

National Steps Challenge™ Season 4

Corporate Challenge

Greater Singapore Workout @ Workplace Contest

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 Greater Singapore Workout @ Workplace Contest (herein referred to as the “Workplace Contest”).
- 1.3. You must be a Corporate Challenge participant to qualify for the Workplace Contest entry submissions on Instagram.
- 1.4. Your Instagram account’s ‘Account Privacy Setting’ has to be set to ‘Public’ to qualify for the contest.
- 1.5. 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 Workplace Contest

- 2.1. Greater Singapore Workout @ Workplace Contest will be held from 7 January – 21 April 2019, 2359hrs.

2.2. 10 winning teams stand to win attractive prizes from Actxa, Jabra and Timberland.

3. How to Participate

3.1. Participants have to:

- Step 1: Rally at least 10 colleagues and snap an exercise video in a workplace setting between 30 – 60 seconds using moves from The Greater Singapore Workout.
- Step 2: Tag @HPBsg in your video entry with #GSWatWorkplace #moveit150 #my10ktoday #thegreatersingaporeworkout as well as hashtag of your company to qualify.
- Step 3: Post your entry on Instagram before 21 April 2019, 2359hrs.
- Tip: Set your account to 'Public' so that HPB can view your entry.

3.2. To view videos on the moves for The Greater Singapore Workout videos, please visit stepschallenge.sg

3.3. 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 Workplace Contest.

4. Entry Judging Criteria

4.1. Qualified entries have to comply to criteria "1. Eligibility" and "3. How to Participate".

4.2. Judging criteria include:

- Most "Likes" received by 21 April 2019, 2359hr.
- In the event that the videos have the same number of likes, the video with the most views will be selected as the winner

4.3. HPB reserves the right to disqualify any Workplace Contest 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 establishes nudity or profanities, is libellous, defamatory, discriminatory, inappropriate or otherwise offensive to the general public;
- 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;
- Multiple submission from the same Participant from the same Instagram account or using different Instagram accounts is not allowed;
- 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 email accounts not belonging to the Participant.

5. Prize

5.1. Participants of the Top 10 winning team stands to win attractive prizes including:

- 1st prize Jabra Rox Wireless Headsets (worth \$168 each)
- 2nd prize Jabra Halo Smart headphones (worth \$138 each)
- Other prizes include:
 - Actxa Spur Fitness Trackers (worth \$100 each)
 - Actxa Swift+ Fitness Trackers (worth \$69.90 each)
 - Timberland \$50 Footwear Digital Voucher

5.2. Only 1 team per company is eligible to win the Workplace Contest. A maximum of 30 prizes are given to each winning team.

5.3. Staff of HPB will contact Participant(s) with the winning entry by 17 May 2019.

5.4. In the event that there is no response from Participant(s) with the winning entry/entries after 1 week, HPB reserves the right to disqualify that entry and select another winner base on “4. Entry Judging Criteria”.

5.5. Participant(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.

5.6. Participant(s) with the winning entry/entries have to redeem their prize(s) by **30 June 2019** after confirmation of collection with the staff of HPB.

5.7. Participant(s) with the winning entry/entries will collect their prize at Health Promotion Board from Monday to Friday 9am – 12pm, 2pm – 5pm. Transportation cost will not be remunerated.

5.8. All participants eligible for prizes are required to provide the following types of personal data to HPB staff for the Workplace Contest:

- Full name as per NRIC
- NRIC / FIN number
- Contact number

- Email address
- Signature as acknowledgement

- 5.9. Winning team may authorised 1 team member to collect the prizes.
- 5.10. For audit and validation purposes, NRIC holder is required to be present to participate and redeem prizes. NRICs are not transferrable. For authorisation collection, participant will need to produce a copy of the team members' NRIC and authorisation letter.
- 5.11. HPB may, in its sole and absolute discretion and without prior notice, replace, change or substitute any prizes with another of similar value.

6. Personal Data

- 6.1. 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.

7. Privacy Issues

- 7.1. Participants of the Social Contest hereby consent and agree to HPB recording their images through photography, videography or any other image recording means or technology (herein referred to as the "Image Recording") in any material for publicity purposes (herein referred to as the "Promotional Materials").
- 7.2. HPB shall own the rights, title and interests including intellectual property rights in and to the Image Recording.
- 7.3. HPB shall have the right to publish, reproduce, make adaptations, communicate and make available to the public, the Image Recording and the Promotion Materials in any media, whether in print, digital or any other format, for any publicity purposes connected with Social Contest or any other activity of HPB connected with being a Participant in the promotion ("Publicity Purposes"), including sharing or disclosing the Image Recording or the Promotion Materials to any other third party authorised by HPB for the Publicity Purposes, without restriction and without the need to notify the Participant in advance.

- 7.4. The Participant will have no right to approve the finished product wherein the Image Recording or his/her likeness appears, and shall not receive royalties or any other compensation arising or related to the use of the Image Recording or the Promotion Mate.
- 7.5. There shall be no time limit, nor is there any limitation in geography or medium on the use of the Image Recording or the Promotion Materials set out in Clauses 6.1 to 6.5 above.
- 7.6. The Participant hereby releases, waives and discharges HPB and its directors, officers, agents, servants, employees and any person acting pursuant to the authority of HPB (collectively the "Released Parties") from, and covenant not to sue the Released Parties or any of them for, any and all liability, claims, demands, actions and causes of action howsoever arising out of or in relation to an loss, damage or for the enforcement of any personal or proprietary right he/she may have in connection with the Image Recording or the Promotion Materials. HPB may require Participants to sign separate written releases.

8. Limitation of Liability

- 8.1. All Participants in Social Contest 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.

9. General Terms and Conditions

- 9.1 HPB reserves the rights to amend the Terms & Conditions without prior notice.

- 9.2 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.
- 9.3 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.
- 9.4 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.
- 9.5 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.
- 9.6 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.
- 9.7 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.
- 9.8 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.