



# CSC HEALTHY LIFESTYLE VIRTUAL CLIMB #1

## EVENT INFORMATION

Closing Date for Registration	: 6 March 2023
Period of Climb #4	: 11 to 26 March 2023
Locations	: As advised in Para 5.1
Min Elevation to Complete	: <b>500m</b>
Registration Fee	: Free
Closing Date for Submission of Climb Data	: 27 March 2023

## DETAILS

### 1 **Introduction**

- 1.1 The CSC Healthy Lifestyle Virtual Climb aims to encourage public service officers and members of the Civil Service Club (CSC) to break up sedentary behaviour and climb their way to meet the recommended Singapore physical activity guidelines of 150 minutes to 300 minutes of moderate aerobic physical activity per week.
- 1.2 The CSC Healthy Lifestyle Virtual Climb is a series of 3 virtual climbs held once a month and the dates for the three climbs are as follow:
- a) Climb #1: 11 to 26 March 2023
  - b) Climb #2: 22 to 30 April 2023
  - c) Climb #3: 13 to 28 May 2023
- 1.3 CSC will send out separate invites to agencies for each of the three climbs. Sports Liaison Officers/co-ordinators need to submit **new** registration for each of the Climbs. Participants can take part in any of the Climbs.

- 1.4 As incentive to encourage participants to take part in at least two of the three Climbs, a lucky draw will be held after the third Climb. Eligible participants stand a chance to win five attractive prizes. The eligibility conditions are stipulated in Para 9 below.
- 1.5 A gift item will be given to each **Public Service Corporate Challenge participant** who had submitted their details and elevation gained data to CSC. The gift items vary for each of the Climb. Details are in Para 8 below.
- 1.6 Step counts clocked during this event by participants\* will also contribute to the participating agency's achievements in the National Steps Challenge™ Public Service Corporate Challenge.

*\*Participants will need to sign up for Public Service Corporate Challenge, and have a fitness tracking device paired to contribute to their agency's achievements.*

## **2 Eligibility**

- 2.1 The CSC Healthy Lifestyle Virtual Climbs are open to all Public Service Officers, employees of registered former Statutory Boards and members of the Civil Service Club.

## **3 Period of Climb #1**

- 3.1 Participants in Climb #1 must achieve the required elevation anytime between **11 to 26 March 2023**.
- 3.2 Participants need to complete the minimum elevation of **500m**. Below are useful guides.



## **4 Registration**

- 4.1 Sports Liaison Officers/co-ordinators of government agencies must register their participants online at <http://www.csc.sg/stargames> before the closing date.
- 4.2 Members of CSC need to email GohChongChen@csc.sg to register before the closing date.

## **5 Climb Locations**

5.1 Participants can perform their climb at staircases of any high-rise buildings or elevated grounds at nature parks.

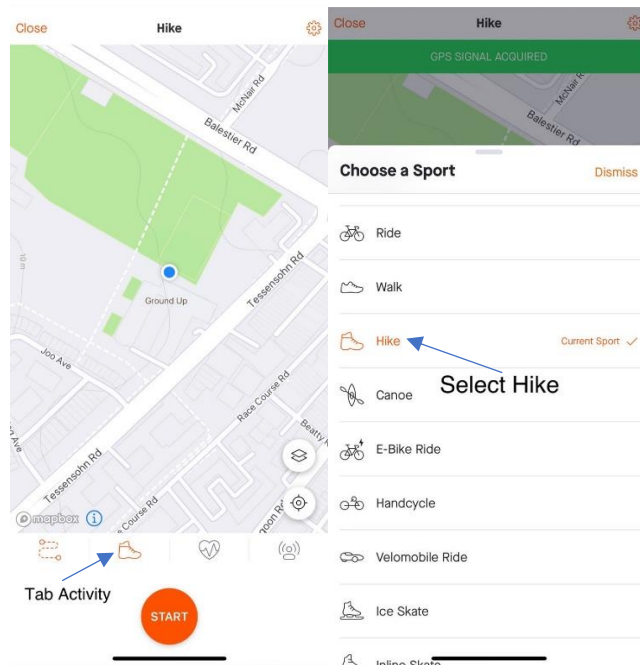
## 6 Tracking of Climb Data

6.1 Participants need to download the Strava app or use a preferred elevation capturing / mapping device that clearly show the following data:

- a) Date
- b) Route map of Climb
- c) Elevation Gain

6.2 Participants must remember to activate and select their climb trackers before commencing their climb.

- Select record once you started up your Strava
- Tab on activity icon to bring up activity selection
- Select “Hike” as it is the only activity that records elevations gain and click on Start.



## 7 Submission of Climb Data

7.1 Participants need to take a screenshot of the following and submit to CSC by **27 March 2023** to be eligible for the gift item/lucky draw:

- the required data as listed in 6.1 from their apps and
- National Steps Challenge™ Corporate Challenge with “Joined” status in Healthy 365 app
- Participants whose agencies that have not registered for National Steps Challenge™ Corporate Challenge can sign up by entering this Entry Code: **5ngbatpm**

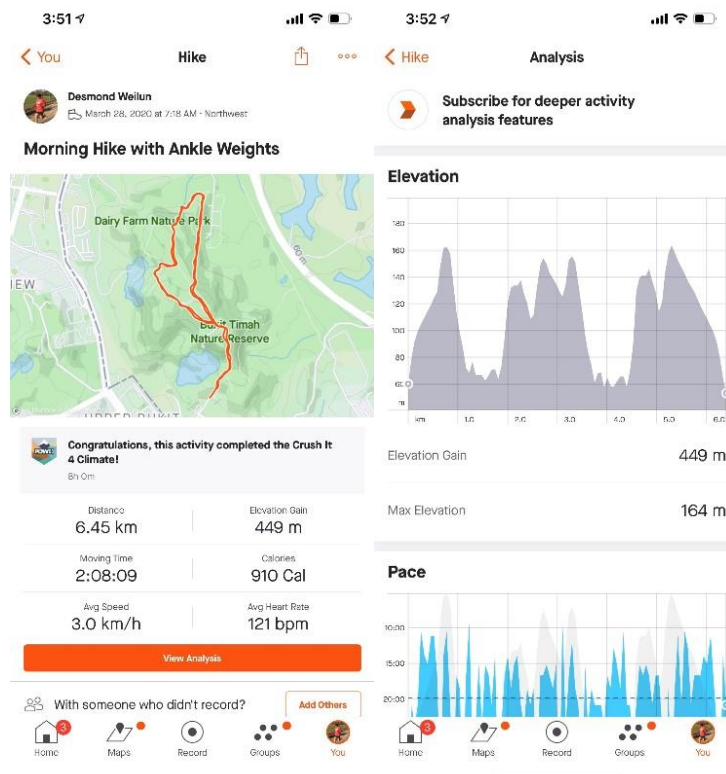
7.2 Participants must use their office emails to send the screenshots to [vclimb@csc.sg](mailto:vclimb@csc.sg) together with the following details:

- Subject: VCLIMB #1
- Name
- Name of government agency or CSC member ID (if you are not a public service officer)
- Email address (if you are not using your office email to send)
- Elevation gained of climb

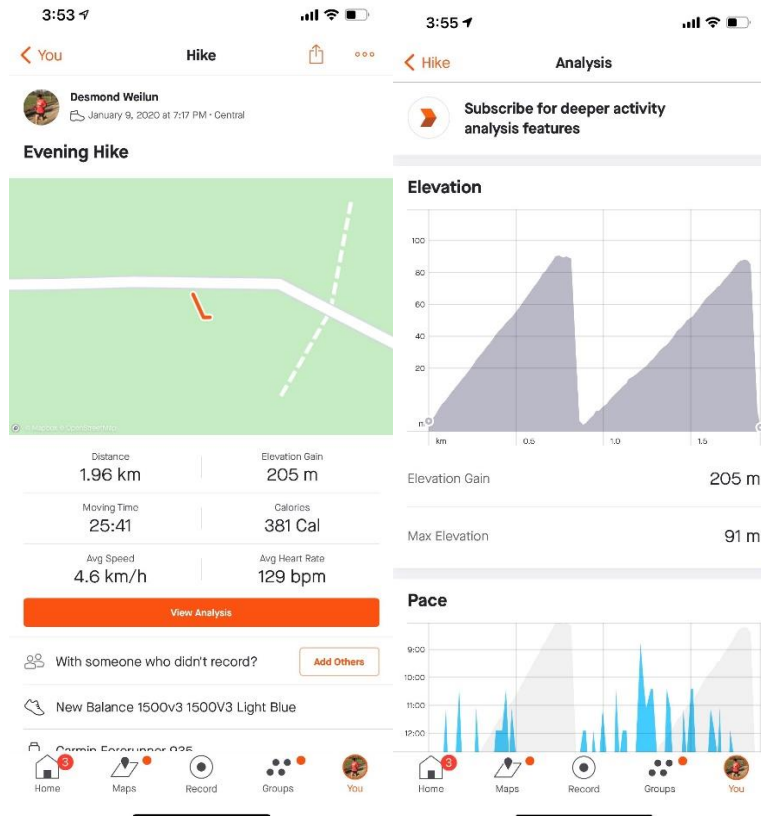
7.3 Participants who have completed 7.1 and 7.2 shall receive a confirmation email from CSC within 3 working days after the closing date for submission.

Sample of screenshots:

### Location climbs



## Staircase climbs



## Healthy 365 app

10:27 4G

Search

Challenges

**Bishan-Toa Payoh GRC & Marymount SMC PAL Season 2**  
1 Jan 2022 - 31 Dec 2022  
Stay Healthy and be Rewarded

**National Steps Challenge™ Corporate Challenge**  
Always On  
Feel good and win together with Corporate Challenge!

**Scan & Win Challenge**  
Always On  
Move, Scan & Earn Rewards!

**Eat, Drink, Shop Healthy 90-Day Challenge**  
1 Jul 2022 - 28 Sep 2022  
Win more everyday for 90 days!

## **8 Gift Item**

- 8.1 Participants must submit their details and elevation data to CSC by **27 March 2023**, to be eligible for the gift items. They will receive the confirmation email from CSC.
- 8.2 An NSC goodie bag (goodie bag includes drawstring bag, sports handphone armband and hand gripper) will be included as gift items for Climb #1. The organiser reserves the right to replace gift items if deemed necessary.
- 8.3 Participating agencies must send a representative to do bulk collection of the gift items for their participants. The collection venue is at Sports Office, Level 3, Civil Service Club, 60 Tessensohn Road, Singapore 217664. Collection hours is on weekdays (Excluding PH), 9am to 5.30pm (Excluding Lunch hours: 12.30pm to 2.30pm). They must produce the confirmation email when collecting the gift items.
- 8.4 Agencies must send representatives to do bulk collection of the gift items between **15 June and 30 June 2023** otherwise the gift items shall be deemed as unclaimed and forfeited.

## **9 Lucky Draw**

- 9.1 The lucky draw is scheduled on **7 June 2023**.
- 9.2 Participants must take part in **at least two** of the three Climbs and submit the required data to CSC, in order to qualify for the lucky draw.
- 9.3 Five Takashimaya Vouchers shall be given out as lucky draw prizes. Winners will be notified by email within 14 days after the draw.

## **10 Consent to Collection of Personal Data**

- 10.1 Data of each participant will be collected, stored and processed for the purpose of administering and assessing this Virtual Climb / Lucky Draw. By joining this Virtual Climb, participants consent Civil Service Club on the collection, use or disclosure of your personal data and photographs taken as necessary for any promotion/marketing efforts or media publicity in accordance with the Personal Data Protection Act.

## **11 Other Matters**

- 11.1 Participants must remember to activate their trackers before commencing their climb.
- 11.2 Participants must comply with all the safe distancing measures in force at the different venues.

- 11.3 Participants are advised to be aware of surroundings and watch out for any cyclists / PMD users as well as exercise caution when crossing roads.
- 11.4 Participants are advised to be hydrated and properly attired for their climbs. In the event of inclement weather, please seek shelter immediately.
- 11.5 Participants are advised to either postpone or cancel their climbs if feeling unwell.

## **12 Indemnity**

- 12.1 Participants take part in the event at their own risk.
- 12.2 The Civil Service Club and their appointed staff or officials will not be responsible for any mishaps, injuries or loss of life that may occur to any participants as a result of their participation in the event.
- 12.3 The Civil Service Club may, in its sole and absolute discretion and without prior notice, replace, change or substitute any items in gift / prizes with another of similar value.
- 12.4 The Civil Service Club is not responsible for entries not received for whatever reasons. Any entries received after the closing date will not be considered.