

# **PESTA SUKAN SIGNATURE EVENT- NATURE PADDLE CHALLENGE RULES & REGULATIONS**

## **1. General**

- 1.1 The Pesta Sukan Nature Paddle Challenge (the “Challenge”) is governed by the Pesta Sukan 2022 General Rules and Regulations.
- 1.2 All challenges in the Pesta Sukan 2022 shall be held in accordance with these Rules and Regulations. The Singapore Canoe Federation (“SCF”) reserves the right to modify these Rules and Regulations without prior notice.

## **2. Eligibility**

- 2.1 Participants are required to download the ActiveSG app, and sign in or sign up as an ActiveSG member to participate in this event.
- 2.2 Participants must ensure that their profile information is updated, in particular, handphone number (local number only), (valid) email address and residential address (in full). This is to facilitate the notification for finisher medal and premiums collection.
- 2.3 Entries generated by a script, macro, robotic or other automated means will be disqualified. Duplicated registrations will also be disqualified.

## **3. Venue and Date**

- 3.1 Venue of the Challenge will be at MacRitchie Reservoir.
- 3.2 The Challenge date: 6 & 7 August 2022
- 3.3 Minimum age limit:

Paddlers	Age Limit
Individual	12 years old
Pair	7 years old

- 3.4 Minimum age for paddling: -
  - a) Subject to prevailing rules of waterways/seas
  - b) Subject to terms & conditions of service providers for rental of crafts (refer to 5.2 for crafts rental contacts)
  - c) Participants above 7 years old must paddle with an adult (at least 18 years old)

#### 4. Registration

4.1 Registrations will open on 23 May 2022 and close on 10 July 2021.

4.2 The challenge is chargeable at @ \$10/pax.

4.3 Participants can choose to participate in the following categories/events: -

Vessel Type
Single SOT
Double SOT

4.4 Participants can register for more than once. Once registered, no changes are allowed.

4.5 Steps for registration and submission of results are as detailed:

- a) Log in to Active Sg Application
- b) Click onto competitions and find Nature Paddle Challenge Pesta Sukan 2022
- c) Register as an individual or pair

4.6 Participants are to paddle together in the same boat for Double SOT.

#### 5. Equipment

5.1 All participants may rent or use their own personal equipment for the Challenge.

5.2 Rental of crafts are available at the following locations:

- a. Singapore Canoe Federation, The Paddle Lodge @ MacRitchie Reservoir [https://scf.org.sg/pages/boat\\_booking](https://scf.org.sg/pages/boat_booking)

#### 6. Challenge Rules

6.1 Participants are required to paddle min 2km and submit results on the day of the challenge, early or late submission will not be accepted.

6.2 Results will be taken based on GPS tracking apps. Refer to Annex A for the Approved GPS Tracking apps.

6.3 Results from ergometers are not allowed.

6.4 ActiveSG reserves the right to disqualify and remove – in its sole and absolute discretion, any registration which it deems inappropriate. In the event of the

aforesaid disqualification or removal, no explanation will be provided by ActiveSG.

## **7. Collection of Finisher Medals and Premiums**

7.1 Completion medals and Premiums can be collected on site at MacRitchie Reservoir -Paddle Lodge once challenge is completed and result submitted to official on site.

7.2 All Completion medals and premiums are non-refundable and non-exchangeable for cash or credit and are subject to any terms and conditions as may be imposed by the merchant or service provide, if any.

## **8. Safety Measures**

8.1 Participants must adhere to the safe distancing measures pursuant to the relevant laws, rules and regulations, including, but not limited to, all SportSG's guidelines when attempting the activities.

8.2 Participants agree to adhere strictly to all rules and policies pertaining to the Challenge including, but not limited to, participant assumption of risks, media publicity and disclosure of health issues.

8.3 If you have any health concerns, you should seek advice from your own physician or health care provider prior to participating in the Challenge. Where applicable, you will not attempt any part of the Challenge if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time, you should stop any activity immediately.

## **9. Matters not covered in Rules and Regulations**

9.1 Matters not covered in the Rules and Regulations will be decided by the organizing committee and decision is final.

9.2 The organizing committee reserves the right to amend the Rules and Regulations without giving prior notification or any reasons thereof.

## **10. Contact**

If you have any questions about the information contained in this Rules and Regulations, please drop us an email at [N1\\_YCKSC@sport.gov.sg](mailto:N1_YCKSC@sport.gov.sg) for clarification.

## **Annex A**

### **All GPS-based apps are accepted.**



Strava



Watersports Tracker



Garmin



Other GPS-based apps  
are accepted

### **SPORT SINGAPORE SAFETY GUIDELINES**

1. It is the responsibility of Sport Singapore and its organic Groups to ensure that all aspects of safety are deployed and adhered to in the event of haze, lightning, extreme heat or any other related events or activities. Responsibility for overall safety shall continue to reside with the Sport Singapore entity and shall not be relegated to any 3rd party entity (which may be engaged to run or facilitate the event). Sport Singapore shall at all times maintain oversight of the operations and safety requirements.

2. Sport Singapore is committed to ensuring that practical and effective measures are in place to protect our employees, clients, contractors, visitors, environment and the public.

3. All employees, including management are responsible and accountable for the overall safety guidelines, initiatives, programmes and provision of information towards the improvement of safety within Sport Singapore and all activities managed by us.

4. Total commitment is the responsibility of Everyone, Every day.

5. An Injury & Accident-Free workplace is our ultimate goal. It is possible through everyone's vigilance, efforts and commitment.

6. These guidelines apply to all staff that have operational control of facilities and/or events that involves members of the public, stakeholders, external customers and staff of Sport Singapore.

### **Environmental Safety Guidelines**

#### **Haze Management**

1. The following Haze management protocols apply for Sport Singapore related facilities and activities.

For our guests' safety, we will implement haze precautionary measures based on Pollutants Standards Index (PSI) provided by National Environment Agency:

24-hour PSI level above 200: All outdoor activities and non air-con activities to be suspended.

### Heat Injury Management

1. Sport Singapore (SportSG) recognizes the dangers of heat injury and the need to safeguard all staff, participants, athletes and users of public sports facilities through the dissemination of information and advisories on precautions to minimize the likelihood of heat injury.

The following heat injury management protocols apply for Sport Singapore related facilities and activities.

For our guests' safety, outdoor activities / event/ competition will be suspended if heat index of more than 40\* or Category (° C) of more than 32\*\*.

**\*The Apparent Temperature (AT) - Heat Index**

The apparent temperature (**AT**) or heat index, is designed to measure thermal sensation in shady conditions. It takes into account the effects of humidity and temperature.

**\*\*The Wet Bulb Globe Temperature**

The Wet Bulb Globe Temperature (WBGT) is a measure of the heat stress in direct sunlight, which takes into account: temperature, humidity, wind speed, solar radiation (sun angle and cloud cover).

### Lightning Risk Management Guidelines

1. The following lightning risk management protocols apply for Sport Singapore related facilities and activities. This is a guideline, any deviation shall be endorsed by senior management or the appropriate organizing management.

SportSG staff shall monitor for **cloud-to-ground lightning alert** via the NEA Meteorological Service Singapore (MSS) Lightning Information Service website or phone apps (for persons that are mobile).

In the event that lightning activity is detected within a **8 km radius** of the event's venue, the Lightning Warning System (LWS) shall be activated, followed by:

1.1 A public broadcast to inform all guests of the lightning condition and advise them to cease outdoor activities and take proper shelter. When the LWS is activated, it is mandatory for all individuals to cease outdoor activities and proceed under proper shelter. Shelter shall be in the form of permanent structures or structures that have been fitted with **lightning protection systems** when available.

1.2 Staff, coaches, instructors and event organisers are responsible for the safety of their charges. They are to stop play immediately and remain under shelter until the lightning warning is stood down. At no time, shall safety be compromised.

1.3 The LWS shall be de-activated when the lightning alert has lapsed

1.4 In the event that the facility is under the command structure of an Operations Centre, decision to stand-down the Lightning Alert shall be the call of the Operations Centre. This is because the Operations Centre is supported by the Meteorological

Service Singapore (MSS) and messages stating the alerts come directly from MSS. Operations Centre may decentralized decision making for suspension. At no time shall organisers make a Stand-Down call remotely. All Stand-Down protocols shall originate from the Operations Centre or MSS messaging, when provisioned unless otherwise stated.