

GUIDE FOR HT NSMEN IPT @ HOMETEAMNS CLUBHOUSE GYMS

LOCATIONS

Gym Locations	Effective From
HTNS Balestier	1 May 2021
HTNS Bukit Batok	1 May 2021
HTNS Khatib	1 May 2021

BOOKING

- Via **NS Portal**, NSmen can start booking from **23 April 2021 onwards**
- Each training slot is 1.5 hours
- Bookings must be made at least 48 hours in advance

TRAINING SLOTS FOR BOOKING

Training Slots	HomeTeamNS Gym	
First Slot	7am	(Weekdays and Weekends, exclude Public Holidays)
Last Slot	9pm	

REQUIREMENTS

- Self-train and burn at least **400 calories** within **1.5 Hours**
- Duration of training, calories and heart rate will be recorded
- 1-day of rest is required in between each training session

EXERCISE REGIME

- At least 15 minutes of warm-up and cool-down
- Cardiovascular Exercises such as
 - Treadmill, Cycling, Rowing machines
- Upper Body Strength Training Exercises such as
 - Shoulder press, Chest press, Lat Pull Down
- Lower body Strength Training Exercises such as
 - Leg press, Leg extension, Hamstring curl

Requirements for Taking IPT @ HTNS Gyms

1. The HomeTeamNS (HTNS) gyms are meant to provide alternative venues which are more convenient and accessible to HT NSmen to do IPT fitness trainings. NSmen are to meet the following requirements:

- a) Book the IPT session via NS Portal, at least 48 hours in advance;

- b) Register at HTNS gym counter and borrow a fitness wearable from the gym, to track and record your training.
- c) Self-train and burn **at least 400 calories within a 1.5-hour** session;
- d) Self-training should include **15 minutes of warm-up and cool down**, as well as **cardiovascular, upper and lower body** strength training, for every session;
- e) Adhere to HTNS rules and regulations when using HTNS gyms;
- f) Bring your own drinking bottle to hydrate yourself;
- g) For hygiene purposes, please use a towel. You can either use your personal towel or towel provided by HTNS gym.
- h) Focus on your training. Please adhere to safe distancing guidelines and avoid talking to others while at the gym.

Safety Precautions

2. It is your responsibility as NSman to adhere to the following safety precautions:
- a. **One-day** of rest in between each IPPT/ IPT session;
 - b. Attend **only one** fitness test/training session in one day;
 - c. Ensure that you are dressed in **proper physical training attire** i.e. no slippers, no pyjamas, no office wear etc;
 - d. **Inform your family members** when you are participating in the training;
 - e. If you are not feeling well before the training starts, please **do not proceed**;
 - f. If you are recently diagnosed/treated for any illness/injuries, **please arrange for a medical review** with Home Team Medical Officer to have your medical condition ascertained;
 - g. **Stop training immediately** if you are not feeling well, and inform the gym Fitness Instructor immediately.

Steps For Participating IPT @ HTNS Gyms

3. Please take note of the following steps for participating in IPT at HTNS Gym:

<u>Step 1</u> Booking	<ul style="list-style-type: none"> • Book your IPT training slot on NS Portal. Bookings must be made at least 48 hours in advance.
<u>Step 2</u> Entry into HTNS gyms	<ul style="list-style-type: none"> • Please Login to your Singpass and show your Electronic Identification Card to the Gym Fitness Instructor (FI) when entering the gym, for registration. • NSmen are required to comply with the respective gyms' health and safety declaration, including COVID-19 safe entry requirements.
<u>Step 3</u> Start of Training	<ul style="list-style-type: none"> • Borrow a fitness wearable from HTNS gym to record your training. You need to return the fitness wearable to the FI immediately after your fitness training.

	<ul style="list-style-type: none"> • It is Your Personal Responsibility to take care of the wearable that you borrowed from HTNS gym. Avoid bringing the fitness wearable to the restrooms or out of the gym. You will be accountable for any damage to the wearable or any misplaced wearable that you had borrowed from the gym. • FI would guide you on the exercises that you can choose to do. Feel free to ask them for advice on the safe and effective use of gym equipment.
<u>Step 4</u> End of Training	<ul style="list-style-type: none"> • You must show your fitness wearable to the FI at the end of your training, so that he can record your training achievements. • Please wipe and sanitise the gym equipment after using it.

Be Punctual

4. You **must be punctual** for your training. HTNS gym has the discretion to disallow you from entering the gym if you are late, when the gym reaches its maximum capacity. Therefore, you are encouraged to reach the gym **10 – 15 min earlier**.

Peak Periods for HTNS Gyms

5. You may wish to note the following peak hours for all HTNS gyms when selecting your preferred timeslots:

Weekdays – 5.30pm to 9.00pm

Weekends – 10.30am to 12.15pm

NS Service Rank Pay

6. NSmen will be paid the half-day NS service rank pay when they do IPT at HTNS gym.

Service Injury

7. NSmen who sustained injuries **during** their IPT at HTNS gym would be considered as attributable to service. Injured NSmen are required to inform the gym Fitness Instructor (FI) **immediately**, if they have sustained any injuries. If NSman needs to be sent to the hospital, the gym FI will notify SPF or SCDF accordingly.

Annex A

HomeTeamNS Gym Locations and Contact Details

Gym Locations	Address
HTNS Balestier	31 Ah Hood Road, Singapore 329979
HTNS Bukit Batok	2 Bukit Batok West Ave 7, Singapore 659003
HTNS Khatib	2 Yishun Walk, Singapore 767944

Gym Locations	Gym Contact Details
HTNS Balestier	Contact Number: 6705 9473 Email: htns_blgym@hometeamns.sg
HTNS Bukit Batok	Contact Number: 6705 9473 Email: fitness_workz@hometeamns.sg
HTNS Khatib	Contact Number: 6705 9422 Email: fitness_workz@hometeamns.sg

Annex B - Frequently Asked Questions (FAQs)

Q1. Will the IPT taken at HTNS Gym count towards my IPT requirements?

Each session will count towards the NSmen's IPT requirements if you burn at least 400 calories by the end of the training session.

Q2. Will I be entitled to NS Service Rank Pay for IPT taken at HTNS Gym?

You will be paid half-day NS Service Rank Pay for each session attended.

Q3. Am I covered for injuries sustained during my Gym fitness training at HTNS Gyms?

Yes, if you sustained any injuries **during** the training in the gym after you have registered for the gym fitness training session with the Gym Fitness Instructor.

Q4. What are the training requirements that I have to meet for taking IPT at HTNS Gym?

You are required to burn at least 400 calories within the 1.5 hours of training session. Your exercise regime shall include cardiovascular, upper and lower body strength exercises. You will need to put on a fitness wearable (with calories and heart rate tracker) to track your training. At the end of the session, you need to show the Gym Fitness Instructor to verify your training achievements, before you leave the gym.

Q5. Can I wear my own fitness wearable to take IPT at HTNS Gym?

No, you need to borrow a fitness wearable from HTNS Gym. This requirement enables the Fitness Instructors to identify NSmen taking IPT in the gym and they will need to record your training achievements.

Q6. What if I do not feel well before the IPT session?

If you are not feeling well or are recovering from an illness, you should **not** make your way to the gym. You should cancel and amend your booking via NS portal, and book a new timeslot on another day. Note that cancellations and amendments can only be done **at least 48 hours** prior to the booked date.

Q7. What if I am not feeling well during the training?

For your own safety, you should **stop training immediately** and inform the Gym Fitness Instructor.

Q8. Can NSmen who are 35 years old and above book IPT session when they have not passed their IPPT medical screening?

For the safety of NSmen, those who have not cleared IPPT medical screening will **not** be allowed to book the training session. Likewise, NSmen **not certified fit** to take IPPT are also **not** allowed to book the Gym fitness training session.

Q9. Will I be allowed to do the training if I have been recently diagnosed and/or medically treated for an illness/injury?

Please **do not proceed** with the training. You should see a doctor and also seek a medical review with the Home Team Medical Officer to ascertain your medical condition before doing any physical training.

Q10. What do I need to bring along for the gym IPT session?

Besides proper physical training attire and sports shoes, drinking water and towel, you will need to bring along your mobile phone so that you can login to Singpass, for verification of your Electronic Identity Card by the Gym Fitness Instructor.

Q11. Can the Customer Support Officer (CSO) from NS Call Centre book the IPT on my behalf?

You must login and book the session personally via NS Portal.

Q12. Can I make amendments to my IPT booking?

All amendments can be done online via Manage IPPT/IPT/RT on NS portal. Any amendment must be done at least 48 hours before the session start date. If you wish to cancel your booking but you are unable to do so in NS Portal, please contact HTNS gym directly (refer to **Annex A** for HTNS gym contact details).

Q13. Can I participate in the IPT after reaching my statutory age?

No. If you are above 50 and 40 years old for SO and JO respectively, you are not required to do any IPPT/ IPT/ RT.

Q14. Do I need to complete my first IPT-IPPT session before I can book a IPT session for HTNS Gym?

No. The requirement for HTNSmen to complete their first and last IPT session as an IPT-IPPT has been removed in NS Portal. If you are still prompted to book an IPT-IPPT session, please contact NS Call Centre at 1800 3676767 or contact@ns.sg.

Q15. What should I do if the IPT sessions are fully booked on NS Portal?

If IPT slots at HTNS gyms are fully booked, you can opt to participate in other IPT options, such as Buddy IPT for SPF NSmen or IPT at NSTC for SCDF NSmen. If you have queries on the other IPT options, please contact NS Call Centre at 1800 3676767 or contact@ns.sg.

Q16. Why am I not able to book my 10th IPT session?

You are required to complete 9 IPT sessions before you will be allowed to book the 10th session, which you may choose to do either a IPT-IPPT or IPT session.

Q17. When will my IPT at HTNS Gym attendance be updated on NS Portal?

It will take about 3 to 5 working days for your attendance to be updated on NS Portal.