

# Rules & Regulations

## Registration Eligibility and Rules

1. Registration fees have to be made in full latest before pre-race brief, **31<sup>st</sup> May**. Participants are allowed to withdraw after registering, only with valid reasons before the pre-race briefing and will be refunded **only 30%** of the registration amount. Bicycle & helmet rentals will be fully refunded. No refund will be made if withdrawal is after the pre-race brief.
2. All teams are required to send **at least one** member to attend the pre-race brief. In the event that none of the members is able to attend, the team is required to send a representative accompanied with an authorization letter.
3. All teams in, Tertiary and School Category will consist of 4 members and Mixed Open will consist of 2 members. All teams regardless of category have to have at least one member of the opposite sex.
4. Participants aged 16 and above are qualified to take part in the Mixed Open category.
5. Participants studying in any Polytechnics and Universities are qualified to participate in the Inter-Tertiary category.
6. Participants studying in any Junior Colleges and NITECs Polytechnics are qualified to participate in the Inter-School category.
7. Participants are required to produce and submit a swimming certificate by National Sports Council OR 1-Star kayaking certificate. Swimming proficiency test is **COMPULSORY** for all participants who fail to produce either of the above certification.
8. Participants are required to produce Abseiling Proficiency Certificate Level 1 OR Sports Climbing Level 2 certification. Abseil clinic is **COMPULSORY** for all participants who fail to produce either of the above certification.
9. Participants are to possess a basic cycling proficiency.
10. In the event of over subscription, teams will be selected on a first come, first serve basis. Notwithstanding this, the Race Organising Committee reserves the absolute discretion to decide whether or not to accept a team's registration. The Race Organising Committee's decision will be final.

## Inclement Weather

1. If inclement weather occurs at the start of the race, the Race Organising Committee reserves the right to withhold the flag off time of the race until deemed safe by the race officials to continue. Inclement weather is defined as heavy showers with lightning.
2. Should the bad weather persist, the Race Organising Committee reserves the right to cancel the race without refund of fees paid in the interest of the competitors' safety or any other reasons. The Race Organising Committee's decision will be final.
3. If inclement weather occurs during the race, the race officials reserve the right to suspend the race until deemed safe by the Race Organising Committee to continue.
4. If there is lightning but no rain, the Race Organising Committee reserves the right to cancel certain race events that are deemed unsafe by the race officials.
5. If inclement weather occurs during the race, participants are advised to seek nearest shelter along the route. They may continue on to the nearest checkpoint at their own risk. Further instructions will be given.

## Race Safety

### Participants Responsibility

1. Every participant is responsible for his/her involvement in the race and is the sole judge of whether he/she should begin or continue competing in the race. However, the Race Organising Committee reserves the absolute right and discretion to stop a competitor from starting or continuing the race, if in the Race Organising Committee's opinion that the competitor is likely to cause him/her self injury either by starting or continuing the race. The race organizer's decision will be final.
2. Participants are highly encouraged to follow the traffic rules throughout the race.
3. Participants who are not certain of their physical and/or mental capacities to participate in this race are advised to consult their family doctor prior to participation.
4. Participants must ensure that they are well-rested prior to the race day and are well-hydrated and equipped with personal hydration packs on race day.
5. If participants feel unwell during the race, they must stop and ask for medical attention from the officials and marshals along the race route.
6. Information sharing between teams within the race is considered a violation of rules. Any teams that are caught sharing information by the Race Organising Committee will be automatically disqualified.

### Organizer's Responsibility

1. First-Aid service will be provided during the race. There will be First Aid stations along the race route.
2. Water re-hydration points shall be available along designated places within the race route.
3. All check points will have communication accessibility to the Race Organising Committee.

## General

1. ALL teams must report at least half an hour before their flag off time at the designated starting point.
2. **Registration period for each category will be 30mins and will start 1 hour before flag-off time<sup>^</sup>.** Any teams that report after the registration period will not be allowed to participate in the race.
3. All mandatory gear will be inspected during the race testing and on race day, at the registration counter by the Race Organizer.
4. Race singlet must either be worn or worn on the outside of clothing at all times.
5. Use of all electronic devices other than wristwatches is prohibited (e.g. cell phone, pager, radio, etc.) during the race.
6. ***Please note that there are water elements in the course of the race, hence equipment should be waterproofed if necessary.***
7. Teams are to report to the **CHECK- IN** station immediately upon arrival to a new checkpoint.
8. Teams are to report to the **CHECK-OUT** station immediately after they have completed their checkpoint's task.
9. Teams are to follow instructions or directions from check point to check point in the order which they are given.
10. Members of each team **MUST** stay intact at all times. Any team that violates this rule shall be automatically disqualified.
11. The Race Organising Committee reserves the right to change the rules or the course at any given time.
12. Teams who failed to complete any stations within stipulated cutoff time will be unranked.
13. Any teams or participants may choose not to participate in a technical skill section of the race. Teams or any one member of a team electing not to participate in any technical sections will result in the entire team being unranked, but teams will still be permitted to complete the race. Teams or participants electing not to participate in any technical sections must report to a race official at the technical section to state their intention and receive instructions about the continuation of the race.
14. Teams with members who fall out at any point during the race will also be unranked.
15. **Any failure to adhere to the above-mentioned rules and regulations can result in automatic DISQUALIFICATION of the entire team.**

Rules & Regulations are as dated of 24<sup>th</sup> April 2009.

<sup>^</sup>Flag-off timings will be announced on pre-race brief.

# Application Form

## 1. Eligibility

All teams in, Tertiary and School Category will consist of 4 members and Mixed Open will consist of 2 members. All teams regardless of category have to have **at least one** member of the opposite sex.

Participants **aged 16 and above** are qualified to take part in the Mixed Open category.

Participants studying in any Polytechnics and Universities are qualified to participate in the Inter-Tertiary category.

Participants studying in any junior colleges and NITECs Polytechnics are qualified to participate in the Inter-School category.

## 2. Registration instruction

The closing date for registration is **23<sup>rd</sup> May 2009**. You are encouraged to submit your Application Form early as there will be a cap on the number of teams for each category. Entries will be handled on a first-come, first-serve basis.

Payment must be made upon submission of the Application Form, either in the form cash or cheque.

Submission should include:

- Application Form (fully filled)
- Photocopy of Swimming OR Kayaking 1-Star certification
- Photocopy of Abseiling Proficiency Lvl 1 OR Sports Climbing Lvl 2 certification.
- Bike Indemnity Form
- Cheque (for payment via post)

### Payment by Cash

ATC 09 registration booth at North Spine, NTU.

### Payment by Cheque

Cheques should be crossed and made payable to “**NTU Outdoor Adventure Club**”. Please write your name, NRIC/ Passport Number and Team name at the back of the cheque. Completed Application Forms and accompanying payment should be sent via post to:

**Adventure Trail Challenge 2009**  
*Nanyang Technological University*  
*c/o Sports & Recreation Centre*  
*20 Nanyang Green*  
*Singapore 637715*

Please **DO NOT** send cash via post. Organising Committee will not hold responsibility for any losses.

## 3. Prior to Race Day

Abseil Clinic and Swimming Proficiency test of 200m is **COMPULSORY** for participants who fail to produce the above Swimming/Kayak 1-Star and Abseiling Lvl 1/Sports Climbing Lvl 2 certification. The clinic, swim proficiency and pre-race brief will be held on the **31<sup>st</sup> May** at **SAFRA (Yishun)**. Scheduling details are posted in the FAQs at [www.ntuodac.com/atc](http://www.ntuodac.com/atc).

Bike deposit for participant's personal bike will be on **6<sup>th</sup> June**. *Time*, and *venue* will be announced on during pre-race brief, on **31<sup>st</sup> May**.

Registration fees have to be made in full latest before pre-race brief, **31<sup>st</sup> May**. Participants are allowed to withdraw after registering, only with valid reasons before the pre-race briefing and will be refunded **only 30%** of the registration amount. Bicycle & helmet rentals will be fully refunded. No refund will be made if withdrawal is after the pre-race brief.

All teams are required to send **at least one** member to attend the pre-race brief. In the event that none of the members is able to attend, the team is required to send a representative accompanied with an authorization letter.

#### **4. Race Equipment**

##### Compulsory Equipment

- Minimum 1.5L of water per team
- Biking helmet (for those with their own bikes)
- Covered footwear (sandals, open toed footwear are not allowed)
- Dry bags / Water proof bags to keep race documents dry
- 1 mobile phone per team

##### Optional Equipment

- Power food / Energy bars / Isotonic drinks
- Sun protection, hats, visors or sun screen etc
- Basic first aid kit

#### **5. Contacts**

For more information, log on to [www.ntuodac.com/atc](http://www.ntuodac.com/atc) or contact Lim Wei Ling, 96158324 (HP).

#### **6. Disclaimer**

The Organising Committee, NTU Outdoor Adventure Club, their sponsors, appointed staff and officials would under no circumstances accept liability resulting from injury, whether fatal or otherwise of any participants or from damage to or loss of such person's property while participating in the race.

The Organising Committee, NTU Outdoor Adventure Club, their sponsors, appointed staff and officials would under no circumstances be held responsible for cancellation of the event due to unforeseen circumstance.

## PERSONAL PARTICULARS

Team Name: _____		<input type="checkbox"/> Inter-school <input type="checkbox"/> Inter-Tertiary <input type="checkbox"/> Mixed Opens	
1 <sup>st</sup> Participant		2 <sup>nd</sup> Participant	
Name: _____	Gender: _____ M/F	Name: _____	Gender: _____ M/F
NRIC/passport no.: _____	Date of birth: _____	NRIC/passport no.: _____	Date of birth: _____
Contact no. (Both home and mobile no.) : _____		Contact no. (Both home and mobile no.) : _____	
Home address: _____		Home address: _____	
Email address: _____	t-shirt size: _____ XS / S / M / L / XL	Email address: _____	t-shirt size: _____ XS / S / M / L / XL
Name of institution (for School / Varsity): _____		Name of institution (for School / Varsity): _____	
Allergies / medical history: _____	Blood type: _____	Allergies / medical history: _____	Blood type: _____
<input type="checkbox"/> Abseil Proficiency Level 1 / Sports Climbing Level 2 <input type="checkbox"/> Kayaking 1-Star / Swimming Certification		<input type="checkbox"/> Abseil Proficiency Level 1 / Sports Climbing Level 2 <input type="checkbox"/> Kayaking 1-Star / Swimming Certification	
Contact person (in case of emergency)		Contact person (in case of emergency)	
Name: _____	Relationship: _____	Name: _____	Relationship: _____
Home address: _____		Home address: _____	
Contact number: _____		Contact number: _____	
Declaration / Waiver Clause		Declaration / Waiver Clause	
I, _____ (Name), _____ (NRIC No / Passport No) consent to participate in Adventure Trail Challenge 2009. I agree to hold NTU Outdoor Adventure Club and its organizers, sponsors, appointed officials or staff free of liability whatsoever for loss of life or injury or damage to property of goods whatsoever and howsoever occasioned during the Event. I hereby declare that I will abide by the rules and regulations of Adventure Trail Challenge 2009 with full knowledge of the consequences that may arise from my participation in the event and do hereby, for myself, my executors, administrators and assigns, covenant with the organizers and the sponsors to release them from any claim I may have against them in the event of an injury, fatal or otherwise, that I may suffer as a result of my participation. I also agree that the decision of the Organising Committee is final and that no appeal will be entertained.		I, _____ (Name), _____ (NRIC No / Passport No) consent to participate in Adventure Trail Challenge 2009. I agree to hold NTU Outdoor Adventure Club and its organizers, sponsors, appointed officials or staff free of liability whatsoever for loss of life or injury or damage to property of goods whatsoever and howsoever occasioned during the Event. I hereby declare that I will abide by the rules and regulations of Adventure Trail Challenge 2009 with full knowledge of the consequences that may arise from my participation in the event and do hereby, for myself, my executors, administrators and assigns, covenant with the organizers and the sponsors to release them from any claim I may have against them in the event of an injury, fatal or otherwise, that I may suffer as a result of my participation. I also agree that the decision of the Organising Committee is final and that no appeal will be entertained.	
Signature of Participant: _____		Signature of Participant: _____	
Indemnity Form (For Participants Below the age of 21 as of 6 <sup>th</sup> June 09)		Indemnity Form (For Participants Below the age of 21 as of 6 <sup>th</sup> June 09)	
I, _____ (Name of Parent / Guardian), _____ (NRIC No.), _____ (Relationship) of _____ (Name of Participant), validate that I fully understood and appreciate the effort of the above Declaration Clause and hereby agree to allow him/her to participate in Adventure Train Challenge 2009 and shall not hold the organizers, their sponsors, appointed officials or staff responsible for any mishap, injury or loss of life whatsoever that may occur in the event.		I, _____ (Name of Parent / Guardian), _____ (NRIC No.), _____ (Relationship) of _____ (Name of Participant), validate that I fully understood and appreciate the effort of the above Declaration Clause and hereby agree to allow him/her to participate in Adventure Train Challenge 2009 and shall not hold the organizers, their sponsors, appointed officials or staff responsible for any mishap, injury or loss of life whatsoever that may occur in the event.	
Signature of Parent / Guardian: _____		Signature of Parent / Guardian: _____	

3 <sup>rd</sup> Participant		4 <sup>th</sup> Participant	
Name:	Gender: M/F	Name:	Gender: M/F
NRIC/passport no.:	Date of birth:	NRIC/passport no.:	Date of birth:
Contact no. (Both home and mobile no.) :		Contact no. (Both home and mobile no.) :	
Home address:		Home address:	
Email address:	t-shirt size: XS / S / M / L /XL	Email address:	t-shirt size: XS / S / M / L /XL
Name of institution (for School / Varsity):		Name of institution (for School / Varsity):	
Allergies / medical history:	Blood type:	Allergies / medical history:	Blood type:
<input type="checkbox"/> Abseil Proficiency Level 1 / Sports Climbing Level 2 <input type="checkbox"/> Kayaking 1-Star / Swimming Certification		<input type="checkbox"/> Abseil Proficiency Level 1 / Sports Climbing Level 2 <input type="checkbox"/> Kayaking 1-Star / Swimming Certification	
Contact person (in case of emergency)		Contact person (in case of emergency)	
Name:	Relationship:	Name:	Relationship:
Home address:		Home address:	
Contact number:		Contact number:	
Declaration / Waiver Clause		Declaration / Waiver Clause	
<p>I, _____ (Name), _____ (NRIC No / Passport No) consent to participate in Adventure Trail Challenge 2009. I agree to hold NTU Outdoor Adventure Club and its organizers, sponsors, appointed officials or staff free of liability whatsoever for loss of life or injury or damage to property of goods whatsoever and howsoever occasioned during the Event. I hereby declare that I will abide by the rules and regulations of Adventure Trail Challenge 2009 with full knowledge of the consequences that may arise from my participation in the event and do hereby, for myself, my executors, administrators and assigns, covenant with the organizers and the sponsors to release them from any claim I may have against them in the event of an injury, fatal or otherwise, that I may suffer as a result of my participation. I also agree that the decision of the Organising Committee is final and that no appeal will be entertained.</p>		<p>I, _____ (Name), _____ (NRIC No / Passport No) consent to participate in Adventure Trail Challenge 2009. I agree to hold NTU Outdoor Adventure Club and its organizers, sponsors, appointed officials or staff free of liability whatsoever for loss of life or injury or damage to property of goods whatsoever and howsoever occasioned during the Event. I hereby declare that I will abide by the rules and regulations of Adventure Trail Challenge 2009 with full knowledge of the consequences that may arise from my participation in the event and do hereby, for myself, my executors, administrators and assigns, covenant with the organizers and the sponsors to release them from any claim I may have against them in the event of an injury, fatal or otherwise, that I may suffer as a result of my participation. I also agree that the decision of the Organising Committee is final and that no appeal will be entertained.</p>	
Signature of Participant:		Signature of Participant:	
Indemnity Form (For Participants Below the age of 21 as of 6 <sup>th</sup> June 09)		Indemnity Form (For Participants Below the age of 21 as of 6 <sup>th</sup> June 09)	
<p>I, _____ (Name of Parent / Guardian), _____ (NRIC No.), _____ (Relationship) of _____ (Name of Participant), validate that I fully understood and appreciate the effort of the above Declaration Clause and hereby agree to allow him/her to participate in Adventure Train Challenge 2009 and shall not hold the organizers, their sponsors, appointed officials or staff responsible for any mishap, injury or loss of life whatsoever that may occur in the event.</p>		<p>I, _____ (Name of Parent / Guardian), _____ (NRIC No.), _____ (Relationship) of _____ (Name of Participant), validate that I fully understood and appreciate the effort of the above Declaration Clause and hereby agree to allow him/her to participate in Adventure Train Challenge 2009 and shall not hold the organizers, their sponsors, appointed officials or staff responsible for any mishap, injury or loss of life whatsoever that may occur in the event.</p>	
Signature of Parent / Guardian:		Signature of Parent / Guardian:	

# Bike Indemity Form

## Personal Bicycle & Helmet

Participants are allowed to use their own personal bicycle and helmet for this event. Bike deposition will be conducted on the **6<sup>th</sup> June**, time and venue will be announced on a later date.

(to be filled in if you are using your personal bicycle and helmet)

I, \_\_\_\_\_ of NRIC No. \_\_\_\_\_ will not hold the Event Organizing Committee responsible or liable if my bicycle is found missing or damage after depositing it for transition to the event area; and during the whole course of the race.

\_\_\_\_\_  
Signature/Date

I, \_\_\_\_\_ of NRIC No. \_\_\_\_\_ will not hold the Event Organizing Committee responsible or liable if my bicycle is found missing or damage after depositing it for transition to the event area; and during the whole course of the race.

\_\_\_\_\_  
Signature/Date

I, \_\_\_\_\_ of NRIC No. \_\_\_\_\_ will not hold the Event Organizing Committee responsible or liable if my bicycle is found missing or damage after depositing it for transition to the event area; and during the whole course of the race.

\_\_\_\_\_  
Signature/Date

I, \_\_\_\_\_ of NRIC No. \_\_\_\_\_ will not hold the Event Organizing Committee responsible or liable if my bicycle is found missing or damage after depositing it for transition to the event area; and during the whole course of the race.

\_\_\_\_\_  
Signature/Date

## Rental of Bicycle & Helmet

Participants are allowed to rent bicycle and helmet at the price of \$6.00. Bicycle and helmet will not be rented separately.

(to be filled in if you are renting bicycle and helmet)

Names of Participants

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

Total no. of bicycles & helmets: \_\_\_\_\_

Receipt No. : \_\_\_\_\_ (For Official Use Only)