

Staff/Student Ratio of Various Outdoor Activities

The table below sets out the proposed staff/student ratio of various outdoor activities. When organising activities, schools should ensure that there is sufficient manpower for supervision and management. They should work out appropriate manpower deployment that takes into consideration such factors as nature of the activity, area covered and the geographical environment, capability and age of the participants. For activities that are not mentioned in the Guidelines, schools are advised to refer to the staff/student ratio of activities that share a similar nature and make objective and reasonable judgment based on relevant past experience. In case of doubt, schools may approach professional bodies for advice and assistance.

Activity	Staff/Student Ratio	Remarks
1. Excursion	1:10	An excursion should be led by at least 2 group leaders, of whom 1 should be a teacher/instructor ¹ .
2. Expedition	1:10	An expedition should be led by at least 2 trained group leaders, of whom 1 should be a teacher/instructor, and participants should have engaged in similar activities before or received training in short excursions.
3. Camping		
3.1 Wild camping	1:10	A wild camping activity should be led by at least 2 group leaders, of whom 1 should be a teacher/instructor.
3.2 Residential camping	1:30	A residential camping activity should be led by at least 2 group leaders, of whom 1 should be a teacher/instructor.
4. Orienteering	1:8	An orienteering activity should be led by at least 2 experienced teachers/instructors.
5. Cycling trip	1:5	A cycling trip should be led by at least 2 teachers/instructors.
6. Fieldwork	1:18	A fieldwork trip should be led by at least 2 teachers/instructors. If the activity needs to be conducted in groups, each group should have at least 3 students.

¹ Teachers should possess the qualifications required for giving guidance to participants during the conduct of activities. An instructor is a person who is qualified as a coach or trainer in a particular activity.

Activity	Staff/Student Ratio	Remarks
7. Windsurfing	1 qualified person: 5 participants (1:4 for participants aged 12 or below)	Students should have passed the following water test before taking part in windsurfing: Able to swim 50 metres with light clothing on.
8. Canoeing	1 qualified person: 8 participants (1:6 for participants aged between 8 and 12)	Students should have passed the following water tests before taking part in canoeing: a) Able to swim 50 metres with light clothing on; b) Able to tread water for 1 minute; and c) Able to surface dive and swim underwater for a short distance.
9. Rowing	1 qualified person: 8 rowers or 4 boats (for general rowing courses) (1:6 for participants aged 12 or below)	Students should have passed the following water test before taking part in rowing: Able to swim 50 metres with light clothing on.
10. Sailing	1 qualified person: 6 participants	Students should have passed the following water tests before taking part in sailing: a) Able to swim 50 metres with light clothing on; b) Able to tread water for 1 minute; and c) Able to surface dive and swim underwater for a short distance.

**Dos & Don'ts for Arranging Physical Activities
During the Health Risk Category at High, Very High and Serious Levels
(Applicable to Primary and Secondary Schools)**

The tolerability to different levels of intensity of physical/sports activity varies among people. In general, it depends on health condition, previous exercise experience and level of physical fitness of individuals. Teacher should pay special attention to school children with pre-existing heart, respiratory or chronic illnesses and follow the medical advice, if any, for activities arrangement. Teachers are advised to exercise their professional judgement for appropriate arrangement and adjustment where necessary. Please study this recommendation in conjunction with the "AQHI: Frequently Asked Questions" http://www.edb.gov.hk/en/curriculum-development/kla/pe/references_resource/index.html.

Health Risk	AQHI Band	Health Advice to School Children ^{1,2} in Primary and Secondary Schools	Recommendations to Schools
High	7	School children are advised to reduce outdoor physical exertion, and to reduce the time of staying outdoors, especially in areas with heavy traffic.	Physical/Sports Activities: (The intensity and duration of the activities could be at moderate level.) <ul style="list-style-type: none"> ✓ PE lessons (Practical skills) ✓ Games Days ✓ Athletics Meets/ Swimming Galas ✓ Ball Games Competitions ✓ Outdoor Activities (including Outdoor Education Camps)³ ✓ Cross-country ✓ Road-running Race
Very High	8-10	School children are advised to reduce to the minimum outdoor physical exertion, and to reduce to the minimum the time of staying outdoors, especially in areas with heavy traffic.	Physical/Sports Activities: (The intensity and duration of the activities should be at moderate-to-low level.) <ul style="list-style-type: none"> ✓ PE lessons (Practical skills) ✓ Games Days ✓ Athletics Meets/ Swimming Galas ✓ Ball Games Competitions ✓ Outdoor Activities (including Outdoor Education Camps)³ ✗ Cross-country ✗ Road-running Race
Serious	10+	School children are advised to avoid outdoor ⁴ physical exertion, and to avoid staying outdoors, especially in areas with heavy traffic.	Physical/Sports Activities: <ul style="list-style-type: none"> ✓ Theoretical learning of PE ✓ Visits (Indoor) ✗ PE lessons (Practical skills) ✗ Games Days ✗ Athletics Meets/ Swimming Galas ✗ Ball Games Competitions ✗ Outdoor Activities (including Outdoor Education Camps)³ ✗ Cross-country ✗ Road-running Race

Note: ¹ School children refer to students attending primary and secondary schools in general.

² School children with heart, respiratory or chronic illnesses are advised to **reduce to the minimum** outdoor physical exertion and the time of staying outdoors, especially in areas with heavy traffic, and take more breaks during physical activities when the health risk category reaches high level, i.e. AQHI band at 7; they should **avoid** physical exertion and staying outdoors, especially in areas with heavy traffic when the health risk category reaches very high level or above, i.e. AQHI band at 8 or above.

³ The list of outdoor activities is available at the EDB's 'Guidelines on Outdoor Activities', <http://www.edb.gov.hk/en/sch-admin/admin/about-activities/sch-activities-guidelines/index.html>.

⁴ Schools are advised to ensure their school children will also avoid indoor physical exertion when AQHI reaches 10+ with serious health risk.