

PESTA SUKAN 2022

Round Island Bike Adventure (RIBA)

1. General Rules

- 1.1 RIBA is governed by Pesta Sukan 2022 General Rules and Regulations

2. Eligibility & Registration

- 2.1 Participants may choose to sign up for both **SG57 Night Ride** (6 Aug 2022) and **Round Island Bike Adventure** (7 Aug 2022) or participate in just one event. Event registration fees are charged separately.

S/No	Category	Clarification
1	Individual Youth	14 to 21 years old, born between 2001 to 2008 (year inclusive)
2	Individual Masters	55 years old and above, born from 1967 onwards (year inclusive)
4	Individual Open	22 to 54 years old, born between 1968 to 2000 (year inclusive)

***Permanent residents and foreigners are welcome to participate with a condition of he/she must have a residential address here.*

3. Event Venue & Schedule

- 3.1 The event will be held across Singapore on 7 Aug 2022 with Main Stations and Checkpoints around the island:

Date	Timing
7 Aug 2022, Sunday	Flag Off Timing: 0700hrs to 1100hrs Ride Duration: 0700hrs to 1900hrs

Note: The above schedule is subjected to changes once the entries are finalised

- 3.2 Ride route will consist of Park Connector Network (PCN) and road riding.
- 3.3 There will be **four** (4) sport centres pit stops:

S/N	Zone	Sport Centre
1	West Zone	Jurong West Sport Centre (JW)
2	Central Zone	Sports Hub (Outside Shimano Cycling World)
3	East Zone	Pasir Ris Sport Centre (PRS)
4	North Zone	Yishun Sport Centre (YIS)

Note: Ride route may change nearing the event date

- 3.4 Riders will be able to commence their Round Island Bike Adventure Towards SG100 (RIBA Towards SG100) **from any of the above sport centres**.
- 3.5 Riders are encouraged to ride in an **anti-clockwise** direction from their start point, example JW to Sports Hub, to PRS to YIS.
- 3.6 Riders are to observe Safe Cycling Regulations, Road Traffic Regulations and avoid rushing on the route.
- 3.7 All riders are to keep their mask on when gathering at main stations (Sports Hub, Pasir Ris SC, Yishun SC and Jurong West SC) as per current SMM measures.

4. Ride Format

- 4.1 All Riders must bring along his / her valid Singapore pink or blue identity cards, valid driving license (with photo), valid passport or any other form of photo identification for verification, failing which he/she will not be allowed to participate in the ride.
- 4.2 Riders will be briefed on a recommended Route Map at their respective Start Point.
- 4.3 Riders will have a safety briefing before commencement of ride.
- 4.4 Riders are to report to the Station Master upon arrival of next Main Station.
- 4.5 Participants who are aged 16 and below, ie born in or after 2006, must obtain parental/legal guardian consent for their participation in the tournament. Consent forms can be downloaded from GA!S 2021 official website as follows: <https://circle.myactivesg.com/getactive-singapore/pesta-sukan> (Coming Soon!)
- 4.6 Riders will be despatched in a wave of 10-15 persons every ten (10) minutes to reduce possibility of overcrowding on the routes.

5. Ride Verification

- 5.1 Participants are required to download the ActiveSG app and sign in to their ActiveSG account to enable scanning functions on the **Game On Nila (GON)**.



- 5.2 All riders will be required to scan ActiveSG QR Code to identify completion of each main station (Sports Hub, Pasir Ris Sports Centre, Yishun Sports Centre and Jurong West Sports Centre).
- 5.3 In addition, all riders are required to scan ActiveSG QR Code at check points (CP) as indicated on the route map.
- 5.4 Participants are recommended to bring an additional power bank along for the ride.

6. RIBA BIB Number

- 6.1 All participants will receive a RIBA bib number, helmet tag and bike tag upon checking in at the main station.

7. Participation Souvenirs and Lucky Draw

- 7.1 Participants who complete all 4 Main Stations (inclusive of Start Point) and Mid Points – Gold Medal within the stipulated timing window will receive a limited-edition **Round Island Bike Adventure Cycling Jersey** and be eligible for the lucky draw.
- 7.2 Gold medal participants will be eligible to participate in a lucky draw to win **Decathlon Cycling Helmet**. There will be 20 helmets to be won.

*E.g. Rider A commences his ride from **Sports Hub** to Pasir Ris SC, continuing his ride from Pasir Ris SC to Yishun SC and Jurong West SC before ending at **Sportshub** thus completing and checking into a total of 4 main stations.*
 - Rider A would have scanned 4 main stations QR code and 8 Mid Checkpoint QR code.
 - Rider A will thus be entitled to a limited-edition jersey, Gold Medal and lucky draw chance to win a Decathlon Cycling Helmet.
- 7.3 Winners of jerseys and decathlon cycling helmet will be notified within 2-4 weeks after the completion of ride and collection will be from one of the 3 Sport Centres – Jurong West SC, Yishun SC & Pasir Ris SC.
- 7.4 Riders will be awarded a medal in accordance to the Main Stations covered within the stipulated timing window from 0700 to 1900 on event day. Medals can be collected upon completion at the respective 4 Main Stations.
- 7.5 There are also limited-edition premiums awarded to the riders upon completion. These limited-edition premiums are on a first come first served basis and while stocks last.
- 7.6 SportSG 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 SportSG.

The criteria for Gold / Silver / Bronze QR Code requirements as follows:

START POINT – Sports Hub (Example)

S/N	Awards	Criteria	Route
1	Gold	Completion of 5 stations (inclusive of Start Point) a) 4 Main Station QR Code (Mandatory) b) 8 Mid-point QR Code	SH(Start Point) > PRS (2 nd station) > YIS (3 rd station) > JWSC (4 th station) > SH (End Point)
2	Silver	Completion of 4 stations (inclusive of Start Point) a) 4 Main Station QR Code (Mandatory) b) 6 Mid-point QR Code	SH (Start Point) > PRS (2 nd station) > YIS (3 rd station) > JWSC (End Point)
3	Bronze	Completion of 3 stations (inclusive of Start Point) a) 3 Main Station QR Code (Mandatory) b) 4 Mid-point QR Code	SH (Start Point) > PRS (2 nd station) > YIS (End Point)

8 Equipment and Attire

- 8.1 All riders must always wear a safety cycling helmet throughout the duration of the ride.
- 8.2 All riders are encouraged to wear bright visible clothing to ensure you can clearly be seen by other PCN and road users.

9 Safety

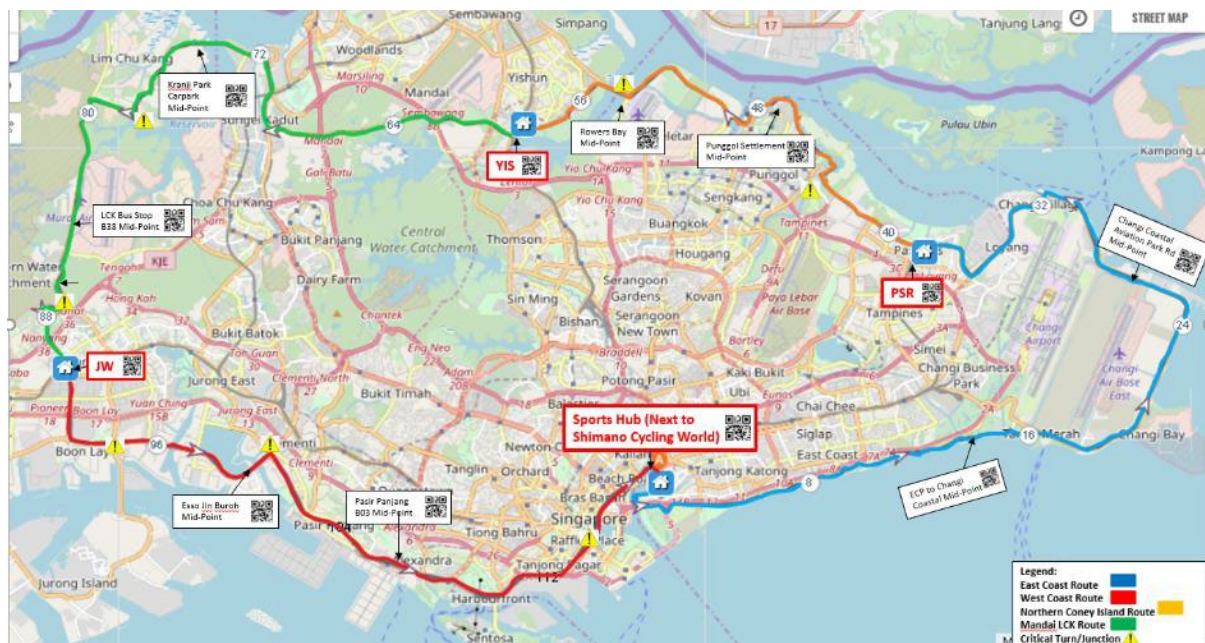
- 9.1 Riders are to adhere to the Rules and Code of Conduct by Land Transport Authority and Traffic Police. More details on the Rules and Code of Conduct can be found at the following website

<https://www.lta.gov.sg/content/ltaweb/en/walk-cycle-ride/rules-and-code-of-conduct.html>

10 Cycling Routes

10.1 Riders are encouraged to ride in an anti-clockwise direction from their start point, the recommended routes¹ are as follows.

Round Island Bike Adventure Map



Estimated Total Distance: 118km

<https://www.plotaroute.com/route/1868612?units=km>

¹ Recommended routes are subjected to changes

PESTA SUKAN 2022

SG 57 Night Ride

1. General Rules

- 1.1 SG 57 Night Ride is governed by Pesta Sukan 2022 General Rules and Regulations

2. Eligibility & Registration

- 2.1 Participants may choose to sign up for both SG57 Night Ride (6 Aug 2022) and Round Island Bike Adventure (7 Aug 2022) or participate in just one event. Event registration fees are charged separately.

S/No	Category	Clarification
1	Individual Open	14 to 55 years old and above

***Permanent residents and foreigners are welcome to participate with a condition of he/she must have a residential address here.*

3. Event Venue & Schedule

- 3.1 The event will be held on **6 Aug 2022** with 3 main stations and 4 midpoint stations. Ride route will consist of Park Connector Network (PCN) and road riding.

Date	Timing
6 Aug 2022, Saturday	Flag Off Timing (Sport Hub Station): 1900hrs Ride Duration: 1900hrs to 2359hrs

Note: The above schedule is subjected to changes once the entries are finalised

- 3.2 Ride route will consist of Park Connector Network (PCN) and road riding.
- 3.3 There will be (3) main stations pit stops and (4) midpoint stations:

S/N	Zone	Sport Centre
1	Central Zone	Sports Hub (Outside Shimano Cycling World)
2	East Zone	Pasir Ris Sport Centre (PRS)
3	East Zone	Sengkang Sports Centre (SK)
4	Midpoint	ECP to Changi Coastal Midpoint
5	Midpoint	Marina Barrage Midpoint
6	Midpoint	Changi Coastal Aviation Park Rd Midpoint
7	Midpoint	Punggol Settlement Midpoint

Note: Ride route may change nearing the event date

- 3.4 Riders will commence their ride from **Sports Hub station** (Outside Shimano Cycling World) and proceed towards Marina Barrage. From Marina Barrage, riders will proceed towards Pasir Ris Sports Centre and the ride will end at SengKang Sports Centre.
- 3.5 Riders are to observe Safe Cycling Regulations, Road Traffic Regulations and avoid rushing on the route.
- 3.6 All riders are to keep their mask on when gathering at main station (Sports Hub) as per current SMM measures.

4. Ride Format

- 4.1 All Riders must bring along his / her valid Singapore pink or blue identity cards, valid driving license (with photo), valid passport or any other form of photo identification for verification, failing which he/she will not be allowed to participate in the ride.
- 4.2 Riders will be briefed on a recommended Route Map at their respective Start Point.
- 4.3 Riders will have a safety briefing before commencement of ride.
- 4.4 Participants who are aged 16 and below, ie born in or after 2006, must obtain parental/legal guardian consent for their participation in the tournament. Consent forms can be downloaded from GAIS 2022 official website as follows: www.myactivesg.com/getactivesingapore
- 4.5 Riders will be despatched in a wave of 10-15 persons every ten (10) minutes to reduce possibility of overcrowding on the routes.

5. Ride Verification

- 5.1 Participants are required to download the ActiveSG app and sign in to their ActiveSG account to enable scanning functions on the Game On Nila (GON).



- 5.2 All riders will be required to scan ActiveSG QR Code to identify completion of each **main station** (Sports Hub, Pasir Ris Sports Centre, SengKang Sports Centre)

- 5.3 In addition, all riders are required to scan ActiveSG QR Code at **midpoint stations** as indicated on the route map.
- 5.4 Participants are recommended to bring an additional power bank along for the ride.

6. RIBA BIB Number

- 6.1 All participants will receive a RIBA bib number, helmet tag and bike tag upon checking in at the main station.

7. Participation Souvenirs

- 7.1 Participants who complete all 3 Main Stations (inclusive of Start Point) and Mid Points within the stipulated timing window will receive a **Bronze medal and Cycling Lights**.
- 7.2 *E.g. Rider A commences his ride from **Sports Hub** to Pasir Ris SC, continuing his ride from Pasir Ris SC to Sengkang SC. Rider A would have checked into a total of 3 main stations.*
- Rider A would have scanned 3 main stations QR code and 4 Mid Checkpoint QR code.
- Rider A will thus be entitled to a Bronze Medal and Cycling Lights.
- 7.3 Riders will be awarded a Bronze medal within the stipulated timing window from 1900hrs to 2359hrs. Medals and premium can be collected upon completion at Sengkang Sports Centre Main Station.
- 7.5 SportSG 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 SportSG.

The criteria for Bronze QR Code requirements as follows:

START POINT – Sports Hub

S/N	Awards	Criteria	Route
1	Bronze	Completion of 3 stations (inclusive of Start Point) c) 3 Main Station QR Code (Mandatory) d) 4 Midpoint QR Code	SH(Start Point) > Marina Barrage> East Coast Park to Changi Coastal Midpoint> Aviation Park Midpoint> PRS (2 nd station) > Punggol Settlement Midpoint> SK (End Point)

8. Cycling Routes

8.1 Riders are encouraged to ride according to the route shown below.

SG57 Night Ride Map



Estimated Total Distance: 57km

<https://www.plotaroute.com/route/1868640?units=km>



Pesta Sukan 2022 – Round Island Bike Adventure and SG57 Night Ride (Updated as of 1 Aug 2022)

STAY VISIBLE

- Display front white light and rear red light/reflector during hours of darkness (7pm to 7am). **RULE**
- Use hand signals in sufficient time before switching lanes or turning. **RULE**
- Ensure your clothing is brightly coloured and reflective when riding in the dark.
- Ensure other road users can see you: Avoid staying in the blind spots of large vehicles, and do not weave in and out of vehicles.

FOLLOW RULES & GUIDELINES

ON PATHS:

- Stay within speed limits (25km/h on cycling paths, 10km/h on footpaths). **RULE**
- Dismount and walk your bicycle when you see a 'No Riding' sign. **RULE**
- Keep left on paths unless overtaking.
- Look out for other path users and give way to pedestrians.
- Use cycling paths where available.

ON ROADS:

- Always wear a helmet. **RULE**
- Adhere to all traffic rules, including traffic light signals, and do not ride against the flow of traffic. **RULE**
- No riding on expressways and in road tunnels. **RULE**
- No riding abreast on single-lane roads and during hours of bus lane operation. A maximum of 2 cyclists can ride abreast on roads with 2 or more lanes. **RULE**
- Cycling groups must not exceed the maximum length of 5 bicycles. **RULE**

5 cyclists in single file

10 cyclists riding 2 abreast

- Cyclists must always keep to the far left of the road where possible. **RULE**

STAY VIGILANT, PAY ATTENTION

- Do not use mobile phones when cycling. **RULE** (Ensure that your mobile phones are mounted on your bicycles.)
- Stop and check for oncoming traffic before riding across the road. **RULE**
- Slow down when riding through crowded areas or approaching bends and blind spots.
- Keep a safe distance from other path and road users.
- Always check your blind spots before you move off, overtake or change lane.

PURCHASE THIRD-PARTY LIABILITY INSURANCE

Protect yourself with third-party liability insurance, which can cover third-party costs if you damage others' property or injure others while cycling.

For more information about third-party liability insurance and full list of on-path and on-road rules, scan the QR code or visit www.gov.sg/sgrules.

Ensure your bicycle meets the following criteria before riding on public paths and/or roads:

20m

Max 20kg in weight (on paths)

70cm

Max 70cm in width (on paths)

Handbrakes

Have at least one functioning handbrake (on paths and roads)

Penalties apply for non-compliance with rules.

NEW RULES & GUIDELINES TO MAKE ROADS SAFER FOR CYCLISTS & MOTORISTS

EFFECTIVE FROM 1 JAN 2022

MAXIMUM CYCLING GROUP LENGTH

Rules: Cycling groups must not exceed the maximum length of 5 bicycles.

5 cyclists
in single file

10 cyclists
riding 2 abreast

CYCLING GROUP DISTANCE

30m

Guideline: When cycling, groups should maintain a minimum distance of 30m or 2 lamp posts between groups. A group should only overtake another when it's safe to do so.

MINIMUM PASSING DISTANCE

1.5m

Guidelines: Motorists should provide a minimum distance of 1.5m when passing cyclists, just like with another vehicle.

KEEP LEFT

Reminder on Existing Rule: Cyclists must always keep to the left edge of the road where possible.

RIDING ABREAST

BUS LANE

Reminder on Existing Rule: No riding abreast on single-lane roads and during hours of bus lane operation. A maximum of 2 cyclists can ride abreast on roads with 2 or more lanes.

Penalties apply for non-compliance with rules.

Land Transport Authority

We Keep Your Roads Moving

SINGAPORE POLICE FORCE

SAFELAND & RELIABLE



Extracted from www.lta.gov.sg

CYCLING ON ROADS

Road safety is a shared responsibility

Keep a firm grip on good on-road cycling practices

BEFORE YOUR RIDE

- Ensure your bicycle's front and back lights, brakes, tyres, and chain are in working condition
- Wear brightly-coloured clothing to make yourself visible to other vehicles
- Plan ahead and pick the safest route, and keep out of heavy traffic as much as possible

DURING YOUR JOURNEY

- Don't weave through traffic and avoid sudden swerves
- Keep both hands on the handlebars and don't carry anything in your arms
- Signal your intention to change lane or make a turn ahead of time
- Slow down and look out at bends, junctions, bus stops and pedestrian crossings, or near parked cars
- Keep a safe distance behind moving vehicles
- Ride on the left-hand edge of roads, and allow traffic to overtake you safely
- Don't squeeze between a bus and the kerb at the bus stop, or between a turning vehicle and the kerb

Wear a helmet when cycling on roads
First Offence: Up to \$1,000 fine and/or 3 months jail term

Obey all traffic signals and travel in the same direction as the flow of traffic
First Offence: Up to \$1,000 fine and/or 3 months jail term

Cycle in a single file on single-lane roads and during bus lane operational hours*
First Offence: Up to \$1,000 fine and/or 3 months jail term

Switch on front white light and rear red light* in the dark
First Offence: Up to \$1,000 fine and/or 3 months jail term

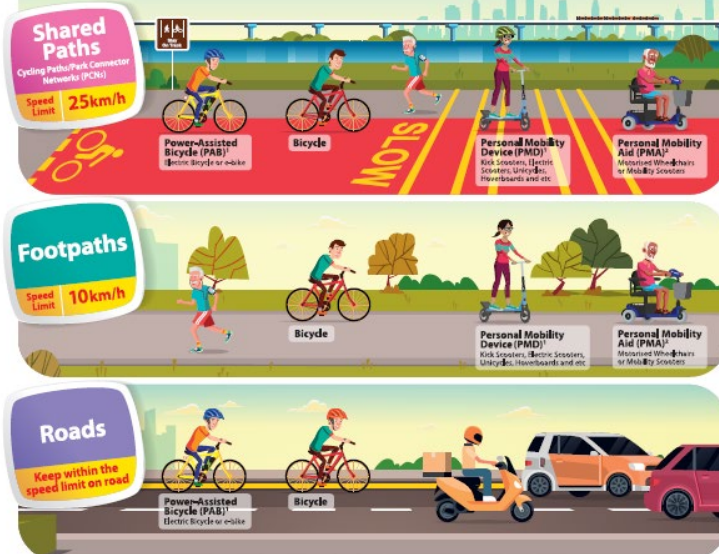
* Otherwise, cycling use of lights is allowed.
* New red reflectors can be used on bicycles and personal mobility aids (PMAs).

Pesta Sukan 2022 – Round Island Bike Adventure and SG57 Night Ride (Updated as of 1 Aug 2022)

AN EASY GUIDE ON WHERE YOU CAN RIDE

Over the years, more people are embracing Active Mobility as a mode of transport in Singapore. That's a good sign of a city that's becoming more liveable and sustainable. Let's realise this vision by working together to make our city an inclusive, safe, and pleasant place for all to walk, cycle, and scoot.

BUT FIRST, DO YOU KNOW WHERE YOU CAN RIDE AND THE SPEED LIMITS TO OBSERVE?



RIDING ON PATHS Rules for safer path sharing



Being gracious keeps you and others safe

- Watch your speed and go slow around others
- Walk your device in crowded areas
- Gently alert others before overtaking
- Ride on shared paths when available
- Slow down when approaching bus stops
- Keep left on paths unless overtaking
- Keep a safe distance from other path users, especially when overtaking
- Avoid shining your lights onto the face of other path users
- Ensure that your device is in working condition before setting off
- Park your devices at designated parking places such as bicycle racks and yellow boxes








Extracted from www.lta.gov.sg



Pesta Sukan 2022 – Round Island Bike Adventure and SG57 Night Ride (Updated as of 1 Aug 2022)







S/N	SIGNS AND MARKINGS	EXPLANATIONS
1		Stay within the dedicated paths for cyclists and pedestrians

S/N	SIGNS AND MARKINGS	EXPLANATIONS
2		<p>Sharing of path between pedestrians and cyclists</p> <p>Always cycle on the left side of the footway unless overtaking</p>
3		<p>Be alert and give way to pedestrian movements a high pedestrian areas</p>
4		<p>Watch out and beware of vehicles form side accesses</p>
5		<p>For your own safety, dismount and proceed by pushing forward</p> <p>Watch out for on – coming vehicles when crossing</p>

S/N	SIGNS AND MARKINGS	EXPLANATIONS
6		<p>Speed Regulating Strips</p> <p>To reduce the speed of cyclist approaching an area where conflicting movement ahead is expected (e.g. bus stops, junctions etc)</p> <p>Cyclist should slow down, give way or stop to dismount and push across these areas.</p>

7		<p>Bicycle Logo</p> <p>Bicycle logo demarcating the designated cycle path for cyclists.</p>
8		<p>Bicycle Crossing Sign</p> <p>Any cyclist who is within 50m of either side of a bicycle crossing as indicated by traffic sign, shall make use of the bicycle crossing for the purpose of crossing the road.</p>

9		Bicycle Crossing Plate Cyclist shall only cross when the green bicycle in the traffic light is illuminated
10		Bicycle Look Box Cyclist to pay attention and look before crossing
11		SLOW (Supplementary Sign) Cyclist to slow down when necessary
12		Low Headroom Cyclists are to take note of low head room ahead

9. Riders are recommended to adhere to the following when on the route.

- i) Use of front and rear light to illuminate;
- ii) Ring of bell only when necessary;
- iii) Always keep to the left unless overtaking;

- iv) Do not speed or ride in an inconsiderate manner;
- v) Do not overtake others in a dangerous manner;
- vi) Always give way to pedestrians and other cyclists;
- vii) Dismount and push when at high pedestrian areas such as traffic crossings, bus stops, covered link ways, etc;
- viii) Slow down to give way to vehicle when approaching car parks accesses;
- ix) Slow down to give way to pedestrians when approaching intersections with pedestrian access;
- x) Slow down when approaching intersections with limited sight distances;
- xi) Stay on cycling paths where available;
- xii) Do ensure bicycles must have at least one functioning handbrake installed at the front of the bicycle.
- xiii) Do not use mobile communication devices while riding

- On Road Cycling

- i) Observe traffic road rules, light signals, signs and road markings;
- ii) Cycle close to the left side of the road so as not to obstruct vehicles moving at a faster speed;
- iii) Slow down when approaching road openings, bends, junctions, bus stops and pedestrian crossings;
- iv) Do not ride against traffic flow
- v) Do not weave through traffic
- vi) Beware of passengers opening doors when passing a parked car. Keep a safe distance away;
- vii) Do not squeeze between a stopped bus at a bus stop and the kerb;
- viii) Use hand signals to alert drivers and other cyclists when you intend to turn;
- ix) Avoid staying close to the back of turning vehicles or squeezing between the turning vehicle and the kerb;
- x) Do not cycle across pedestrian crossings. Dismount and push your bicycles.
- xi) Riders are advised to seek shelter during CAT 1 inclement weather.
- xii) Cyclists should not ride on the right of a motor vehicle proceeding in the same direction except when overtaking that motor vehicle;
- xiii) Keep to a maximum length of 5 bicycles when riding in groups, which means a maximum of 5 cyclists if riding in single file, or 10 cyclists if riding two abreast
- xiv) Bicycles are to be equipped with a front and back lights which are to be switched on when riding during dark hours (7pm to 7am)
- xv) For Tanah Merah Coast Road, always use bicycle lanes when available.