

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

**HEALTHY LIFESTYLE WALK**

**EVENT INFORMATION**

Date : Saturday, 29 July 2023

Venue : OCBC Square, Singapore Sports Hub  
1 Stadium Drive, Singapore 397629

Reporting Time : By 7.30am

Getting There : By MRT  
Alight at Stadium MRT Station (CC6). Use Exit A.

By CAR/TAXI/BUS  
<https://www.sportshub.com.sg/directions-and-map>

General Registration : <https://go.gov.sg/sportsday23>

Closing Date : **Sunday, 25 June 2023**

**INFORMATION**

**1. The Event**

- 1.1 The Healthy Lifestyle Walk (HLS Walk) will be held in conjunction with the Public Service Sports and Family Day 2023 (PSSFD 2023).
- 1.2 Participation is free.

**2. Eligibility**

- 2.1 The HLS Walk is open to Civil Service Club members, civil servants and officers serving in Statutory Boards, Restructured Hospitals and Government-Aided Schools, and employees of registered former Statutory Boards.

### **3. Entry and Registration**

- 3.1 Public Service Officers can register themselves and their Family Members at <https://go.gov.sg/ps-sports-family-day>. Registration will be considered accepted if they sign-up using their work email.
- 3.2 Only registered participants will be issued with PSSFD tickets for redemption of fun packs and freebies at the event.

### **4. Public Service Sports And Family Day (PSSFD) Tickets**

- 4.1 Public Service Officers and Civil Service Club members must be pre-registered to take part in the activities at the PSSFD. They can also register their spouses, children and/or parents, for the event.
- 4.2 Only registered participants and family members will be issued with the PSSFD tickets for redemption of fun packs and freebies at the event.
- 4.3 Each participant or family member shall be issued with only one PSSFD ticket regardless of the number of events participating in.
- 4.4 Participants shall collect the PSSFD tickets from the co-ordinators of their respective agencies.
- 4.5 Participants must bring along their tickets on day of event as no replacement tickets will be issued at the event.

### **5. Programme**

- 5.1 The programme for the walk is as follows:

<u>Time</u>	<u>Event</u>
7.30am	Participants assemble in front of the stage
8.00am to 8.20am	Mass warm-up
8.25am	Flag Presentation Ceremony
8.35am	Flag-off by Guest-of-Honour
9.30am to 10.00am	End of Walk and Collection of Fun Packs

### **6. Starting Point and Time**

- 6.1 The start and end points of the HLS Walk is at the OCBC Square, Singapore Sports Hub. Participants must report at the starting point by 7.30am.

**7. Distance**

- 7.1 The distance of the walk is about 5 km.

**8. Attire**

- 8.1 Participants are advised to wear comfortable sport attires and shoes.

**9. Personal Belongings**

- 9.1 Participants are advised to bring only necessities and to take care of their own personal belongings. There will be no baggage deposit.

**10. Fun Packs**

- 10.1 Fun Packs and other freebies can only be issued after the walk at about 9.30am.
- 10.2 Each registered participant is allowed to collect one fun pack. Collection of fun packs on behalf of others is strictly not allowed.

**11. Inclement Weather**

- 11.1 In event of inclement weather, the event will be either delayed or cancelled. If cancelled, the event shall be replaced by mass aerobics.

**12. Personal Data Protection**

- 12.1 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.

**13. Covid-19 Safe Management Measures**

- 13.1 All participating agencies and teams must comply with prevailing COVID-19 Safe Management Measures issued by Ministry of Health and Sport Singapore.
- 13.2 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.

#### **14. Disclaimers**

- 14.1 Participants take part in the Healthy Lifestyle Walk 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.
- 14.2 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.
- 14.3 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.
- 14.4 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.