

**NATIONAL STEPS CHALLENGE™ SEASON 5 YOUTH CHALLENGE
#COLOURWITHME THEMATIC CHALLENGE
FREQUENTLY ASKED QUESTIONS**

WHAT IS THIS EVENT ABOUT?

#ColourWithMe is an eighteen-day event held in conjunction with National Steps Challenge™ Season 5 in Singapore. To encourage the nation to sit less and move more, participants can walk around the island and participate in higher intensity workout sessions to stand a chance to win attractive prizes.

Participants are first given an empty canvas of Singapore in a Starter Pack challenge. To paint the canvas, they simply need to walk around with GPS-enabled devices. Participants can compete with other players for control of areas, and at the end of the event, the individual or team with the largest surface area coloured for each starter pack's game map will be declared the winner.

WHEN TO PLAY

The event starts on 13th March 2020 and will conclude at 23:59:59 on 31st March 2020, upon which the individual or team with the largest surface area coloured on each of the starter pack's game map will win.

WHO CAN PLAY

You must be a Singapore Citizen, Permanent Resident, valid employment pass holder, student pass holder or work permit holder.

However, employees of Sqkii and their immediate family members are excluded from the event. Likewise, employees (employed on a permanent, contract, and/or casual basis, including interns) of the Health Promotion Board can participate in this event but will not be able to win. In addition, the immediate family members of the employees of Health Promotion Board who have been directly involved in the conceptualisation, development, and execution of this event are eligible to participate but will not be able to win.

For those of you who are under the age of 18, do seek consent from your parents if you wish to participate in the event. After all, if you are one of the winners, you would need to have your parent or legal guardian collect the rewards with you or on your behalf. See our T&Cs for more information on this.

HOW TO PLAY

How do I paint the map?

To begin, select the starter pack which you would like to compete in. Once you have done so, you can choose or be assigned a unique colour. Start walking with the game map opened on your mobile web browser to paint it. If you navigate away from the game website or open a separate browser tab, for even a few minutes, you will not make any progress in the game.

Take note that each starter pack contains its own unique map, you may join more than one starter pack or all seven starter packs if you wish, however you can only compete for one starter pack at any point of time.

Can I paint over other players' colours?

Of course! Be reminded that other players can also paint over your paths at any time. In such case, those paths will no longer belong to you and will be deducted from your overall score.

What is the leaderboard score for and how do I win?

The leaderboard score in each starter pack game map indicates the total active area that is painted with your unique colour. The individual or team with the largest surface area coloured, as indicated by the overall score, at 23:59:59, 31st March 2020 will be awarded with the starter pack.

Do I have to sign up to play?

Yes, in order to start painting, you must sign up with your mobile number, year of birth and gender. It takes less than 30 seconds to do so. Don't worry, your information will only be used for purposes required to play this game. You may check our T&Cs for more details.

Must I form a team in order to win?

While it could be advantageous to join forces with your friends, we believe that it is possible for an individual to win the game. All you need is a good strategy, and of course, to get walking!

How do I invite my friend to join my team?

Go to Menu (indicated by the button with three horizontal lines found at the bottom left corner of the screen) > Tap on your colour (the first button on the menu) > Tap Invite Player to invite your friends.

Alternatively, you may also copy your Team ID and share it with your friends. Your friend can join your team by going to Menu > Tap Join / Create Team > Enter the Team ID > Tap Join.

Can I remove members from my team? What will happen to my team's score?

No, you are not able to remove members from your team. As such, please only share your Team ID with whom you are sure you want in your team. Alternatively, you can ask the team member to leave the team at the team page.

Once an individual leaves a team, his/her coloured areas and score that has accumulated during the individual's time with the team will belong to the team.

What is a Colour bomb? How can I get it?

Colour bombs are very useful in this game. Once activated, a colour bomb paints a significant area around you with your unique colour, giving you an added advantage in the game.

In order to receive a colour bomb, you must attend and complete a MVPA session*. You will have to book your MVPA session(s) via the Healthy 365 mobile app. Attend the session and scan the QR code to register your attendance.

Do note that not all MVPA sessions listed on the Healthy 365 mobile app are part of #ColourWithMe. You may find a list of participating MVPA sessions by tapping on the green colour bomb icon at the bottom right of the screen and then tapping on the "Get Colour Bombs" button.

*Colour bombs will only be awarded for attendance of MVPA sessions at the following MOVE IT! Programme – i-RUN, Mall Workout, Quick HIIT, Sundays @ The Park and Sunrise In The City.

What's MVPA?

MVPA refers to Moderate to Vigorous Physical Activities. Moderate-intensity physical activity are activities that causes an increase in heart rate (64%-75%) while Vigorous-intensity physical activity are activities that leads to a significant increase in heart rate (76%-95%) but does not make you out of breath. Your maximum heart rate can be derived by taking 220 minus your age.

#ColourWithMe features over 400 MVPA sessions to choose from where you can obtain a colour bomb upon successful registration, completion, and validation of the session. You are strongly encouraged to register for a slot in the MVPA session that you're interested in by heading over to the Healthy 365 mobile app before attending the MVPA session.

How do I register for the MVPA session?

First, access the list of participating MVPA sessions by tapping on the green colour bomb icon at the bottom right of the screen, then tap on the "Get Colour Bombs" button.

Once you have identified the MVPA session you are interested in, please bookmark the activity on #ColourWithMe for reference later, then head over to the Healthy 365 mobile app.

At the Healthy 365 mobile app, tap the 'Nearby' tab to find the MVPA session that you are interested in and register a session.

There are many events under the “Nearby” tab on the Healthy 365 mobile app. Is there any way I can filter / search for the MVPA sessions that allow me to receive a colour bomb?

The events under the “Nearby” tab are sorted based on proximity to your current location. Events that are happening nearer to you will appear first. However, do note that not all events listed on the Healthy 365 mobile app are participating in #ColourWithMe.

You may apply filters to make it easier to search for the specific events that are featured in this game.

- Tap on the “Filter” button and select:
- Programme: i-RUN, Mall Workout, Quick HIIT, Sundays @ The Park and Sunrise In The City
- Then, select “Apply” to view corresponding events.

For more information, you may refer to this [guide](#).

How do I complete/check in for my MVPA session?

When you attend your MVPA session, there will be a QR code provided on site for attendance taking. Please remember to take your attendance by scanning the QR code using the camera function in the Healthy 365 mobile app.

Once the session has ended, do remember to head back to the activity page in #ColourWithMe (if you have bookmarked the page earlier, you may access it by tapping on the green colour bomb icon at the bottom right of the screen and tap on the “View Your MVPA Activity Log” button) and tap on “I’ve Completed” to mark that you have completed the activity. You will receive your colour bomb once we have validated your attendance.

I did not register for the MVPA session on the Healthy 365 mobile app but I attended the session. Will I get the colour bomb?

Yes, as long as you took your attendance by scanning the QR code provided by the activity’s facilitator. However, we highly recommend participants to still pre-register for sessions on the Healthy 365 mobile app to avoid disappointment as some sessions may already be fully booked.

Also, please tap the “I’ve Completed” button for the particular activity in the MVPA activity log in #ColourWithMe for us to kickstart the process.

How would I know if the MVPA session that I registered for is cancelled? Will I be notified by Sqkii or HPB?

In the event of a cancellation, you will receive push notifications and an email to notify you on the cancellation of a session that you have registered for on the Healthy 365 mobile app. Please note that you must have a valid email address in your Healthy 365 profile in order to receive the email notifications. Please check your spam folder if you do not see the email in your inbox. You may also contact the organiser directly to find out more. The organiser’s contact details can be found on the same page as the Event Description page.

Cancellation of MVPA sessions will also be reflected in the MVPA activity log in #ColourWithMe.

How do I cancel my registration?

Launch the Healthy 365 mobile app and tap on the “Bookings” tab. Click on the session that you wish to cancel. You will see a confirmation message when your session(s) has been successfully cancelled, and the session will be removed from the “Bookings” tab.

If you are unable to attend a session, you are strongly encouraged to cancel your registration in advance so that your slot will be made available for other participants to attend.

I am unable to tap the “I’ve Completed” button for the colour bomb.

You can only tap the “I’ve Completed” button when you are at the vicinity of the activity’s location and once the activity session is over. Therefore, remember to tap “I’ve Completed” once you have completed the session.

What’s the use of an increased brush size? How can I get one?

An increased brush size allows you to paint 5x more area with the same distance. To increase your brush size, simply verify that you are a National Steps Challenge™ Season 5 participant. Sign up for National Steps Challenge™ Season 5 if you haven’t. The challenge ends on 30 April 2020. You can download the Healthy 365 mobile app, create/restore your profile and sign up for National Steps Challenge™ Season 5 and/or Youth Challenge. You can create an account if you don’t currently have one – it’s free.

Submit your phone number that was used to register for the Healthy 365 account to us for verification in-game. Your brush will be reset to its original size if no matching accounts are found.

What is the Magic Eraser?

At certain periods throughout the duration of the event, the Magic Eraser may appear as a short, surprise event on the game map. Players can vote a colour to be erased off from each of the starter pack’s game map by 50%, so vote wisely!

The GPS is not showing on my map...

Check if you enabled GPS on your phone. Next, check if you have enabled location on the in-game map (tap on the circular shape icon found on the top left of the screen). Lastly, check if you have enabled location services for your web browser of choice in your mobile device’s settings.

For Chrome Browser:

Go to Menu (indicated by three vertical dots, typically found on the top right corner) > Settings > Site Settings > Location and check if GPS permission is allowed for #ColourWithMe.

For Android:

Go to your Settings > Apps > Search for the browser you use > Permission and allow location permission for the browser.

For iOS:

Go to Settings > Privacy > Location Services > Tap on the browser that you use to allow access to location services.

Why can't I access the site from my computer?

As this event involves you having to walk around Singapore, we thought it might be impractical for one to be bringing their heavy laptops (or worse, desktops!) around, so we took the liberty to remind participants to use their mobile devices instead.

I think I have won. How do I claim the prize?

Congratulations! We hope that you like our carefully curated prize to start your journey as a Gamer/#Fitspo/MUA Wannabes/Office Men/Office Lady/Pragmatic/Hypebeast.

We will notify you via SMS to your mobile number shortly after the conclusion of the event should you be one of the winners of the event. In the case of a team winning the prize, we will notify the team leader.

You should respond to our notification within **3 days** of receiving it, following which we will give you further instructions on how to collect your prize.

You should be responsible for providing us with complete and accurate contact information for us to contact you. Sqkii or HPB will not be responsible for any inability or failure to contact the participants because of inaccurate or incomplete contact information.

Where can I find news and updates on #ColourWithMe?

For the final news and updates follow @Sqkii on Facebook. Be sure to also check out the hashtag #ColourWithMe to see what others may be up to!

WHAT DO I NOT NEED TO DO

I am concerned for my safety. Do I have to swim or climb up to high places?

At no time during this event should you find yourself put in harm's way. We have designed this event so that it is easy for people of all ages and physical capabilities to participate.

This means that you should not have to perform any other unnecessarily dangerous acts that are not mentioned herein during the event. This includes swimming or diving into water bodies, climbing into sewage canals or onto high platforms such as roofs, bashing through thick forestry, walking into extremely dark and unlit places, trespassing into restricted areas, walking onto roads, etc. You get our point.

What if I damage public or private property while participating in the event?

You do not have to damage anything during the event. There is completely no need for anyone to intrude into private and/or restricted areas or damage any public or private property while colouring the map, as it is completely possible to win without doing so. Sqkii and Health Promotion Board are likewise not liable for any such damage that may occur as a result of your acts committed.

Remember – this event is designed for people of all ages and physical capabilities.

My question hasn't been answered by any of these FAQs, so what do I do now?

Send Sqkii a private message on **Facebook** and they will do their best to reply you as soon as possible.