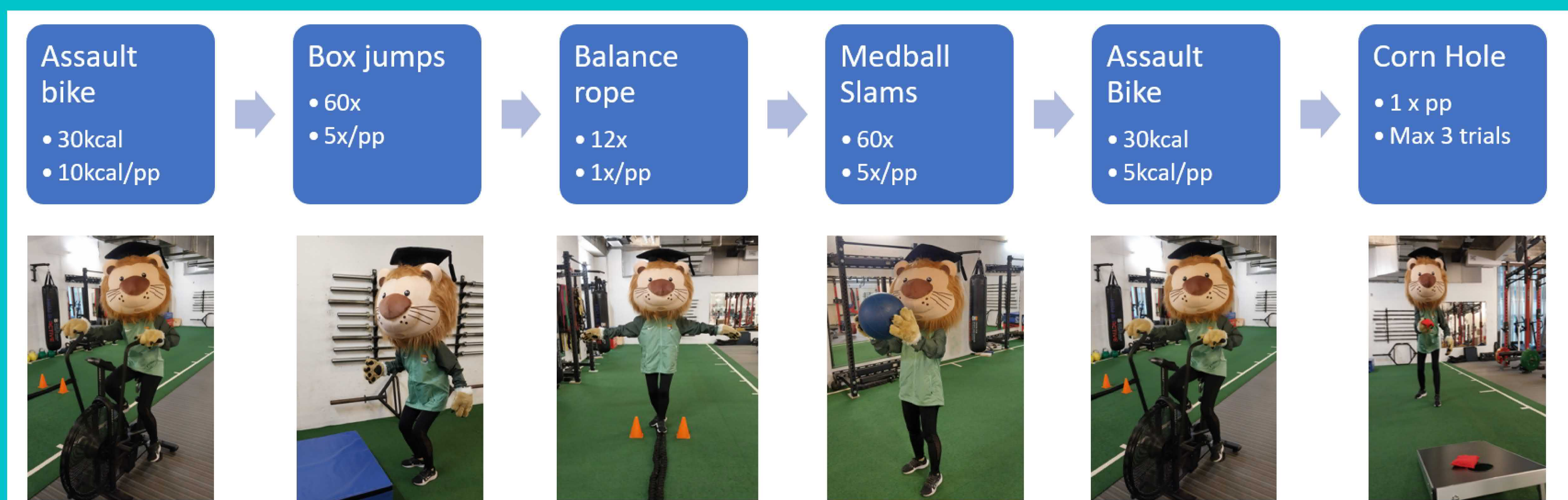
COMPETITION RULES



FORMAT

- Teams should consist of 3 participants. All participants should be physically capable of performing all activities
- Teams should complete the stations in the assigned order and follow the instructions of the assigned marshal

WORKOUT ORDER



Workout stations: all participants need to complete the assigned number of repetitions/work for each station. Marshal will inform participants when to change. Once the first participant has completed their part they can move to the next station and wait. Once the final participant has completed their part they move to the next station and tap the first participant on the shoulder to commence the next station

EXAMPLE

Participant #1 completes 10kcal on assault bike, they can move to box jump station and wait. Once participant #3 completes 10kcal on assault bike, they can move to box jump station and tap the participant #1 on shoulder. Participant #1 can commence box jump.



ACTIVE OBSTACLE CHALLENGE

COMPETITION RULES



STATION RULES AND REGULATIONS

- Complete all stations in the correct order and sequence, distance, reps
- Perform all movements according to the standard criteria. Unsuccessful attempts will not be counted.
- Follow the directions of the marshal at all times

LIABILITY WAIVER



I hereby affirm that I myself are in good physical condition to exercise. My participation is purely voluntary and in no way mandated by The University of Hong Kong.

Also, I understand that I can stop my training any time if I have any discomfort or even without any reason.

In no event shall The University of Hong Kong, its officers, employees, or agents be held liable for any injury, death, or property loss which we may suffer during the activities if caused by either our own negligence, inadequacies in health and fitness or by accident.



ACTIVE OBSTACLE CHALLENGE

TECHNICAL BRIEFING



	Target per team	Per person	Description	Partner Transition	Standard criteria
Assault Bike 1	30kcal	10kcal	Choose own seat height, each participant must complete 10kcal each	After 10kcal	Complete 10kcal
Box Jumps	60x	5x each, then rotate	Both feet must be on top of box of each jump	After every 5 jumps	Both feet on top of the box
Tight rope walking	12x	1x each, then rotate	Walk across the tightrope, without falling off	After each return walk	Stepping off the tightrope
MB Slams	60x	5x each, then rotate	MB must reach over head and slam to the floor, each participant completes 5 reps before changing	After every 5 slams	MB must go over head
Assault Bike 2	1	10kcal	Choose own seat height, each participant must complete 10kcal each	After 10kcal	Complete 10kcal
Corn hole	3x	1 x each, 4 bags each person, maximum 3 rounds per person	Standing behind 5m line, participant holds 4 bean bags and attempts to put one in the hole	After each successful shot	If failed after 4 throws, participant must retrieve and pass to teammate or continue their go
Transition	Participant that has completed their station can head to next station and wait until final teammate has completed. Once final teammate has completed their station, they proceed to next station and tap their teammate on the shoulder to commence the next station.				