

| 2020 溯溪親水健行之旅 River Tracing Culture Trip |                                            |         |
|------------------------------------------|--------------------------------------------|---------|
| 時間 Time                                  | 活動內容 Activity                              | 備註 Note |
| 07:15-07:20                              | 人社三館門口集合 Gather at HSS Bldg.III Front door |         |
| 07:20-08:00                              | 前往活動集合點 Departure from NDHU                |         |
| 08:00-11:30                              | 溯溪活動 River Tracing Activity                |         |
| 11:30-12:00                              | 盥洗、換衣服 Get change                          |         |
| 12:00-13:00                              | 前往餐廳 Bus to restaurant                     |         |
| 13:00-15:00                              | 享用午餐 Lunch                                 | 鮮友火鍋    |
| 15:00-                                   | 返回東華 Back to NDHU                          |         |

#### 注意事項:

- \*個人必須準備物品：溯溪當天請穿著輕便衣物、健保 IC 卡、換洗衣物、泳衣褲、便鞋及個人習慣用品（如蛙鏡、毛巾…）。
- \*前一天，讓自己有充足睡眠，保持良好的精神狀態、及愉悅的心情。
- \*請勿攜帶貴重物品前往溯溪，一切物品皆不負保管責任
- \*開始溯溪前，請仔細聆聽教練之行前解說，及指導安全注意事項。
- \*提供的各項安全裝備，如頭盔、救生衣、護膝、溯溪鞋等安全確保裝備，請勿任意自行取下。
- \*溯溪前的「暖身操」，請一定要確實做，以免造成運動傷害。
- \*溯溪時，請配合教練的行進速度，不可超越教練。
- \*行程中，請確實遵照教練的指導，不可任意攀爬、泳渡、跳水或其他危險之動作。
- \*請勿在岩石間跳躍，以免摔落。
- \*任何不適或有任何需求請隨時告知教練及助教，以便隨時協助。
- \*我們只是訪客，請勿干擾動植物生態，也不帶走任何的動植物，即便是落葉，在生態鍊中也有一定的地位，讓我們做個友善的大自然訪客。

#### Note

- \*Things you will need: clean clothes, ID card, swimming suit, towel.
- \*Other things you might want to bring: Goggles, water bottle
- \*Having enough sleep
- \*Before tracing the river, please listen carefully to the coach's pre-departure commentary and guide safety precautions.
- \*The safety equipment provided, such as helmets, life jackets, knee pads, and river-tracing shoes, etc., should not be taken off by yourself.
- \*Please be sure to do the "warm-up exercises" before going back to the river to avoid sports injuries.

\*When tracing the river, please cooperate with the coach's traveling speed, and do not exceed the coach.

\*During the itinerary, please follow the coach's instructions and do not climb, swim, dive or other dangerous actions.

\*Do not jump between the rocks to avoid falling.

\*If you have any discomfort or need, please inform the coach and assistant at any time so that you can assist at any time.

\*We are only visitors, please do not disturb the ecology of animals and plants, and do not take away any animals and plants. Even the fallen leaves have a certain place in the ecological chain. Let us be friendly visitors to nature.