



Appendix 1: Mass Game Proposal

Hall Retreat for Student Leaders Mass Game Proposal (Sample)

Section I Basic Information

Name of your hall/college:	HKU Hall
Name of the game:	Trust Net
Purpose of the game:	To build trust and team spirit among participants
Can the game be conducted at CPD-LG.07/LG.08?	Yes/No
Level of physical contact:	Low/Medium/High
Level of injury risk:	Low/Medium/High
Estimated game duration (suggested to be completed within 1 hour):	40 minutes to 1 hour
Time needed for setup (suggested to be completed within 1 hour):	15 minutes
Expected no. of game participants	24
No. of game participants per group	12
Is the game one of your hall's previous orientation activities?	Yes/No

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Section II Game rules

Please explain the game rules in detail below. CEDARS will consider the content as one of the criteria for selecting halls to participate in the retreat.

- Each group will receive two 10-meter-long nylon ropes, and each participant will be given a pair of gloves. Participants will wear gloves before starting the task, and the group leaders will ensure that all participants wear gloves.
- After introducing the rules, no discussion time will be given to the participants; they can discuss only after the game starts. Participants should form a circle.
- Each participant should hold onto the rope and pass the remaining rope to their teammates, with the goal of creating a “Trust Net”.
- Participants should keep the "Trust Net" below their knees. Once the net is formed, each participant takes turns to fall down on the net.
- When a freshman falls back onto the net, they should cross their arms and place them on their shoulders.
- Participants holding the ropes will carry a participant on the net to the other side and return to the starting point. After completing one transport, the participant being transported will join in holding the rope, and another participant will lie on the web. The task is considered complete when all participants have been transported once.
- For safety, baby play mats will be placed on the ground to prevent injuries.

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Section III Game materials

	Items	Quantity	From (Please cross out irrelevant answers)	Remarks
1	Baby Mats (2m x 1m)	24 (12 pieces per group)	Self-prepared / prepared by CEDARS ¹	
2	Nylon Rope (10m)	4 (2 per group)	Self-prepared / prepared by CEDARS	
3	Gloves	24 pairs (1 pair per freshman)	Self-prepared / prepared by CEDARS	
4	Cones	20	Self-prepared / prepared by CEDARS	
5	First-aid kit	1	Self-prepared / prepared by CEDARS	

Section IV Other Information / Problems / Bad Weather / Emergency Arrangements (If any, optional)

- Given the potential risk of injury, we will prepare a first aid kit and arrange for a certified first-aider to be present as a helper.
- In the event of a minor injury, 1 to 2 volunteers will accompany the injured participant to receive first aid off-site, while the rest of the participants continue the game.
- If the injury is severe, the game will immediately stop, an ambulance will be called for medical treatment, emergency contacts of the participants and CEDARS will be notified, and the on-site environment will be reassessed for safety and suitability for the game to continue.

¹ Remarks: CEDARS do not guarantee the provision of requested materials



附件一：迎新營遊戲計劃書

舍堂學生領袖退修營
迎新營遊戲計劃書 (範本)

第一部分：基本資料

舍堂名稱：	明德堂
遊戲名稱：	互信網
遊戲目的：	讓參加者建立互信及團隊精神
遊戲是否可在 CPD-LG.07/LG.08 內進行？	是 / 否
遊戲所需的身體接觸程度：	低 / 中 / 高
遊戲的受傷風險：	低 / 中 / 高
遊戲所需時間 (建議於 1 小時內完成)：	40 分鐘至 1 小時
遊戲前期設置所需時間 (建議於 1 小時內完成)：	15 分鐘
預計參加者數目 (包括新生及組爸媽)	24
每組新生數目 (將由其他參加者扮演)：	12
遊戲是否為過往舍堂迎新營的項目之一？	是 / 否

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第二部分：遊戲玩法

請於下方空格詳細解釋遊戲玩法，CEDARS 將考慮內容完整度作為篩選準則之一。

每組將獲得兩條 10 米長的尼龍繩，而每位參加者將獲得一對手套。參與者在開始任務之前會戴上手套，組爸媽會確保各參加者都戴上手套。

介紹規則後，參加者不會有任何討論時間；參加者只能在遊戲開始後方可進行討論。

參與者應圍成一個圓圈。他們每個人都應該握住繩子，並將剩餘的繩傳遞給隊友，形成一張「互信網」。

參與者應將「互信網」保持在膝蓋以下。形成網後，每位參與者輪流向後倒下並躺在網上。

每位新生向後躺在網上時應該交叉手臂並將其放在肩膀上。

握住繩子的參賽者將運送一名網上的參加者到對面，然後返回場地起點。完成一次運送後，原先躺在網上的參加者將加入一同握住繩子，而另外一名參加者將躺到網上。當所有參與者都被運送過一次後，任務方為完成。

安全起見，地面上會放置嬰兒爬行墊，以防止受傷。



第三部分：遊戲物資

	所需物資	數目	物資來源 (請刪去不適用的答案)	備註
1	嬰兒爬行墊 (2 米 x 1 米)	24 (每組 12 塊)	自行準備 / 需要由 CEDARS 提供 ²	
2	尼龍繩 (10 米)	4 (每組 2 條)	自行準備 / 需要由 CEDARS 提供	
3	手套	24 對 (每位新生 1 對)	自行準備 / 需要由 CEDARS 提供	
4	色碟	20 個	自行準備 / 需要由 CEDARS 提供	
5	急救藥箱	1 個	自行準備 / 需要由 CEDARS 提供	

第四部分：補充資料/問題/惡劣天氣/突發事件安排 (如有，可選填)

遊戲具一定受傷風險，我們將準備急救藥箱及有效「急救證書」持有人在場。

當受傷情況發生時，如情況輕微，1 至 2 位組爸媽將會陪同受傷的參加者帶離現場接受急救，其餘參加者繼續遊戲；如情況嚴重，遊戲將立即停止，召喚救護車服務就醫、通知參加者的緊急聯絡人以及 CEDARS，並重新檢視現場環境是否安全及適合進行遊戲。

² 註：CEDARS 不保證能夠提供所需物資。