

Surf N Sweat Health Declaration Form

Please circle Yes or No for the following questions.

1. Do you have any heart conditions that allow you to perform physical activity only upon recommendations by the doctor?*(Yes/No)
2. Do you feel any chest pain whenever you perform physical activity?(Yes/No)
3. Have you felt any chest pain over the past month even without performing physical activity?(Yes/No)
4. Have you ever lost consciousness or lost balance due to dizziness, after strenuous activity?(Yes/No)
5. Do you have a bone or joint condition that could be made worse by a physical activity?(Yes/No)
6. Are you currently on prescribed drugs for heart conditions or blood pressure?(Yes/No)
7. Are you aware of any physical condition that you may have, that may render you unsafe for strenuous activity?(Yes/No)
8. Have you ever had unusual or extreme shortness of breath, during or after physical activity?(Yes/No)
9. Are you able to swim unaided for at least 50m?(Yes/No)

**If your answer is yes for any of the questions above, please obtain a certificate of approval from a certified doctor to prove that you are able to participate in strenuous activity and submit it along with the registration form for record purposes.

SURF N SWEAT 2012 Let's get wet!

Supported by

NTU Student Affairs Office

NTU Alumni Affairs Office



**NTU SPORTS CLUB
PROUDLY
PRESENTS**



SURF N SWEAT

19 February

2012

Siloso Beach

Rules and Regulations

Registration

- 1) All entries should be made on official registration forms or photocopies of the original form.
- 2) Incomplete forms will **not** be accepted.
- 3) 3 modes of payments:
 1. ONLINE registration must be made by **CREDIT/DEBIT CARD** payment
 2. MANUAL registration at booth set up in NTU must be made by **CASH**
 3. MAIL-IN registration must be made by **CHEQUE** payable to “**NTU Student Union**”. Money order and cash will **not** be accepted for mail-in registration.
- 4) Closing date for registration is **13th February 2012**. All entries should be mailed together with the registration forms and cheque payments to :

Surf N Sweat 2012
NTU Sports Club
c/o Sports and Recreation Centre
20 Nanyang Green, Singapore 637715

- 5) A final confirmation email would be sent after 13th February 2012.
- 6) Participants are to also check their confirmation from our website, <http://surfnsweat.ntusportsclub.sg> after **13th February 2012**.
- 7) Visit <http://surfnsweat.ntusportsclub.sg> for more details.
- 8) All participants are to be of age 16 and above as of event day.

Reporting

- 1) Participants are required to report at **Siloso Beach, Sentosa**, for their respective categories during the respective reporting time with their **NRIC/Passport/Student Pass**. NTU students are to bring their **matriculation card**.
- 2) Reporting times would be available on our website 3 days prior to the event.

Payment

- 1) The registration fee **EXCLUDES** entry fee into Sentosa.

Categories for Surf N Run

- 1) Participants are allowed to register only once for each category but are allowed to participate in more than one category. However, it is up to the participant’s discretion to ensure that there is no clash in any of his/her registered events. No refund of money will be entertained in such circumstances.
- 2) **Lovers' challenge** participants must form a team of 2 consisting of **different gender**. Both the participants are to surf on the same surfboard and run together. For **Doubles** event, participants must form a team of 2 consisting of **the same gender**. One participant have to surf while the other have to run. The finishing time of the team will consist of the combined timing of the 2 members. Any member who fails to complete the race will result in **disqualification** of the team.

FOR OFFICIAL USE ONLY:

Personal Particulars (in BLOCK letters)

Name (as in NRIC): _____

Gender: M/ F Nationality: _____

Blood Type: ____ Drug Allergies: _____ Medical History: _____

NRIC/Passport No: _____ Email: _____

Contact No: _____ (H) _____ (HP)

Address: _____

_____ Postal Code: _____

Institution (if applicable): _____

Matriculation Number (NTU/NIE Students/staff): _____

Course/Year: _____ Email: _____

T-shirt size: XS / S / M / L / XL

Person to contact in Case of Emergency:

Name: _____ Relationship: _____

Contact No: _____ (H) _____ (Hp)

Would you be interested interested to sign up for a free nEbO membership?
Please take note that membership is on a first come first serve basis.

I. Indemnity Form (For participants below the age of 21 only)

I, _____ (Name of Parent/Guardian) of _____ (Name of Participant), whose particulars are as written above, confirm that I fully understood and appreciate the effect of the Declaration/Waiver Clause and hereby agree to allow him/her, who can swim 50m unaided, to participate in Surf N Sweat 2012 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 course of, or as a result of his/her participation in the event.

Signature of Parent/Guardian NRIC No. Date

Event

SPECIAL!

Special rate for NTU/NIE student/staff

Enjoy \$4 off when you sign up for Men's / Women's Open by 22 January 2012!

Main event: Surf N Run

Open Events (Age 16 as of event day)

- Men’s Open (\$22*/\$26)
- Women’s Open (\$22*/\$26)
- Team of 3 Relay (\$54*/\$66) (minimum 1 female)
- Men's Doubles Open (\$36*/\$44)
- Women's Doubles Open (\$36*/\$44)
- Lovers’ Challenge (\$38*/\$46)

Institutional Challenge (Open to current students from JCs, Pre-U Institutes, Polytechnics & ITEs)

- Institutional Women’s Challenge (\$18*/\$22)
- Institutional Men’s Challenge (\$18*/\$22)

*Early Bird Prices last from now to 22nd January 2012

Main Event 2 (NEW!)

- Surf N Hunt II** (2 per team of any combination) (\$38*/\$46)
Team name: _____

Side events

- Beach Volleyball** (Team of 4+1 reserve) (\$60*/\$65) (Min 1 female on court)
Team Name: _____
- Beach Soccer** (Team of 4+1 reserve) (\$55*/\$60) (Males only)
Team Name: _____
- Beach Ultimate Frisbee** (Team of 6+1 reserve) (\$75*/\$80) (Min 2 female on court)
Team Name: _____
- Beach Touch Rugby** (Team of 3+2 reserves) (\$60*/\$65) (Min 1 female on court)
Team Name: _____
- Beach Handball** (Team of 4+1 reserve) (\$45*/\$50) (Min 1 female on court)
Team Name: _____
- Beach Captain’s Ball** (Team of 5+1 reserve) (\$70*/\$75) (Min 2 female on court)
Team Name: _____

^Please attach all the forms of your team members and submit them together at the same time

II. Declaration/ Waiver Clause (For all participants)

I _____ (NRIC/Passport No. _____) consent to participate in Surf N Sweat 2012. I agree to hold NTU Sports Club, Surf N Sweat Committee, Siloso Beach, Sentosa and the officers, free of all liability whatsoever (including but not limited to) for loss of life or injury to person or loss or damage to property or goods whatsoever and howsoever occurred during Surf N Sweat 2012, and I further agree to keep the above mentioned indemnified from and against all claims, actions, judgments, damage, losses and expenses whatsoever and howsoever arising from Surf N Sweat 2012. I hereby certify that I will abide by the rules and regulations of Surf N Sweat 2012. I do also declare that I am medically fit and I take part in the Surf N Sweat 2012 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 claims 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 Organizing Committee is final and that no appeal will be entertained.

 Signature of Participant Date

Note: Participants age 35 and above are advised to seek medical certification to ensure that they are fit for the competition.

