



REGISTRATION FORM

- INDIVIDUAL CHALLENGE BUDDY CHALLENGE (to submit both forms together)

PERSONAL PARTICULARS

| | | |
|--------------------------|----------------------|--|
| NAME (Full name): | ADMIN NUMBER: | GENDER: M / F |
| COURSE: | SCHOOL: | T-SHIRT SIZE: XS / S / M / L / XL |
| MOBILE: | EMAIL: | |

EMERGENCY CONTACT

| | | |
|---------------------|---------------------|----------------------|
| NEXT-OF-KIN: | CONTACT NO.: | RELATIONSHIP: |
|---------------------|---------------------|----------------------|

I, _____ (NAME, parent/guardian*) _____ (NRIC No./PPT No.), give consent to and declare that my child/ward*, _____ (NAME), _____ (NRIC No./PPT No.) is **FIT** to participate in the above activity conducted by Singapore Polytechnic, its servants and organisers.

TERMS AND CONDITIONS

1. All students are advised to undergo a medical examination prior to the start of the programme. All students must be medically, mentally and physically able to participate in the programme throughout the entire duration of their involvement.
2. All students acknowledge that the activities may involve a significant degree of physical exertion and physical risk.
3. All students are encouraged to run indoors (Gym@Pool) where there is a qualified instructor/appointed personnel supervising the programme. When running outdoors (within/ around SP), students must ensure that:
 - 3.1 They report to the Gym Staff before and after the session.
 - 3.2 They are responsible for their own safety during the programme.
 - 3.3 There are no clashes in venue with other CCA groups.
4. Subject to applicable law, Singapore Polytechnic will not be held responsible for any personal injury, death, and/ or any other consequential misfortune/accident/loss/damage that may arise in the course of the programme.

I have read and understood the above terms and conditions. I am aware of the possible risks involved and accept the same. I confirm that I am enrolling my child/ward* on my own volition and subject to applicable law, shall not hold the Singapore Polytechnic, its servants and organisers responsible or in any way liable for my child/ward* personal injury, death, and/or any other special, consequential, incidental, punitive, exemplary or indirect losses or damages whether in contract or tort arising from the programme.

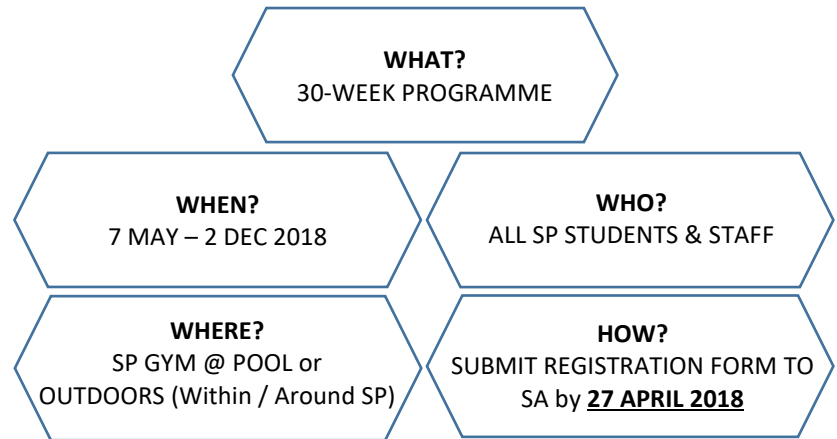
I grant my consent for Singapore Polytechnic to collect, use, and disclose my personal data, as provided in this registration form, to the relevant authorities/parties, for example, Ministry of Education, Ministry of Foreign Affairs, Ministry of Defence (MINDEF) etc. to facilitate programme execution, travel notices and for emergencies purposes etc.

Parent/ Guardian* Signature: _____

Student Signature: _____

Date: _____

Date: _____



RULES AND REGULATIONS

General

- Only completed and duly signed forms will be accepted.
- Participants are to submit registration forms to Department of Student Development and Alumni Relations (SA) by 27 April 2018 (Friday).
- Challenge progress card will be issued upon successful registration and is to be collected within the stipulated period from SA Office. An email with collection details will be sent to all participants.
- Participants who fail to observe the SP 200km Challenge rules will be given 1 warning, followed by disqualification.

Programme rules

- Attendance and records pertaining to the challenge will be carried out by SP Gym staff.
- Participants are to be in proper running attire.
- Participants are to abide by the gym rules (if running indoors).
- Participants are advised to visit the gym during non-peak periods to avoid the crowd.
- As part of the gym etiquette, participants are advised to use the treadmill for a maximum of 20 minutes at a time.
- For students running outdoors, you are advised to run at the tracks at SP Sports Complex.
- If you are running around the external perimeters of the campus, do exercise safety by running on the pedestrian walkway and keep a lookout of cars coming in/ out of the SP gates.

Medical Advisory

- Participants are to ensure that they are well while attempting to complete the challenge.
- Participants are advised to walk/ jog/ run at one's own comfortable pace.
- Should any participant feel unwell while attempting the challenge, do stop and seek immediate assistance from the SP gym staff/ SP Staff. All our SP gym staff are first-aid trained.

Rewards collection

- Reward tiers are based on accumulated distance.
- Reward items can be redeemed from SA.
- SA reserves the right to modify the rules and reward items as necessary. Participants will be informed on any changes via email.

For more information, email Ms Shaidah at nur_shaidah_sazali@sp.edu.sg.