

## COMMUNITY CHALLENGE TEAM STEPS RACE FREQUENTLY ASKED QUESTIONS (FAQs)

**Note:** This document covers FAQs pertaining to the Community Challenge Team Steps Race. For questions on the HPB fitness tracker, other compatible fitness tracking modes, usage of the Healthy 365 app and the National Steps Challenge™, please refer to the **FAQ document** at **[stepschallenge.gov.sg](http://stepschallenge.gov.sg)**.

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### Section A: General information

#### **1. What is the Team Steps Race?**

The Community Challenge is an extension of the National Steps Challenge™, a nation-wide physical activity programme aimed at encouraging Singaporeans to sit less and move more and to embark on more physical activity as part of their daily lives.

The Team Steps Race (“Team Steps Race”) is a thematic challenge under the Community Challenge to promote physical activity among smaller groups of five participants within the community with specific team-based milestones set throughout the Challenge period.

#### **2. How does the Team Steps Race work?**

In this Team Steps Race, three Challenge milestones are set based on the average daily steps per Team of five participants. By meeting any of the team-based milestones, teams are eligible for sure-win rewards and Lucky Draw chances.

Milestone 1: 30,000 – 39,999 average daily steps per team

Milestone 2: 40,000 – 49,999 average daily steps per team

Milestone 3: at least 50,000 average daily steps per team.

Every step taken contributes to your Team's average daily step count. The higher the step count, the greater the rewards participants can get.

### **3. When will Team Steps Race start and end?**

The Team Steps Race will officially start on **4 March 2022, 0001 hours** and end on **24 April 2022, 2359 hours** ("Official Challenge Period").

### **4. How are the average daily steps per Team computed?**

Average daily step count per Team is the summation of daily average step count per Participant in each Team, which is taken as the total number of steps accumulated by all five (5) participants in the team, divided by the total number of days during the Challenge period.

Please note that step counts must be clocked and synced to the Healthy 365 app during the Official Challenge Period to be considered towards the qualifying criteria. Only step counts from the day of commencement of the Official Challenge Period, will be considered. All step counts must be synced to the Healthy 365 app before the Challenge ends to be considered. Any step count synced after the end of Challenge will not be considered, even if the step count was clocked during the Official Challenge Period.

Individuals who have not registered, as well as Participants who did not set a tracking mode and have not synced any steps with the Healthy 365 app during the Challenge period are excluded from the computation.

### **5. How can I monitor the performance of my team?**

Participants will not be able to track the Team Steps Race challenge progress in the Healthy 365 app. If you would like to know your team's average daily steps count, you may consider manually adding up the steps count among your team members and dividing it by the number of days.

To facilitate Teams in monitoring their progress, a one-time notification (via SMS or email) will be sent out to the participants to inform them about their team's progress at the mid-point of the Challenge.

## **Section B: Registration**

### **6. Who can sign up for the Team Steps Race?**

The Team Steps Race is open to current Community Challenge participants. For the team to be eligible in the Challenge, participants will need to:

- a) Form a team of five (5) to participate and create an alphanumeric Team Name to be identified as a team
- b) Have all five (5) team members submit their registration using FormSG (<https://go.gov.sg/teamstepsrace>) by the registration deadline
- c) Have a compatible fitness tracking mode paired with and synced to the Healthy 365 app

**7. NOTE: Registration is limited to the first 1,800 teams. How does my Team sign up for the Team Steps Race?**

Registration for the Team Steps Race must be done via FormSG (<https://go.gov.sg/teamstepsrace>) by individual members of the Team. Each participant will have to submit their Team name in the FormSG to be identified as a member of the Team. Each participant is only allowed to be part of a maximum of 1 team.

**8. How would my Team be informed our registration confirmation?**

Each Team member will receive a SMS notification to confirm your registration for the Team Steps Race by 3 March 2022.

**9. Must I pay to participate in the Team Steps Race?**

Participation in Team Steps Race is free of charge.

**10. When does registration for Team Steps Race start and end?**

Registration for the Team Steps Race will start from **21 January 2022, 0001 hours** and end on **13 February 2022, 2359 hours**.

**11. How do I withdraw from the Team Steps Race and will there be any repercussions?**

Should you want to withdraw from the Team Steps Race, please write in your request to [stepschallenge@hpb.gov.sg](mailto:stepschallenge@hpb.gov.sg), stating your name and the Team name that you would like to withdraw from. Once withdrawn, you will not be able to join the same Team in this Challenge again.

No repercussion will be imposed for withdrawal. Please note that all step counts from withdrawn participants will be removed from their respective teams in the Team Steps Race. As Teams need to maintain the size of five (5) participants in order to earn rewards, Teams with participants intending to withdraw must write in to [stepschallenge@hpb.gov.sg](mailto:stepschallenge@hpb.gov.sg) and provide a replacement team member name before the withdrawing participant proceeds with their withdrawal. The new member must also fill out the registration FormSG (<https://go.gov.sg/teamstepsrace>)

The maximum allowable number of changes to a Team composition is one (1) time, which consists of one (1) member withdrawal and one (1) member replacement. Should a second member decide to withdraw from the Team Steps Race, the team will be automatically disqualified from earning rewards as it has fewer than five (5) members.

Please note that withdrawal from the Team Steps Race does not constitute a withdrawal from the Community Challenge or National Steps Challenge™ Season 6.




**Section C: Prizes**

**12. How do I win in the Team Steps Race? What are the prizes for winner(s) of the Team Steps Race?**

Teams with five (5) active members who each clock at least 1000 average daily steps over the Challenge Period and have met any one of the milestones (listed in para 2) as a team will be eligible to earn rewards as follows:

- (a) A sure-win National Steps Challenge™ collapsible cup

(b) Eligible teams can earn a chance to win the Team Steps Race lucky draw prize listed in the table below, based on the milestones that they have met.

MILESTONE	PRIZE
30,000 - 39,999 average daily steps	 <p><b>LIHO</b> Buy-1-Get-1-Free eVoucher (worth \$2) No. of winners: 20 Teams</p>
40,000 - 49,999 average daily steps	 <p><b>Anytime Fitness</b> 3-month membership (worth \$574) No. of winners: 11 Teams</p>
≥50,000 average daily steps	 <p><b>Anytime Fitness</b> 6-month membership (worth \$938) No. of winners: 10 teams</p>

**13. How and when will the Team Steps Race Lucky Draw be conducted?**

The Team Steps Race Lucky Draw will be conducted within 3 weeks after the Official Challenge Period and at a time of Health Promotion Board's choosing at the Health Promotion Board.

**14. How would I be informed of whether my Team has won the Sure-Win reward or Lucky Draw Prizes?**

Eligible participants will be notified via SMS if you have won the Sure-Win reward and/or Lucky Draw prizes within 1 month from the end of Team Steps Race. A list of Lucky Draw winners will be also be provided on our website [stepschallenge.gov.sg](http://stepschallenge.gov.sg).

**15. How and when will I receive the prizes from the Team Steps Race?**

Eligible participants will receive the Sure-Win reward via mail within 2 months from the end of Team Steps Race. The National Steps Challenge™ collapsible cup will be sent out to the mailing address that participants have provided in their registration FormSG (<https://go.gov.sg/teamstepsrace>)

For Team Steps Race Lucky Draw reward, the relevant reward e-voucher will be credited in eligible participants' Healthy 365 app e-Wallet within 2 months from the end of Team Steps Race.

For further assistance, please contact us at **1800 567 2020** or email us at [stepschallenge@hpb.gov.sg](mailto:stepschallenge@hpb.gov.sg).