



安全指引 Safety Checklist

Technical check (BEFORE race):

Equipment	Description
Stopper 固定器	Use when rider is boarding (stop chair from rocking backwards)
Seatbelt 安全帶	
Handrail 扶手	
Leg belt 腳帶 (optional)	
Helmet 頭盔 (optional)	Adjust straps for comfortable fit; fasten clasp
Rope/Knots 繩結	Are knots secure?
Bamboo 竹竿	Appropriate length in the front and back

比賽安全小貼士 Racing Safety Tips:

1) 做好熱身運動 Stretch and warm up

熱身能避免比賽時肌肉拉傷的機會。賽前，我們的義工物理治療師將會帶領我們做一系列的熱身運動。

Prevent injury by warming up all parts of your body before the race. Our volunteer physiotherapy, Mr. Calvin Luk, will lead us through a range of warm-up exercises on competition day!

2) 互相幫助 Assist one another

多關照身邊的輪椅使用者。在他們登上鑽轎時，主動問問他們需不需你的幫忙，方才給予適當的協助。

Be proactive! ASK how you can help wheelchair users as they board the Diamond Sedan. Unnecessary help may cause more harm than good, so provide help ONLY IF it is suitable.

3) 個人安全 Safeguarding your personal safety

採用正確的抬轎姿勢可減低受傷的機會。

- 挺直背部，再做好扎馬姿勢後，才好起轎。
- 抬轎時要直手。超級轎夫應用雙手抬轎，而另外的轎夫應用近轎的一隻手抬轎。

Have good sedan-lifting posture to prevent injury.

- Keep back straight, then bend knees slightly before lifting the Diamond Sedan.
- Keep arms straight to prevent injury (Don't depend on upper arm muscles!)

Super Popeyes: Use BOTH ARMS, one on each side

Other Popeyes: Use ONE ARM only (Use the one closer to the sedan! Don't cross arms!)

4) 團結就是力量 Cooperate with your team mates

- 根據組員的身高、體力、手的長度等條件，適當地分配轎夫位置。
- 在抬轎和放轎時齊起齊落，保障轎夫和鑽乘客的安全。
- 開口數拍子，步伐步距更一致。
- 請保持在自己隊的賽道，不要超越中綫。

- Choose suitable popeye positions for your team members (Consider height, strength, length of arms)
- When lifting or putting down the Diamond Sedan, always do it at the same time with your team mates
- Synchronize your team's stride length, rhythm and speed. Counting aloud in beats of 4 would help.
- Keep to your team's side of the track. Don't cross the mid-line or you might bump into the other team!

如在比賽中途需要緊急援助，請向附近的鑽轎工作人員求助。(場次可能會被取消資格)

In cases of emergency, voice out to our Sedan Crew for assistance. (May get disqualified for that race)

祝比賽順利！Diamond Cab wishes you a fun and successful race!