

Legs and Paddles 2018 - Volunteers Sign Up

NUS Legs and Paddles 2018 is an annual flagship kayak-and-run biathlon organised by NUS Kayaking. As the only kayak-and-run biathlon in Singapore, this unique race aims to promote a healthy lifestyle through kayaking and running to NUS community and general public. We wish to make kayaking a more accessible sport to the general population, and NUS Legs and Paddles 2018 provides an opportunity for participants to run and paddle in the scenic environment of Marina Barrage and Gardens by the Bay. Featuring both competitive and non-competitive categories, participants in either category can hone the kayaking skills that they have learnt in their 1-Star Kayaking Certification, while our non-competitive category gives participants a first-hand experience in kayaking and encourages them to pursue the sport in the future.

Personal Details and Contact Information

NUSNET ID [Required]

Default: NA (only for non-NUS student/staff)

Valid input:

- Alphanumeric - ex: A11a
- can not contain any spaces.
- must contain at most 8 characters.

Full Name [Required]

Age [Required]

Gender [Required]

Valid input:

- Select only one choice.

Male

Female

Mobile Number [Required]

Valid input:

- Numeric - ex: 1111

Email Address [Required]

Valid input:

- name@myschool.edu

Medical Condition(s) [Required]

Default: -

Food Preference [Required]

Please indicate any relevant allergies and/or restrictions if applicable.

T-Shirt Size [Required]

Valid input:

- Select only one choice.

XS

S

M

L

XL

Emergency Contact

Emergency Contact Relationship [Required]

Emergency Contact Full Name [Required]

Emergency Contact Number [Required]

Valid input:

- can not contain any punctuation.
- can not contain any spaces.

Volunteer Position

Pointers to note:

- The Organising Committee will try to allocate our volunteers to any of their top 3 choices. However, in the event that we are unable to allocate to you any of your top 3 choices due to overwhelming responses, we seek your understanding in the matter.
- For Photographers, volunteers with prior experience and have their own cameras are appreciated.
- For First Aiders, volunteers need to have a valid First Aid/CPR/AED/EMT/Nursing Certificate.

3 preferred roles: [Required]

- Emcee
- Photographers
- Land Team (Road Marshal, Water Point)
- Water Team (Safety Kayaker - 1 Star required)
- Registration Team (Admin, Baggage Deposit)
- First Aiders (First Aid / CPR / AED / EMT / Nursing Certified)
- Finisher Team (Medals, Finisher Entitlement)

Please provide us with a brief description on your past experiences volunteering for events. (Photographers or first aiders: please also indicate if you have the necessary equipment/documents.)

Did you volunteer with a friend? (State his/her full name if applicable) [Required]

Default: -

Personal Data Protection Agreement

A. Specific purpose and use of data collected

Please provide the requested information by completing this form if you wish to join Legs and Paddles 2018. Your data as provided in this form will be used and disclosed for the following purposes: receiving publicity material, updates and important announcements for participation in the event.

B. Consent from participants to provide personal data and its usage

By submitting this form,

Photos and Videos Consent [Required]

I consent to photographs and videos being taken of me during Legs and Paddles 2018 ("the Event") for the purpose of NUS' and NUS Kayaking's marketing and publicity purposes in print, electronic and social media. NUS and NUS Kayaking shall not be responsible for photographs and/or videos taken by unauthorised persons during the Event.

Valid input:

- Select only one choice.

I Agree

C. Allow for withdrawal of consent

To help you make an informed decision in withdrawing your consent as given above, please note that your participation in Legs & Paddles 2018 will be withdrawn and you will not receive any updates with regards to the event. Withdrawals will not be refunded. Should you wish to withdraw your consent as given, please send us your email notification to nus kayaking@gmail.com. We will then remove your email address information from our database. Please allow 3 business days for your withdrawal of consent to take effect.

Personal Details Consent [Required]

I, as a volunteer of Legs and Paddles 2018 ("the Event"), consent to National University of Singapore (NUS) through NUS Kayaking collecting, using and/or disclosing my personal data to third parties (including any third party located outside of Singapore) for the purpose of administering and managing the Event.

Valid input:

- Select only one choice.

I Agree

Form 1/3

Health related questions

Before you sign up for the above named event, here are some questions to answer and to assess whether you are physically well and fit to participate in the above named event:

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
7. Do you know of any other reason why you should not do physical activity?

Health Declaration [Required]

For your own safety, you are not allowed to participate in the above named event if none of the below declarations apply to you:

- My answers to all the above questions are 'No'. I would like to declare that I am physically well and fit to participate in and undertake the rigours required by the above named event.

Valid input:

- Select only one choice.

I declare that the information provided above is true. I shall dutifully report to the organisers of any physical discomfort that may rise out of my involvement in the above named event. I will inform the organisers to reflect any change in my answer above once it is known.

Form 2/3

Swimming Declaration [Required]

I am aware that the above named event may involve activity conducted in water or in the sea.

Valid input:

- Select only one choice.

Yes

Swimming Ability [Required]

Valid input:

- Select only one choice.

I am able to swim continuously, without any flotation aid, for at least 50m under 2 minutes.

I am unable to swim continuously, without any flotation aid, for at least 50m under 2 minutes.

I am unable to swim.

Form 3/3

Indemnity [Required]

I hereby declare that I am volunteering in the above named event on from 17th June 2018 on my own free will and volition, am aware of the risks involved and in consideration of being permitted by NUS Kayaking, National University of Singapore ("NUS") to participate in the event.

I do hereby absolve, acquit and discharge NUS and its officers, servants, employees, agents or volunteers from all or any responsibility, actions, causes of action, claims, demands and obligations whatsoever arising from any loss or damage (including, without limitation and to the extent permissible by law, physical injury, loss of life or property damage) caused by or sustained as a result of my participation in the above named event; and

I will indemnify and keep indemnified, save and hold harmless NUS and its officers, servants, employees, agents or volunteers against all losses, claims, demands, actions, proceedings, damages, costs or expenses, including legal fees, and any other liability arising in any way from my participation in the above named event.

Valid input:

- Select only one choice.

I Agree