

CSC EASTERN CORRIDOR CYCLE 2024

Saturday, 16 November 2024, 8am To 1.30pm

EVENT INFORMATION

Event Date	:	Saturday, 16 November 2024
Start/End Point	:	CSC Changi Clubhouse 2 Netheravon Road, Singapore 508503
Reporting Time	:	By 7.30am
Registration (thru Sports Liaison Officers)	:	https://www.csc.sg/stargames
Registration (Individual)	:	https://www.csc.sg/events/EventsDetail/1423/CSC-EASTERN-CORRIDOR-CYCLE-2024
Registration Fee (excludes GST)	:	\$8 for Public Service Officers \$5 for CSC Members
Closing Date	:	Friday, 25 October 2024

EVENT DETAILS AND INSTRUCTIONS

1 **The Event**

- 1.1 The CSC Eastern Corridor Cycle (ECC), organised by the Civil Service Club (CSC), is a cycling event starting from CSC Changi Clubhouse to the Eastern Corridor cycling trail from Pasir Ris Park to East Coast Park and looping back to CSC Changi Clubhouse.
- 1.2 The event aims to bring the Public Service's cycling community closer together and to benefit from the positive effects of cycling on health and well-being.
- 1.3 The event is subject to minimum of 100 and maximum of 200 participants.

2. Eligibility

- 2.1 The ECC is open to CSC members and 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.
- 2.2 Participants must be aged 18 years and above as at 16 November 2024.

3 Route and Distance

- 3.1 The distance of the loop from Changi Clubhouse to Eastern Corridor cycling trail and back to Changi Clubhouse is about 42km.
- 3.2 Details on the route will be sent to participants after the closing date.

4 Minimum Requirements

- 4.1 Participants must be able to cycle a distance of 42km at speed of about 15 to 20km/hour in a group.
- 4.2 Participants must bring along their own bicycles. They are responsible for their own bicycles.
- 4.3 Wearing of bicycle helmet is compulsory. Any cyclist not wearing bicycle helmet will not be allowed to join the ride.
- 4.4 PAR Q/Indemnity form must be signed prior to the start of the ride.
- 4.5 All cyclist 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.
- 4.6 All cyclists must ensure that their bicycles are in serviceable condition with adequately inflated tyres as well as working brake systems.
- 4.7 Any cyclists with health conditions or other concerns **MUST** bring it to the attention of the officials 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.
- 4.8 The Organisers will not be responsible for any bicycles that are lost or damaged. There will be no insurance coverage for participants' bicycles.

5 Safety

- 5.1 Participants must attend the compulsory safety briefing before the start of the ride.

- 5.2 Participants must adhere to the rules and instructions from marshals whose responsibility is to look after the safety of the participants.
- 5.3 Cyclists not adhering to the ride rules, creating hazards in the formation, during the ride, etc., will be warned by the marshals 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.
- 5.4 It is the responsibility of each cyclist to ensure their own personal safety.
- 5.5 Cyclists 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.
- 5.6 Cyclists using tubular tyres must ensure that their individual wheels have been checked for proper adhesiveness.
- 5.7 If a bicycle appears to a marshal 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.

6 Personal Data Protection

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

7 Covid-19 Safe Management Measures

- 7.1 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.

8 Disclaimers

- 8.1 Participants take part in the CSC Eastern Corridor Cycle at their own risk. Those with medical conditions are strongly advised to consult their doctors before taking part.
- 8.2 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.

- 8.3 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.
- 8.4 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.