

**PUBLIC SERVICE SPORTS AND FAMILY DAY  
GARDENS BY THE BAY (BAY EAST), SATURDAY, 20 JULY 2019**

**CSC CYCLE**

**EVENT INFORMATION**

Date	:	Saturday, 20 July 2019
Reporting Time	:	7.00am
Starting Time	:	8.00am
Start Point	:	Changi Clubhouse, No. 2 Netheravon Road Singapore 508503
End Point	:	Gardens by the Bay (Bay East) 21 Rhu Cross, Singapore 437438
Website	:	<a href="https://www.csc.sg/sportsday/">https://www.csc.sg/sportsday/</a>
Registration (via Sports Liaison Officers)	:	<a href="https://www.csc.sg/stargames/">https://www.csc.sg/stargames/</a>
Registration (CSC Members)	:	Email: <a href="mailto:onnhaiming@csc.sg">onnhaiming@csc.sg</a>
Closing Date	:	<b><u>Friday, 21 June 2019</u></b>

**EVENT DETAILS AND INSTRUCTIONS**

**1 The Event**

- 1.1 Held in conjunction with the Public Service Sports and Family Day, this event is a cycle ride from Changi Clubhouse to Gardens by the Bay (Bay East).

**2 Route and Distance**

- 2.1 The distance of the ride is about 30km starting from Changi Clubhouse to Gardens by the Bay (Bay East).
- 2.2 The route map is given below.



### **3. Eligibility**

- 3.1 The CSC Cycle is open to civil servants and officers serving in Statutory Boards, Restructured Hospitals and Government-Aided Schools, Civil Service Club Members, employees of registered former Statutory Boards and their family members (spouse, children, parents and siblings).
- 3.2 Participants must be able to cycle a distance of 30km at speed of about 15 to 20km/hour in a group.

### **4. Registration**

- 4.1 Public Officers must register themselves and their family members through the Sports Liaison Officers of their respective agencies.
- 4.2 Members of Civil Service Club who are non-public officers can register through the CSC Cycling Club.
- 4.3 Registration is free of charge.

### **5 Safety**

- 5.1 Participants must adhere to the rules and instructions from Group Leaders whose responsibility is to look after the safety of the group.
- 5.2 Riders not adhering to the ride rules, creating hazards in the formation, during the ride, etc., will be warned by the Group Leader and depending on the severity of their actions, may be removed from the ride and shown/escorted to a route the rider can take back.

5.3 It is the responsibility of each rider to ensure their own personal safety.

## **6 Minimum Requirements**

6.1 Participants must bring along their own bicycles.

6.2 Wearing of bicycle helmet is compulsory. Any rider not wearing bicycle helmet will not be allowed to join the ride.

6.3 PAR Q/Indemnity form must be signed prior to the start of the ride.

6.4 All riders must have adequate liquid hydration and are encouraged to have food/fuel as well as repair items such as spare tubes. It is advisable to have your cell phone with you.

6.5 All riders must ensure that their bicycles are in serviceable condition with adequately inflated tyres as well as working brake systems.

6.6 Any rider with health conditions or other concerns **MUST** bring it to the attention of their Group Leader prior to departure. Those who are unwell on the morning of the ride or recovering from flu or a recent illness should not participate in the ride.

## **7 Safety / Liability**

7.1 Riders must adhere to all traffic laws and regulations in accordance to the Road Traffic Act, as stipulated by the Singapore Traffic Police and Land Transport Authority. These include the following:

- a) "STOP" signs and traffic signals must be strictly adhered to.
- b) Do not run stop signs.
- c) Always check when crossing an intersection. Do not fully rely on riders in front.

7.2 All riders using tubular tyres must ensure that their individual wheels have been checked for proper adhesiveness.

7.3 If a bicycle appears to a Group leader to be a safety hazard to self or others, he/she has the responsibility to deny that individual inclusion into the group ride until the problem has been rectified.

7.4 There will be a compulsory safety briefing on the day of the ride.

## **8 PSSFD Tickets**

8.1 Only registered participants will be issued PSSFD tickets with coupons for redemption of fun packs and freebies at the event.

8.2 They must bring along their PSSFD tickets on day of event as no replacement tickets will be issued at the event.

## **9 Bicycles**

- 9.1 Cyclists are responsible for their own bicycles. The Organisers will not be responsible for any bicycles that are stolen or damaged.

## **10 Rights**

- 10.1 The Civil Service Club reserves the right to cancel, postpone or change the venue, date and/or time of the event at its discretion due to inclement weather or any other unforeseen circumstances.

## **11 End Point**

- 11.1 This will be a one-way ride from CSC Changi to Gardens by the Bay (Bay East). Participants will be dispersed after the event and will have to ride home or make their own arrangements back to the starting point.

## **12 Indemnity**

- 12.1 Participants take part in the event at their own risk.
- 12.2 The Civil Service Club, the Organising Committee, appointed contractors, sponsors, appointed officials and staff shall not be responsible for any mishap, injury or loss of life that may be suffered by participants and/or supporters before, during or after the event.
- 12.3 The Civil Service Club, the Organising Committee, appointed contractors, sponsors, appointed officials and staff shall not be responsible for any loss of personal belongings.