

LOSE TO WIN[®] 3 TERMS AND CONDITIONS

Read and understand all the details before submitting the Registration Booklet.

1. GENERAL

- 1.1 The Lose to Win[®] 3 programme is organised by the Health Promotion Board (HPB).
- 1.2 HPB and its service providers will be referred to as the Organiser.
- 1.3 While the Organiser will take all reasonable precautions to ensure the safety of all participants, the Organiser cannot be held responsible for any loss or damage, personal or otherwise which may occur during the programme.
- 1.4 Participants understand they are taking part in the programme at their own risk.
- 1.5 The Organiser may use any photograph, motion picture, recording, or any other record of the programme and its participants for a legitimate purpose, including commercial advertising.
- 1.6 The Organiser may cancel any of the sessions or change the schedule without earlier notice. Participants will be told of any changes to the schedule.
- 1.7 There will be no make-up or replacement sessions for any of the physical activity, mental wellness and nutrition sessions that are cancelled due to force of nature or if mandated by law in Singapore.
- 1.8 Registered participants will receive confirmation of their programme schedule from the Organiser.
- 1.9 Participants must contact the Organiser if they wish to change the location of their scheduled sessions. Organisers will accommodate requests if there is available space in other sessions.
- 1.10 Friends and relatives may observe the programme but only registered participants can take part in the sessions.
- 1.11 After the programme, the Organiser may contact participants about post-programme follow up activities and health programmes.
- 1.12 If a participant or their guests violate any of the Terms and Conditions, they may be required to stop or leave the session immediately. Participants who disobey the rules may be asked to withdraw from the programme. If necessary, information about the withdrawal will be sent to the relevant authorities (in the event of unlawful behaviour) for necessary actions.
- 1.13 The Terms and Conditions shall apply at all times and may be subject to the Organiser's final interpretation.
- 1.14 These Terms and Conditions, including any other on-site training rules, may be changed by the Organiser.
- 1.15 These rules are not all-inclusive or restrictive to the exercise/nutrition/mental wellness sessions during the programme.

2. ELIGIBILITY

- 2.1 **Lose to Win[®] 3** is an individual weight loss programme.
- 2.2 To take part, participants must fulfil the following criteria:
 - Singaporeans / PRs aged 18 to 69
 - Newcomers – previous **Lose to Win[®]** participants are not eligible to join
 - Body Mass Index (BMI) range: 23 to 37.4 (*Refers to the Asian BMI guidelines. A BMI range of 25.0-39.9 will be applied to Non-Asian participants*).
 - No heart disease, history of heart attack or stroke
 - Not pregnant
 - Ability to perform moderate-intensity physical activity
 - Completed HPB's Physical Activity Readiness Questionnaire (PAR-Q)
 - HPB's Medical Advisory Form , if required

Note: When in doubt of your medical condition or require further explanation on the above conditions, please consult your doctor.

3. REGISTRATION

- 3.1 Participation in **Lose to Win[®] 3** is free of charge.
- 3.2 Registration can be completed online and during **Lose to Win[®] 3** roadshows.
- 3.3 Registration is on a first-come first-serve basis.

- 3.4 All forms must be completed and submitted with all the necessary details clearly included. These forms include:
 - 3.4.1 Registration Form
 - 3.4.2 Individual Declaration Form
 - 3.4.3 PAR-Q
 - 3.4.4 Medical Advisory Form (PARmed-X) completed by a doctor (if applicable)
 - 3.4.5 Consent form for evaluation study
 - 3.4.6 Parental consent form for participation (if applicable)
 - 3.4.7 Parental consent form for evaluation study (if applicable)
- 3.5 The Organiser can close registration early if sessions are filled before the official registration closing date.
- 3.6 The Organiser will not be responsible for any disagreements over inaccurate or lack of details given by the participant.
- 3.7 The Organiser will not accept incomplete documents.
- 3.8 The Organiser has the right to limit or refuse any entries without the need to assign any reason.
- 3.9 Participation is not transferable. Only registered participants can join the sessions.
- 3.10 Registered participants are required to attend the Induction Session to verify their eligibility to join the programme. Official confirmation of registration will only be given by the Organiser at Induction once official measurements have been taken and all forms have been reviewed.
- 3.11 During Induction, the Organiser will verify the identity of the participants and screen the participants for Weight, Height and BMI.
- 3.12 Participants who do not fulfil the criteria outlined in item 2 will be rejected from the programme.
- 3.13 Measurements may be taken **twice** during the induction session. If participants do not meet the eligibility criteria in item 2 after the second measurement, they cannot register for the programme.

4 SAFETY ADVISORY

- 4.1 Participants understand that the **Lose to Win[®] 3** programme will be physically demanding and require participants to challenge their fitness level.
- 4.2 Participants must complete the online PAR-Q form to assess their ability to increase their level of physical activity.
- 4.3 Participants understand it is their responsibility to answer each question on the PAR-Q truthfully. If participants are unsure how to respond to the questions, they should consult their doctor.
- 4.4 At Induction, participants must confirm their answers to the online PAR-Q. Participants understand that once the PAR-Q has been submitted, no changes can be made to their responses (subject to 4.8 below).
- 4.5 If participants answer 'YES' to any of the questions on the online PAR-Q, they must be evaluated by a doctor and complete a Medical Advisory Form. Participants may consult their own GP or refer to the list of recommended doctors who will complete the Medical Advisory Form.
- 4.6 The Medical Advisory Form must state whether the doctor advises the participant can safely join the **Lose to Win[®] 3** programme. It should also highlight any recommendations or restrictions regarding the participant's ability to increase their level of physical activity.
- 4.7 Participants must submit the Medical Advisory Form to the Organiser at the Induction session.
- 4.8 Participants may make changes to their responses to the eligibility criteria at the Induction session. However, participants must submit a written explanation for the change to the Organiser at the Induction session. The Organiser may ask for additional supporting documents to verify the amendment or to confirm the participant's ability to safely join the programme.
- 4.9 Participants who discover at the Induction session that they must complete a Medical Advisory Form will have their participation confirmed only after review of the completed Medical Advisory Form. If they are eligible to participate, they will automatically be asked to join Session 2 of the programme.
- 4.10 All participants who submit a Medical Advisory Form must be reviewed will have their application reviewed by the HPB Medical Review Committee. The Medical Review Committee has the right to not permit a participant to joining the **Lose to Win[®] 3** programme if they deem the participant e unfit or unsuitable to participate.
- 4.11 Participants understand it is their responsibility to follow all the recommendations made by the physician in the Medical Advisory Form during all physical activity sessions.
- 4.12 The Organiser will deliver an oral/verbal PAR-Q at the start of each physical activity session. Participants understand it is their responsibility to answer the PAR-Q questions based on how they feel at the time of each physical activity session.

- 4.13 Participants understand that if they experience a change in their PAR-Q status at any time during the programme, they must inform the Organiser without delay. Participants will not be permitted to participate in any physical activity sessions until they receive Medical Advisory Form clearance from a doctor.
- 4.14 Participants should prepare themselves adequately and aim to gradually increase the duration and intensity of their physical activities over several weeks.
- 4.15 Participants should be well-rested and well-hydrated before each physical activity session. It is recommended participants bring their own water to each physical activity session.
- 4.16 Participants should not attend any physical activity sessions if they have a fever, cough, breathing difficulties or severe muscle ache.
- 4.17 Participants are advised to dress lightly and appropriately for the physical activity sessions.

5 ATTENDANCE

- 5.1 Participants should arrive at the scheduled sessions at least 15 minutes early to make sure their attendance is taken by the trainer or the Organiser at every session.
- 5.2 The Organiser will contact the participant if they are absent for three consecutive sessions. The participant should inform the Organiser if they have been unwell. Participants who have been unwell must submit a medical certificate to the Organiser.
- 5.3 Participants who wish to voluntarily withdraw from participation should inform the Organiser immediately in writing.

6 GENERAL RULES OF CONDUCT

- 6.1 Smoking, alcohol or the use of performance enhancing drugs (including steroids) is not permitted.
- 6.2 Exercise attire must be adequate and appropriate; no jeans or torn clothing is permitted.
- 6.3 Shirts must be worn at all times.
- 6.4 Covered sports shoes must be worn at all times.
- 6.5 Spitting and littering are not permitted.
- 6.6 Foul language, yelling, fighting, aggressive behaviour and/or other discourteous behaviour will not be tolerated and those engaging in such behaviour will be asked to leave.
- 6.7 No promotion of products, services, or solicitation of any kind (whether for profit, political or other purposes), is allowed without prior written permission from the Organiser. This includes, but is not limited to, the use of petitions, distributing or posting leaflets, notices or advertising anywhere within the training ground, or leaving multiple copies of leaflets or other papers at the training ground or workshop venue.
- 6.8 Any other activity, provocative or scandalous act or behaviour or dressing (e.g. nudity or partial nudity) that may offend morality, distract participants or attract the attention of the general public is strictly forbidden.

7 CONTINGENCY PLANS

- 7.1 Suspension of or Withdrawal from Training
 - Should there be a need to suspend group activities, participants are encouraged to exercise at home with the aid of the exercise video, which will be available on DVD.
 - Should any participant feel he or she needs to withdraw from the on-site training programme and adopt an external training programme, he or she may do so by obtaining prior approval from the Organiser. Further information will then be provided to the individual participants on how he or she can work towards fulfilling the required programme.

7.2 Wet Weather

In the event of wet weather, the trainer shall decide on-site to halt the training and adopt any or all of the following:

- Wait for rain to subside and thereafter continue with the training (maximum waiting time is 30 minutes)
- Participants will go with their respective trainer to the shelter area
- Home training with the aid of the exercise video

