

**NATIONAL STEPS CHALLENGE[™] SEASON 4
SOCIAL CONTEST DECEMBER:
KEEP YOUR HEART PUMPING ANYTIME ANYWHERE!
TERMS & CONDITIONS**

1. Eligibility

- 1.1 You must be a Singaporean 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 National Steps Challenge[™] Season 4 Social Contest (herein referred to as the “**Social Contest**”).
- 1.3 You must be a National Steps Challenge[™] Season 4 participant to qualify for Social 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:
 - a) Anyone below 17 years of age;
 - b) Anyone who is not a National Steps Challenge[™] Season 4 participant at the time of collecting the prize;
 - c) Any person who is not a Singapore citizen, permanent residents, employment pass holder, student pass holder or work permit holder.
 - d) 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.

2. Official Social Contest Period

- 2.1 National Steps Challenge[™] Season 4 Social Contest February: “Keep your heart pumping anytime anywhere” will be held from 1 to 28 February 2019, 2359hrs.
- 2.2 Social Contest of the month challenge period varies. Monthly Social Contest may not begin on the first of the month or end on the last day of the month.
- 2.3 HPB reserves the rights to amend the Social Contests Period of the month without prior notice.

3. How to Participate

3.1 Participants have to:

- Step 1: Snap a photo or video of you exercising and using the facilities at your fitness corner.
- Step 2: Follow HPB on Instagram @HPBsg.
- Step 3: Tell us how you work out at your fitness corner in the caption. Copy, paste and complete this sentence: “Hi @HPBsg, here’s my workout routine at my fitness corner....”
- Step 4: Tag @HPBsg on your photo or video and hashtag your entry with #moveit150 and #my10ktoday to qualify.
- Step 5: Post your entry on Instagram.
- Tip: Set your account to ‘Public’ so that HPB can view your entry.

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 Social Contest.

4. Entry Judging Criteria and Eligibility

4.1 Qualified entries have to comply to criteria “**1. Eligibility**” and “**2. How to Participate**”.

4.2 Judging criteria include –

- Relevance to Social Contest’s Theme of the month: 50%
- Creativity of Photo or Video entry: 30%
- Inspiration / Motivational: 20%

4.3 One (1) winning entry will be selected for the National Steps Challenge™ Season 4 Social Contest February: Keep your heart pumping anytime anywhere.

4.4 HPB reserves the right to disqualify any Social Contest entries, forfeit any prize or require return of the prize presented to the Participant if:

- a) HPB, in its sole discretion, decides that the participation is not valid;
- b) The Participant does not agree to abide by and be bound by the Terms & Conditions;
- c) The Participant establishes nudity or profanities, is libellous, defamatory, discriminatory, inappropriate or otherwise offensive to the general public;
- d) The Participant is abusive to HPB staff at any point of contact;
- e) Participant(s) who has failed to provide true, correct and accurate information at any point of contact;
- f) Multiple submissions from the same Participant from the same Instagram account or using different Instagram accounts is not allowed;

- g) 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 Participant is eligible to win Social Contest of month once.
- 5.2 Staff of HPB will contact Participant(s) with the winning entry/entries 2 weeks after Social Contest of the month ends.
- 5.2.1 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**”.
- 5.3 The Garmin Vivosmart HR EZ-Link (Up to \$229) will be issued to the winner of the winning entry before 31 March 2019.
- 5.4 Participants are not allowed to exchange prizes for cash or other goods or services. HPB will not entertain any request for the exchange of prizes.
- 5.5 Participant(s) with the winning entry/entries have to redeem their prize(s) in one month after confirmation of collection with staff of HPB.
- 5.6 Participant(s) with the winning entry/entries will collect their prize at Health Promotion Board from Monday to Friday 9am – 12pm and 2pm to 5pm. Transportation cost will not be remunerated.
- 5.7 All participants eligible for prizes are required to provide the following types of personal data to HPB staff for the Social Contest:
- Full name as per NRIC
 - NRIC / FIN Number
 - Contact Number
 - Email Address
 - Signature as acknowledgment
- 5.8 For audit and validation purposes, NRIC holder is required to be present to participate and redeem prizes. NRICs are strictly not transferrable.
- 5.9 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 Materials.
- 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.
- 7.7 HPB shall have the right to disclose and publish the name and any other particulars of Participants for publicity purposes and Participants shall consent, co-operate and participate fully in the activities organised by HPB for such purposes, without any payment, fee or compensation whatsoever. If a Participant has collected a prize but does not comply with these obligations, he/she shall be required to return the prize to HPB.

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.