

PESTA SUKAN 2024

Round Island Bike Adventure (RIBA)

1. General Rules

1.1 RIBA is governed by Pesta Sukan 2024 General Rules and Regulations

2. Eligibility & Registration

S/No	Category	Clarification
1	Individual Youth	14 to 21 years old, born between 2003 to 2010 (year inclusive)
2	Individual Masters	55 years old and above, born from 1969 onwards (year inclusive)
3	Individual Open	22 to 54 years old, born between 1970 to 2002 (year inclusive)
4	Corporate Team*	14 years old and above, born from 2010 onwards (year inclusive)

2.1 Registration Fees

S/No	Category	Fees	Remarks
1	Individual Youth	\$10	-
2	Individual Masters	\$5	-
3	Individual Open	\$15	-
4	Corporate Team	\$75	Group of 5 riders

*Corporate Team Category is for participants representing Multi-National Corporations (MNC), Small and Medium Enterprises (SME), Institute of Higher Learning (IHL), Clubs, Associations, Government Agencies and Unions.

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

3. Event Venue & Schedule

3.1 The event will be held across Singapore on 4 Aug 2024, Sunday with Main Stations around the island:

Date	Timing
4 Aug 2024, Sunday	Flag Off/Ride Duration Timing: 0700hrs to 1900hrs Bib Collection: 0630hrs onwards

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 main stations pit stops:

S/N	Zone	Sport Centre
1	West Zone	Jurong West Sports 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 which is specified during registration**. Preferred start location will be indicated during registration.
- 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 This is not a race. Riders must place personal safety as priority and are to avoid racing / speeding on route.

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 are highly encouraged to familiarize themselves with the route of travel 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 2008, must obtain parental/legal guardian consent for their participation in the tournament. Consent forms can be downloaded here -> [Parental Consent Form](#) . Forms must be submitted to staff upon collection of bibs on day of event.
- 4.6 Riders will be despatched in waves of 10-15 persons every five (5) to ten (10) minutes to reduce possibility of overcrowding on the routes.

5. Ride Verification

- 5.1 Participants are required to report to main stations to receive a **colored wrist tag** (Except from the preferred start-point main station) to identify completion of each main station (Sports Hub, Pasir Ris Sports Centre, Yishun Sports Centre and Jurong West Sports Centre).
- 5.2 Participants without valid Bib number will not be issued with the wrist tag. One wrist tag will be issued per rider. The final wrist tag will be awarded upon completion of ride at the last main station.
- 5.3 **Example:** If a rider starts from **Sports Hub**, he/she will collect **1st** wrist tag at **Pasir Ris SC**, followed by **2nd** wrist tag at **Yishun SC** and **3rd** wrist tag at **Jurong West SC**. Upon completing the full loop, he/she will collect the **final** wrist tag at **Sports Hub**.

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 sticker and bike sticker upon checking in at the main station. Participants will be required to scan a QR code to declare RIBA Bib number once received.

7. Participation Souvenirs

7.1 Participants who complete all 4 Main Stations (inclusive of Start Point)– Gold Medal within the stipulated timing window will receive a limited-edition **Round Island Bike Adventure Cycling Water-bottle**.

*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 Yunnan Park before ending at **Sportshub** thus completing and checking into a total of 4 main stations.*

- Rider A would have received 4 main stations wrist tags.

- Rider A will thus be entitled to a limited-edition water-bottle and Gold Medal

7.2 Winners of the limited-edition water-bottle may collect upon completion or will be notified within 3-6 weeks after the completion of ride and collection will be from one of the 3 Sport Centres – **Jurong West Sports Centre, Yishun Sports Centre & Pasir Ris Sports Centre (subject to stock availability)**.

7.3 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.

7.4 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.

7.5 There is no prize money for this event.

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 Wrist Tag (Mandatory)	SH(Start Point) > PRS (2 nd station) > YIS (3 rd station) > JW (4 th station) > SH (End Point)

2	Silver	Completion of 4 stations (inclusive of Start Point) a) 3 Main Station Wrist Tag (Mandatory)	SH (Start Point) > PRS (2 nd station) > YIS (3 rd station) > JW (End Point)
3	Bronze	Completion of 3 stations (inclusive of Start Point) a) 2 Main Station Wrist Tag (Mandatory)	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 and wear bright visible clothing to ensure you can clearly be seen by other PCN and road users.
- 8.2 All riders are highly encouraged to bring water-bottles for hydration, spare tyre tubes/bicycle pumps and bring along necessary replenishment for the ride (if necessary).

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.

¹ Recommended routes are subjected to changes

Round Island Bike Adventure Map



Estimated Total Distance: 120km approx*

Please click here for the map ->

<https://www.plotaroute.com/route/2561161>

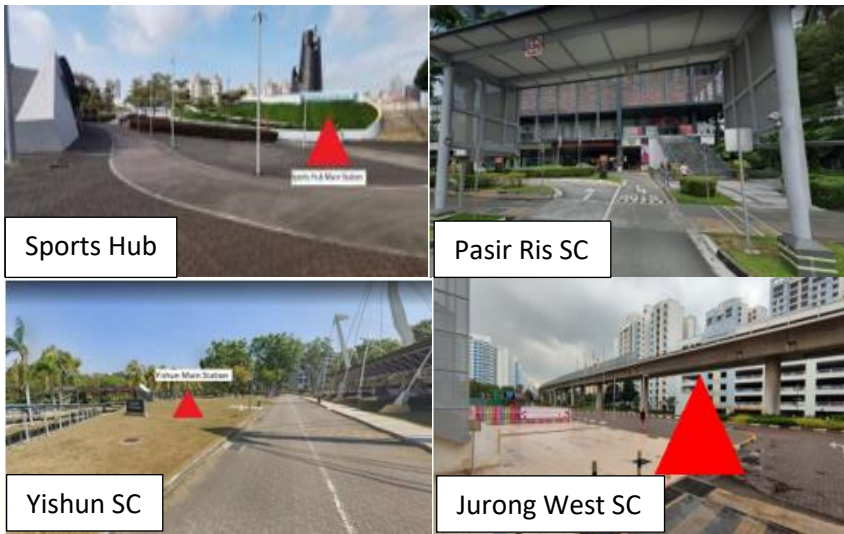
Email: sport_riba@sport.gov.sg

Get Active! Singapore Email: getactive@sport.gov.sg

***Riders from Sports Hub towards Pasir Ris Sports Centre are to take note of the closure of Loyang Avenue and the revised park connector route shown below:**

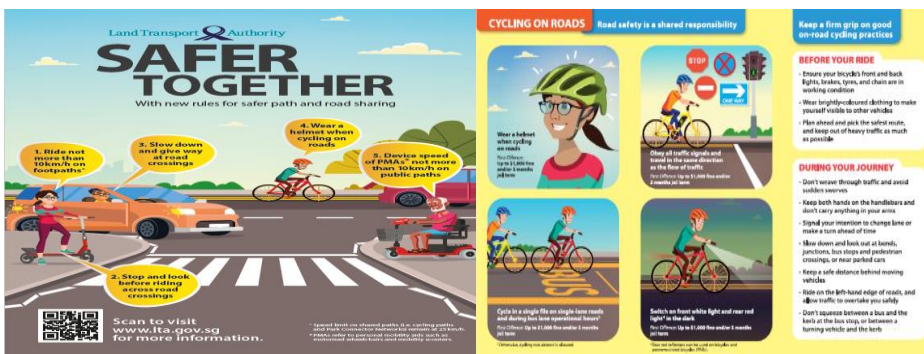
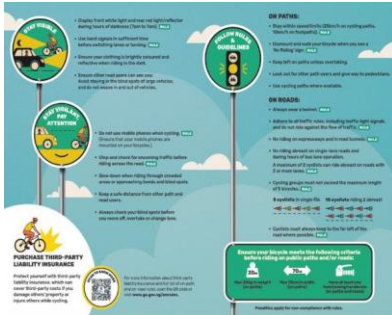


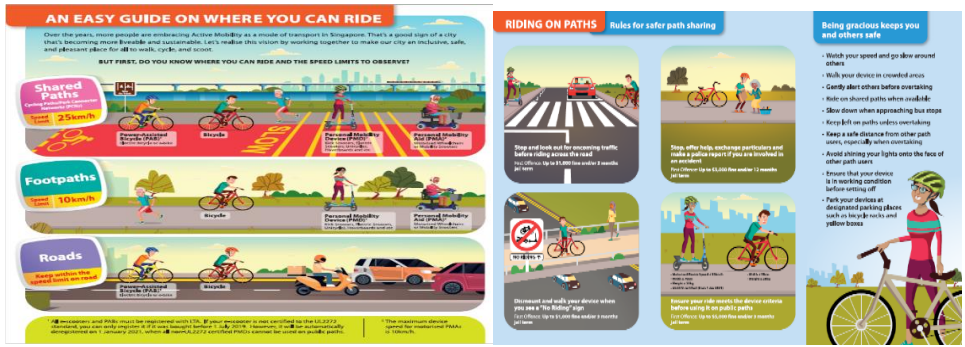
11 Start Locations



12 Safety Advisory

https://www.lta.gov.sg/content/ltagov/en/getting_around/active_mobility/rules_and_public_education/rules_and_code_of_conduct.html











Extracted from www.lta.gov.sg



https://www.lta.gov.sg/content/ltagov/en/getting_around/active_mobility/rules_and_public_education/public_education_and_programmes.html

S/N	SIGNS AND MARKINGS	EXPLANATIONS
1		<p>Stay within the dedicated paths for cyclists and pedestrians</p>
2		<p>Sharing of path between pedestrians and cyclists</p> <p>Always cycle on the left side of the footway unless overtaking</p>

S/N	SIGNS AND MARKINGS	EXPLANATIONS
3	 <p>Give Way To Pedestrians</p>	<p>Be alert and give way to pedestrian movements a high pedestrian areas</p>
4	 <p>Watch Out For Vehicles</p>	<p>Watch out and beware of vehicles form side accesses</p>
5	 <p>Push Your Bicycle</p>	<p>For your own safety, dismount and proceed by pushing forward</p> <p>Watch out for on – coming vehicles when crossing</p>
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</p>

S/N	SIGNS AND MARKINGS	EXPLANATIONS
		indicated by traffic sign, shall make use of the bicycle crossing for the purpose of crossing the road.
9		<p>Bicycle Crossing Plate</p> <p>Cyclist shall only cross when the green bicycle in the traffic light is illuminated</p>
10		<p>Bicycle Look Box</p> <p>Cyclist to pay attention and look before crossing</p>
11		<p>SLOW (Supplementary Sign)</p> <p>Cyclist to slow down when necessary</p>
12		<p>Low Headroom</p> <p>Cyclists are to take note of low head room ahead</p>

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

- i) Use of front and rear light to illuminate; Ring of bell only when necessary;
- ii) Always keep to the left unless overtaking; Do not speed or ride in an inconsiderate manner;
- iii) Do not overtake others in a dangerous manner; Always give way to pedestrians and other cyclists;
- iv) Dismount and push when at high pedestrian areas such as traffic crossings, bus stops, covered link ways, etc;
- v) Slow down to give way to vehicle when approaching car parks accesses;

- vi) Slow down to give way to pedestrians when approaching intersections with pedestrian access;
 - vii) Slow down when approaching intersections with limited sight distances;
 - viii) Stay on cycling paths where available;
 - ix) 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 or weave through traffic flow
 - v) Beware of passengers opening doors when passing a parked car. Keep a safe distance away;
 - vi) Do not squeeze between a stopped bus at a bus stop and the kerb;
 - vii) Use hand signals to alert drivers and other cyclists when you intend to turn;
 - viii) Avoid staying close to the back of turning vehicles or squeezing between the turning vehicle and the kerb;
 - ix) Do not cycle across pedestrian crossings. Dismount and push your bicycles.
 - x) Cyclists should not ride on the right of a motor vehicle proceeding in the same direction except when overtaking that motor vehicle;
 - xi) 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
 - xii) 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)
 - xiii) For Tanah Merah Coast Road, always use bicycle lanes when available.
 - xiv) Cyclists should not stop or wait at bus stops or bus bays, as this may obstruct public bus operations.
 - xv) Cyclists are also to keep a lookout for and to give way to buses exiting bus bays, and not attempt to overtake buses at linear bus stops (Bus stops without bus bays) as it is dangerous

FAQ

Q1) What time can I start collecting the Bib?

Ans: Bib Collection (randomized number) starts from 6.30am on 4 August, Sunday at your preferred start location.

Q2) Am I required to collect a wrist tag at start point after bib collection?

Ans: No, you are not required to collect a wrist tag at start point. Upon your return journey, you will collect the wrist tag to signify end of ride.

Q3) Can I collect more than 1 wrist tag? I'm riding in a group and they are on the way.

Ans: No, 1 wrist tag will be issued per rider with Bib. This is to ensure that there is fair play and riders are verified.

Q4) Do I need to collect wrist tags at the mid-point stations?

Ans: No, you are only required to collect wrist tags from the main stations (SH, PSR, YIS, JW)

Q5) Do I need to scan any QR code as per previous years?

*Ans: Yes, you will be required to scan **Bib declaration QR code** upon receiving your Bibs in the morning at the start point. Subsequently, there will no longer be any QR codes as the ride verification will be based on wrist tags.*

Q6) Can I cycle along the route / accompany my friend who is taking part without registering?

Ans: You may wish to do so at your own risk as public. However, we do not allow pacers as this is not a race and will lead to over-crowding on the route.

Q7) What should I do during lightning alert / heavy rain?

*Ans: You should take shelter at the nearest location. If there are any updates to the competition, participants will be notified. Alternatively, you can contact **RIBA Hotline – 6500 5578 (operational on event day)***

Q8) I did not manage to register for the event. Can I still join the event on 4 August 2024?

Ans: No, registrations are closed, and we are unable to accede to your request.

Q9) I forgot to get my wrist tag at one of the main stations. Can I still complete the event?

Ans: Yes, you may wish to return to that station to receive your wrist tag between 7am – 7pm.

Q10) Will there be any food and drinks at the main stations? What about the mid-point stations?

*Ans: Yes, there will be banana, buns, water and 100plus that the **main stations** (whist stocks last). There will be first aid and water at the mid-points stations.*

Q11) Can I change my starting point after registration?

Ans: Yes, you may change your starting point. Do write in to us.

Q12) Will there be any signages to guide the route?

Ans: Yes, there will be route directional signages placed along the route to guide you along. Cyclist are highly recommended to familiarize with the route prior to event date ->

<https://www.plotaroute.com/route/2561161>

Q13) Will there be any road closures for this event?

Ans: No, there will not be any road closures for this event. It is an adventure, not a race. Participants must plan for their journey accordingly.

I have more questions, who can I write to clarify?

Ans: Please email us at Sport_riba@sport.gov.sg or getactive@sport.gov.sg