

Frequently Asked Questions about the Adventure-Ship Training Program:

1. Do I have to know how to swim before the trip?

No. Adventure-Ship's instructors are experienced professionals, and they have lifesaving and first aid qualifications. Some of our activities also require the trainees to wear life jackets.

2. Are the activities on board dangerous?

Some of our challenging activities may appear dangerous. We have taken appropriate measures, however, to ensure that every activity is both supervised and safe. Our instructors have acquired the necessary professional qualifications and are extremely committed to the safety of our program. Learn more about our experienced crew.

3. Does the ship go out during bad weather?

Training is cancelled ONLY when the red/black rainstorm or Typhoon No. 3 or above signal is hoisted at or 7am of the training day. Read our weather policy details.

4. What if a participant has a health condition?

We will arrange different types of training courses for participants with varying abilities. If you are taking medication, please bring your own and inform the senior captain before the training starts. We recommend that participants take medication to prevent seasickness one hour before boarding.

5. What should I take onboard?

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|----------------------|-----------------|-------------------------------------|
| a. Large towel | d. Sunscreen | g. Flip-flops or rubber-soled shoes |
| b. Swimsuit | e. Water bottle | h. Personal medication |
| c. Change of clothes | f. Sun hat | |

6. Does the training program include meals?

Participants must bring their own meals. We recommend lunch boxes or sandwiches for a day trip.

常見問題 - 乘風航

1. 參加乘風航活動前是否需要懂得游泳？

答案是不需要的。「賽馬會歡號」上的教練們全部都經過專業的訓練，並考獲拯溺及急救等專業資格；而且其中一些活動是要求參加者必須穿上救生衣才可進行，所以一切絕對安全，毋須懂得泳術也可以放心參與所有遊戲活動。

2. 海上訓練活動是否存在危險性？

任何在海上具挑戰性的訓練活動一定存在某程度的危險性，但是我們會確保一切活動皆在專業教練們的監督和指導之下安全地進行。歡迎按此查閱「賽馬會歡號」上船員的資料。

3. 當遇上惡劣天氣，是否仍會出海？

如天文台在出發當日上午七時正掛起三號或以上風球，或發出紅色或黑色暴雨警告，航程便會取消。在其他情況下，航程將會如常進行。請參閱我們的特別天氣安排。

4. 我擔心自己身體狀況應付不來，那怎麼辦？

我們會為不同能力的學員，安排不同形式的訓練課程。如果你正在服用藥物，敬請自備藥物，並在訓練開始前通知高級船長。我們建議參加者在上船之前一小時服食預防暈浪的藥物。

5. 我要準備些甚麼上船？

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| a. 大毛巾 | d. 防曬用品 | g. 拖鞋或膠底鞋 |
| b. 泳衣 | e. 水樽 | h. 個人藥物 |
| c. 替換衣物 | f. 太陽帽 | |

6. 航程有否包括膳食？

不包括。參加者需自備食物。我們建議參加一日航程的人士帶備飯盒或三明治作午膳。

Website: <https://adventureship.org.hk/en/faq/>