

National Steps Challenge™ Season 4

Corporate Challenge

MVPA WARRIOR CHALLENGE

1. Eligibility

- 1.1. You must be a Singapore or Permanent Resident of Singapore with a valid NRIC or a foreigner with a valid FIN.
- 1.2. You must be 17 years or older to participate in Moderate to Vigorous Physical Activities (MVPA) Warrior Challenge.
- 1.3. You must be a Corporate Challenge participant to qualify for the MVPA Warrior Challenge.
- 1.4. Persons in the following categories are prohibited from participating:
 - Anyone below 17 years of age;
 - Anyone who is not a Corporate Challenge participant at the time of collecting the prize;
 - Any person who is not a Singapore Citizen, permanent residents, employment pass holder, student pass holder or work permit holder.
 - Participant(s) who has failed to provide true, correct and accurate information at any point of contact. Health Promotion Board (herein referred to as the “HPB”) reserves the right to disqualify entry submissions, refuse to award any prize or require return of the prize presented to the Participant(s).

2. Official Challenge Period

- 2.1. MVPA Warrior Challenge will be held from 11th – 17th February 2019.

3. How to Participate

3.1. Participants have to:

- Step 1: Rally as many colleagues to clock at least 150 minutes of MVPA from 11th – 17th February 2019
- Step 2: Sync your fitness activity records on the Healthy 365 mobile app

3.2. Before embarking on any moderate-intensity or vigorous-intensity physical activities, please go through the Physical Activity Readiness Questionnaire and you are also strongly encouraged to exercise discretion. Please complete the health declaration on the Healthy 365 mobile app and ensure you are in good fitness condition before attempting moderate to vigorous physical activities (MVPA). If you have an existing heart condition or any other illness and/or injury, please consult a doctor prior to your participation of the Workplace MVPA Warrior Challenge.

3.3. HPB reserves the right to disqualify any MVPA Warrior Challenge entries, forfeit any prize or require return of the prize presented to the Participant if:

- HPB, in its sole discretion, decides that the participation is not valid;
- The Participant does not agree to abide by and be bound by the Terms & Conditions;
- The Participant is abusive to HPB staff at any point of contact;
- Participant(s) who failed to provide true, correct and accurate information at any point of contact;
- HPB discovers or has reasonable grounds to suspect that the Participant has engaged or attempted to engage in any activity to inappropriately manipulate submission procedures including without limitation the unauthorised use of profiles not belonging to the Participant.

4. Prize

4.1. Top 3 large organisations (workforce size \geq 200) and top 3 small organisations (workforce size $<$ 200) with the most number of employees doing at least 150 minutes of MVPA during the Challenge period will stand a chance to win attractive prizes including:

- uBumBum worth \$899
- Cuvilady worth \$299
- Reebok Easy Tone Step worth \$299
- True Fitness 14-Day passes worth \$130
- Polar \$120 Voucher (expires 31 May 2019)
- Gym Ball w/pump 65cm worth \$59
- 100Plus Black Gym Bag worth \$15
- AIBI \$10 vouchers

- 4.2. A maximum of 1500 prizes are given to each winning organisation.
- 4.3. Staff of HPB will contact Point of Contact (POC) of the winning organisation(s) by 31st March 2019.
- 4.4. In the event that there is no response from the winning organisation(s) after 1 week, HPB reserves the right to disqualify that entry.
- 4.5. Winning organisation(s) are not allowed to exchange prizes for cash or other goods or services. HPB will not entertain any request for the exchange of prizes.
- 4.6. Winning organisation(s) have to redeem their prize(s) by **30th June 2019** after confirmation of collection with the staff of HPB.
- 4.7. Winning organisation(s) will collect their prize at Health Promotion Board from Monday to Friday 9am – 12pm, 2pm – 5pm. Transportation cost will not be remunerated.
- 4.8. Winning organisation(s) may authorised 1 HR employee to collect the prizes. The individual is required to provide the following details to HPB staff for prize redemption:
 - Company Name
 - UEN
 - Contact number
 - Email address
 - Signature as acknowledgement
- 4.9. HPB may, in its sole and absolute discretion and without prior notice, replace, change or substitute any prizes with another of similar value.

5. Personal Data

- 5.1. Participants agree that any and all personal data provided to HPB may be used and/or disclosed by HPB and its third party vendors and service providers for the following purposes:
 - a) Publicity, advertising or marketing purposes in connection with any HPB programmes/outreach/initiatives/activities.
 - b) Participants must be responsible for providing complete and accurate contact information to HPB and its organisers. HPB accepts no responsibility for any inability or failure to contact the Participants arising from inaccurate or incomplete contact information.

6. Limitation of Liability

- 6.1. All Participants of the MVPA Warrior Challenge agree that neither HPB nor their affiliates, employees, directors, officers, agents and/or assignees shall be liable in any way for, and shall be indemnified, released, discharged and held harmless, fully and effectively, by each Participant against and from any and all claims by any Participant or third party for:
- a) Slander, libel, defamation, violation of rights of privacy, publicity, and/or civil rights, depiction in a false light, intentional or negligent, infliction of emotional distress, copyright infringement, and/or any other tort and damages arising from or in any other way related to their participation in Social Contest;
 - b) All injuries, losses or damages to property or person of any kind, including death, claims, actions, proceedings and other liability arising out of or caused in whole or in part, directly or indirectly, by the acceptance, possession, use or misuse of the prizes or participation in Social Contest;
 - c) Any lost, late, mechanically duplicated, illegible, incomplete, mutilated, tampered, damaged, corrupted or misdirected Entries; and
 - d) Any losses, costs, expenses, fees or damages incurred by the Participants arising out of or in connection with Social Contest or any activity related thereto, including without limitation, any breakdown or malfunction of any computer system or equipment.

7. General Terms and Conditions

- 7.1 HPB reserves the rights to amend the Terms & Conditions without prior notice.
- 7.2 HPB reserves the right to modify and/or terminate the prizes at any time at its sole discretion without any further notice to the participants.
- 7.3 HPB reserves the right at its sole discretion, to suspend, postpone or terminate Social Contest or shorten or extend the duration of Social Contest and/or amend, modify, delete, supplement, replace or revise the T&Cs, without any liability or prior notification to any person, including but not limited to any Participant.
- 7.4 HPB shall not be liable to any party whatsoever for any delay in complying or failure to comply with the T&Cs due to the occurrence of any event or circumstance beyond its control, including without any limitation to, acts of God, natural disasters or catastrophes, riots or wars (whether declared or not), terrorist activities, epidemics, health threats, quarantine requirements, change or issuance of new applicable laws.

- 7.5 In all circumstances, HPB's decisions shall be final, binding and conclusive on all matters relating to Social Contest, and no further correspondence shall be entertained. Participants agree and undertake to be bound by the aforesaid decisions.
- 7.6 The T&Cs shall be governed by the laws of Singapore. The T&Cs shall constitute the entire understanding and agreement between the HPB and the Participants. The T&Cs are not intended to confer rights on any third party cap, whether pursuant to the Contracts (Rights of Third Parties) Act (Cap. 53B) or otherwise, and no third party shall have any right to enforce any provision of the T&Cs.
- 7.7 If any term or provision of the T&Cs is held to be illegal or unenforceable, such term or provision shall be deemed to be deleted from the T&Cs and the validity or enforceability of the remainder of the T&Cs shall remain in full force and effect. HPB's failure to enforce at any time the provisions of the T&Cs or any rights in respect thereto shall in no way be considered to be a waiver of such provisions, rights, or elections or in any way affect the validity of the T&Cs.
- 7.8 In the event of any inconsistency between the T&Cs and any brochure, marketing or promotional material relating to Social Contest, the T&Cs shall prevail.