



PRE-EVENT

How do I register for the event?

Please fill out our registration form on our website: https://forms.gle/M4T9Az5xSWHcq3QA6

What happens after I register for the event?

You should receive a confirmation email within 24 hours of entering the event with key event details and charity info. If you have not received an email, please email us at marketing@ufit.com.sg

When will I be added to the Team WhatsApp groups?

You will be added to your Team WhatsApp group on Friday 4th December. Everyone that signs up after this date will be added to the groups within 24 hours of registering. Your team captain will share important event updates, news from YMCA, and training tips leading up to event weekend. You can also ask any questions about the event on this group!

How can I donate to YMCA?

You can donate to YMCA in 2 ways:

1. Donate Via GIVING SG

- Go to <u>UFIT's Singapore To Santa Giving.sg</u>
- Enter the amount you would like to give.
- Click "Donate today"!

2. Donate Via PAYNOW

- Scan the QR code or enter YMCA's UEN "S61SS0045E" (ensure payment is being made to YMCA of Singapore)
- Enter the amount you would like to give:
 - Under Transfer Details, enter "UFIT"*
 - Click "Next" and double-check your information.
 - Click "Transfer Now".



*If you are donating \$50+, enter your NRIC number as well so you can receive a 250% tax deduction.



What are the rules for Singapore To Santa?

- Please complete your activity between 00:00 on Saturday 12th December and 21:00 on Sunday 13th December.
- Please share screenshots of your total distance travelled from your device/app with your Team Captain to support your cycle/swim/run/walk/ski erg/row.
- There is no limit to the number of cycles/swims/runs/walks/ski ergs/rows you do, as long as they are completed within the given time frame.
- Results must be submitted by 21:30 on Sunday 13th December

Is there a minimum age to take part in Singapore To Santa?

We encourage people of all ages to take part in our Christmas family event! However, all U16s must be registered by an adult.

Can I take part from anywhere in the world?

Absolutely, but please make sure that you complete your session(s) between 00:00 on Saturday 12th December and 21:00 on Sunday 13th December (SGT)

Is it free to join Singapore To Santa?

It is free to join our event - all we ask is that you make a small donation upon entry to YMCA. Any amount, no matter how small will help them continue to do their incredible work. You can donate via Giving SG <u>here</u>.

EVENT WEEKEND

Which sports are included in Singapore To Santa?

To help us get from Singapore to the North Pole, you can either swim, cycle, walk, run, ski erg, or row. You may choose more than one sport (all 6 if you're up to the challenge!)

Can I take part in more than one swim/cycle/run/walk/row/ski erg over the weekend?

Absolutely, you can stop and start as many times as you like throughout the weekend. Just ensure that you send the total distance travelled (in km) at the end of the weekend and use screenshots to back up your results.



How do I calculate my distance?

There are many ways you can calculate your distance:

- 1. Using a mobile app. Apps include:
 - Strava for running, walking, cycling and swimming
 - Runkeeper for running & walking
 - Zwift for cycling & running
 - Apple Health App (on your iPhone) for walking & running
- 2. Using a smartwatch (Fitbit, Garmin, Apple) and taking a screenshot
- 3. Taking a photo of your total distance if using gym equipment (ski erg/rower/treadmill/indoor bike

How do I post my results?

Strava Users - If you are on Strava and you have joined your UFIT Team Captain's Strava group, then your distance will automatically be calculated at the end of the weekend. You will be sent a link to your Team's Strava group via your team WhatsApp group on Saturday 5th December.

Non-Strava Users - Please send a screenshot of your total distance travelled (in km) for each sport to your Team Captain in the WhatsApp group. Alternatively, email your results to marketing@ufit.com.sg.

Make sure you send in your results by 21:30 on Sunday 13th December, otherwise they may not be counted.

How long do we have to complete the event?

The event starts at 00:00 on Saturday 12th December and finishes at 21:00 on Sunday 13th December (SGT). Any distance that you clock up before the start time or after the finish time will not be counted. Please make sure you send in your distance by 21:30 on Sunday 13th December.

Will there be any prizes?

There will be a prize for the individual that records the most km for the following sports: swim, cycle, walk, run, ski erg, or row. The prizes have been donated by our amazing partners: Bondi Vite (main event partner), BURN, Tanjong Beach Club, The Loco Group and Lorna Jane and the value of prizes ranges from \$200-\$500. There will also be a prize for the team that clocks up the most km & the best fancy dress - best of luck!