



CSC HEALTHY LIFESTYLE VIRTUAL WALK #1

EVENT INFORMATION

Closing Date for Registration	: 11 November 2024
Period of Walk	: 16 to 24 November 2024 (anytime)
Venues	: As advised in Para 5.1
Min Distance to Complete	: 7km
Registration Fee	: Free
Closing Date for Submission of Walk Data	: 25 November 2024

DETAILS

1 **Introduction**

- 1.1 The CSC Healthy Lifestyle Virtual Walk aims to encourage public service officers and members of the Civil Service Club (CSC) to stay active. Participants can walk at their own pace and time to achieve the walking goal.
- 1.2 The CSC Healthy Lifestyle Virtual Walk is a series of 3 virtual walks **held once a month** and the dates for the three walks are as follow:
 - a) **Walk #1: 16 to 24 November 2024**
 - b) Walk #2: 7 to 15 December 2024
 - c) Walk #3: 11 to 19 January 2025
- 1.3 CSC will send out separate invites to agencies for each of the three walks. Sports Liaison Officers/co-ordinators need to submit **new** registration for each walk. Participants can take part in any of the walks.

- 1.4 As incentive to encourage participants to take part in at least two of the three walks, a lucky draw will be held after the third walk. Eligible participants stand a chance to win five attractive fun packs. The eligibility conditions are stipulated in Para 9 below.
- 1.5 A gift item will be given to each participant who had submitted their details and walk data to CSC. The gift item (s) may vary for each of the walks. Details are in Para 8 below.

2 Eligibility

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

3 Period of Walk

- 3.1 Participants must complete their walk anytime between **16 to 24 November 2024** at any of the venues stated in Para 5.1.
- 3.2 Participants need to complete the minimum distance of 7km.

4 Registration

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

5 Walk Venues

- 5.1 Participants can walk at any of the following venues:
 - a) Bedok Town Park to Reservoir Park
 - b) Civic District Tree Trail to Singapore River
 - c) Kent Ridge Park to Labrador Nature Reserve
 - d) Little Guilin to Hillview
 - e) Punggol Park to Lorong Halus Wetland
 - f) Sembawang Park
- 5.2 The route maps for the walks at the six venues are shown in the Annex. The routes are guide only and participants may choose to start / end at different points as long as it is within the location.

6 Tracking of Walk Data

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

- a) Date
- b) Route map of walk
- c) Completed distance

6.2 Following are free apps that participants can be downloaded to track and record walk data:

- Strava
- Runkeeper
- Mapmyrun

7 Submission of Walk Data

7.1 Participants need to take a screenshot of the required data as listed in 6.1 from their apps and submit to CSC by **25 November 2024** to be eligible for the gift item/lucky draw.

7.2 Please use your office email to send the screenshot to vwalk@csc.sg together with the following details:

- Subject: VWALK #1
- Name
- Agency / STAR Organisation or CSC member ID (if you are not a public service officer)
- Email address (if you are not using your office email to send)
- Venue of Walk

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 screenshot:



8 Gift Item

- 8.1 Participants must submit their details and walk data to CSC to qualify for the gift items. They will receive the confirmation email from CSC.
- 8.2 A NSC goodie bag, gripper and running armband will be included as gift items for Walk #1. The organiser reserves the right to replace gift items if deemed necessary.
- 8.3 Participating agencies must send a representative to do bulk redemption 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: 1pm to 2pm). They must produce the confirmation email when collecting the gift items.
- 8.4 Agencies must collect the gift items within the collection period stated in the notification mail otherwise the gift items shall be deemed as unclaimed and forfeited.

9 Lucky Draw

- 9.1 The lucky draw is scheduled on 31 January 2025.
- 9.2 Participants must take part in **at least two** of the three-monthly walks in order to qualify for the lucky draw.
- 9.3 Five fun packs will 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 Walk / Lucky Draw. By joining this Virtual Walk, 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 walk trackers before commencing their walk.
- 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 walks. In the event of inclement weather, please seek shelter immediately.
- 11.5 Participants are advised to either postpone or cancel their walks 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.

BEDOK TOWN PARK TO RESERVOIR PARK

Participants can take the Downtown Line and alight at Bedok North MRT Station (Exit B).

Suggested Start Point is outside Exit B.

Suggested End Point is outside Tampines West MRT Station Exit A.

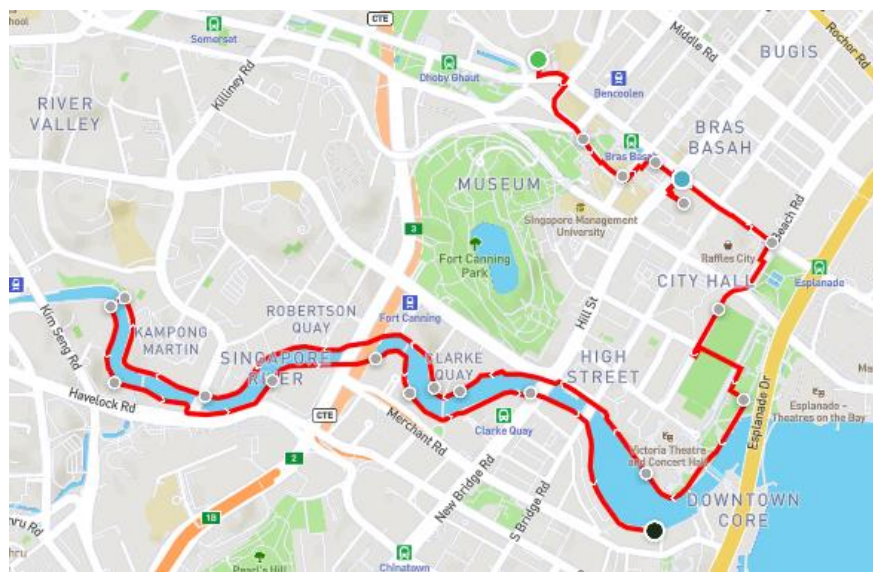


Civic District Tree Trail to Singapore River

Participants take the East West Line MRT and alight at Dhoby Ghaut MRT. Participants who drive can park their vehicles at Plaza Singapura.

Suggested Start Point is outside Plaza Singapura.

Suggested End Point is at UOB Plaza.

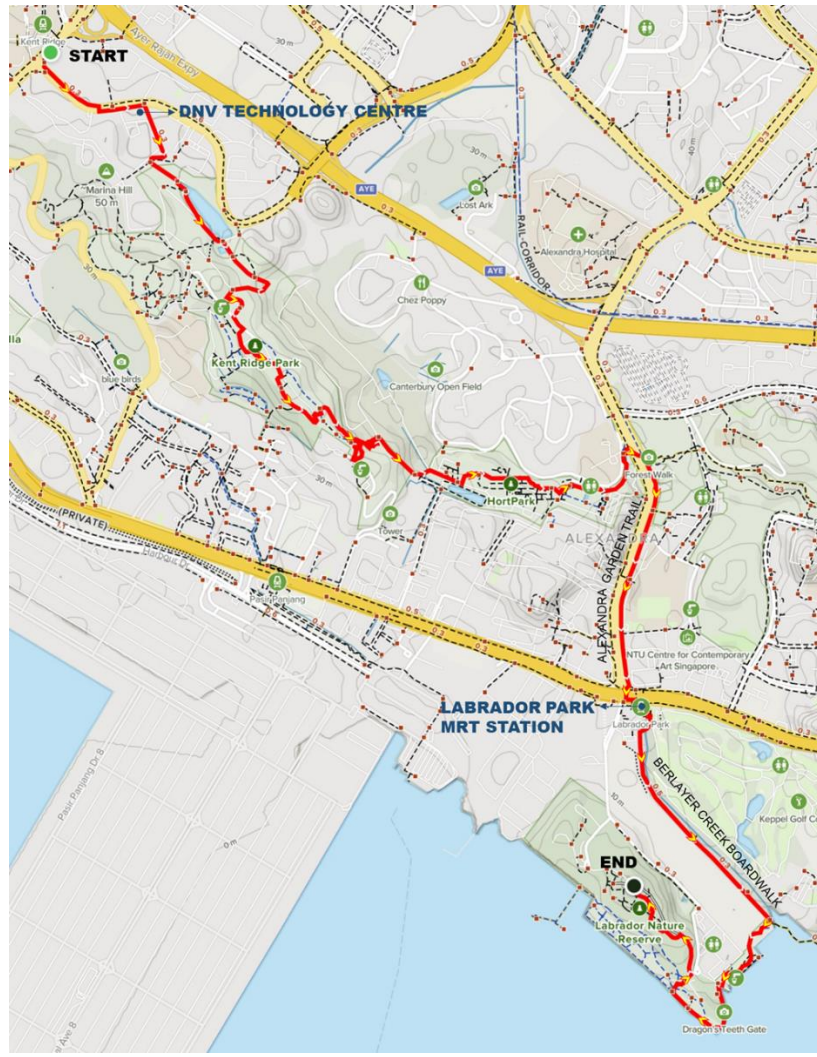


**KENT RIDGE PARK TO
LABRADOR NATURE
RESERVE PARK**

Participants can take Circle Line MRT and alight at Kent Ridge MRT Station (Exit B).

Suggested Start Point is at the bus stop outside Kent Ridge MRT Station Exit B.

Suggested End Point is at Labrador Nature Reserve Park.

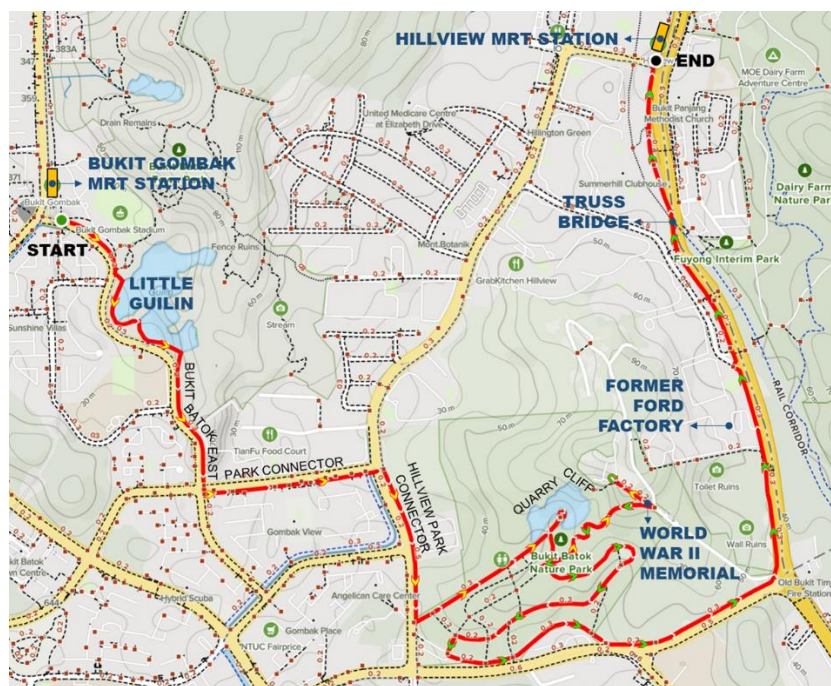


Little Guilin to Hillview

Participants can take the North South Line MRT and alight at Bukit Gombak MRT Station.

Suggested Start Point is at the sheltered walkway in front of Exit B.

Suggested End point is at Hillview MRT Station Exit B.

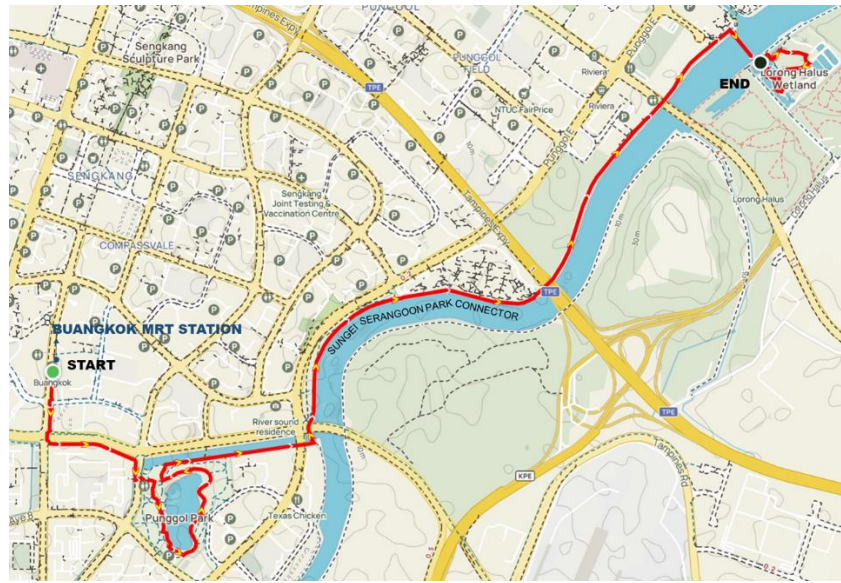


Punggol Park to Lorong Halus Wetland

Participants can take the North East Line and alight at Buangkok MRT Station (Exit B).

Suggested Start Point is outside Exit B.

Suggested End Point is at Lorong Halus Wetland.



SEMBAWANG PARK

Participants can take the North South Line MRT and alight at Canberra MRT Station.

Participants who drive can park their vehicles at Canberra Plaza.

Suggested Start / End Point is at the bus stop in front of Canberra Plaza.

