

PUBLIC SERVICE SPORTS AND FAMILY DAY
OCBC SQUARE, SINGAPORE SPORTS HUB
SATURDAY, 29 JULY 2023, 8AM TO 1PM

CSC CYCLE

EVENT INFORMATION

Date	:	Saturday, 29 July 2023
Start Point	:	CSC Changi Clubhouse 2 Netheravon Road, Singapore 508503
End Point	:	OCBC Square, Singapore Sports Hub 1 Stadium Drive, Singapore 397629
Reporting Time	:	By 7.30am
Getting There	:	<u>By MRT</u> Alight at Stadium MRT Station (CC6). Use Exit A. <u>By CAR/TAXI/BUS</u> https://www.sportshub.com.sg > Getting There
Registration	:	https://www.csc.sg/stargames (Through sports liaison officers)
Closing Date	:	<u>Sunday, 25 June 2023</u>

EVENT DETAILS AND INSTRUCTIONS

1 The Event

- 1.1 Held in conjunction with the Public Service Sports and Family Day 2023 (PSSFD 2023), the CSC Cycle is a one-way ride from CSC Changi Clubhouse to OCBC Square, Singapore Sports Hub.
- 1.2 On reaching the OCBC Square, Singapore Sports Hub, participants can participate in the activities at the PSSFD 2023. They can disperse from there or make their own transport arrangements back to the starting point.

2 Route and Distance

- 2.1 The distance of the ride from Changi Clubhouse to OCBC Square, Singapore Sports Hub is about 30km.
- 2.2 The route map will be firmed up at a later date.

3. Eligibility

- 3.1 The CSC Cycle is open to civil servants and officers serving in Statutory Boards, Restructured Hospitals and Government-Aided Schools, Civil Service Club Members and employees of registered former Statutory Boards.
- 3.2 Participants must be able to cycle a distance of 30km at speed of about 15 to 20km/hour in a group.
- 3.2 Participants must be aged 18 years and above as at 29 July 2023.

4. Registration and PSSFD Tickets

- 4.1 Sports Liaison Officers can register their participants online at www.csc.sg/stargames.
- 4.2 Civil Service Club members who are non-public service officers, can email to sports@csc.sg to register.
- 4.3 Registration is free of charge.

5 PSSFD Tickets

- 5.1 Only registered participants and accompany registered family members will be issued with the PSSFD tickets for redemption of fun packs and freebies at the event.
- 5.2 Each participant or registered family member shall be issued with only one PSSFD ticket regardless of the number of events participating in.
- 5.3 Participants who are public service officers shall collect the PSSFD tickets from the co-ordinators of their respective agencies.
- 5.4 Participants must bring along their tickets on day of event as no replacement tickets will be issued at the event.

Note: Details on the registration of accompanying family members for the PSSFD will be announced in May 2023.

6 Minimum Requirements

- 6.1 Participants must bring along their own bicycles. They are responsible for their own bicycles. The Organisers will not be responsible for any bicycles that are stolen or damaged.
- 6.2 Wearing of bicycle helmet is compulsory. Any rider not wearing bicycle helmet will not be allowed to join the ride.
- 6.3 PAR Q/Indemnity form must be signed prior to the start of the ride.

- 6.4 All riders must have adequate liquid hydration and are encouraged to have food/fuel as well as repair items such as spare tubes. It is advisable to have your cell phone with you.
- 6.5 All riders must ensure that their bicycles are in serviceable condition with adequately inflated tyres as well as working brake systems.
- 6.6 Any rider with health conditions or other concerns MUST bring it to the attention of their Group Leader prior to departure. Those who are unwell on the morning of the ride or recovering from flu or a recent illness should not participate in the ride.

7 Safety

- 7.1 Participants must attend the compulsory safety briefing before the start of the ride.
- 7.2 Participants must adhere to the rules and instructions from Group Leaders whose responsibility is to look after the safety of the group.
- 7.3 Cyclists not adhering to the ride rules, creating hazards in the formation, during the ride, etc., will be warned by the Group Leader and depending on the severity of their actions, may be removed from the ride and shown/escorted to a route the cyclist can take back.
- 7.4 It is the responsibility of each cyclist to ensure their own personal safety.
- 7.5 Riders must adhere to all traffic laws and regulations in accordance to the Road Traffic Act, as stipulated by the Singapore Traffic Police and Land Transport Authority. These include the following:
 - a) "STOP" signs and traffic signals must be strictly adhered to.
 - b) Do not run stop signs.
 - c) Always check when crossing an intersection. Do not fully rely on riders in front.
- 7.6 All riders using tubular tyres must ensure that their individual wheels have been checked for proper adhesiveness.
- 7.7 If a bicycle appears to a Group leader to be a safety hazard to self or others, he/she has the responsibility to deny that individual inclusion into the group ride until the problem has been rectified.

8 Personal Data Protection

- 8.1 All participants consent to their personal data being collected and processed for purposes of administration and communication in a particular event. Participants also agree to receive postings on other events organised by the Civil Service Club.

9 Covid-19 Safe Management Measures

- 9.1 All participating agencies must comply with prevailing COVID-19 Safe Management Measures issued by Ministry of Health and Sport Singapore.
- 9.2 Participants are advised to exercise social responsibility. They must not show up at the event if feeling unwell or exhibit any symptoms of Covid-19 infections.

10 Disclaimers

- 10.1 Participants take part in the CSC Cycle and/or other events held at the PSSFD at their own risk. Those with medical conditions are strongly advised to consult their doctors before taking part.
- 10.2 The Civil Service Club reserves the right to cancel, postpone or change the venue, date and/or time of the event at its discretion due to unforeseen circumstances.
- 10.3 The Civil Service Club, the Organising Committee, appointed contractors, sponsors, appointed officials and staff shall not be responsible for any mishap, injury or loss of life that may be suffered by participants and/or supporters before, during or after the event.
- 10.4 The Civil Service Club, the Organising Committee, appointed contractors, sponsors, appointed officials and staff shall not be responsible for any loss of personal belongings before, during or after the event.