

GUIDE FOR HT NSMEN NS FIT @ HOMETEAMNS CLUBHOUSE GYMS

LOCATIONS

Gym Locations
HTNS Balestier
HTNS Bukit Batok
HTNS Khatib

BOOKING

- Via **NS Portal**
- Each training slot is 1.5 hours
- Booking, amendment or cancellation of training slots 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 FIT @ HTNS Gyms

1. NS FIT is designed to encourage you to adopt active and healthy lifestyles by bringing NS fitness activities nearer to the community. FIT@ HomeTeamNS (HTNS) gyms is one of

several avenues for HT NSmen to participate in the 10-session NS FIT programme. NSmen are to meet the following requirements:

- a) Book the FIT 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/ FIT 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 FIT @ HTNS Gyms

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

<u>Step 1</u> Booking	<ul style="list-style-type: none"> • Book your FIT 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.

<p><u>Step 3</u> Start of Training</p>	<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. • 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.
<p><u>Step 4</u> End of Training</p>	<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 NS service rank pay and Make-up Pay (where applicable) when they do FIT @ HTNS Gym.

Service Injury

7. NSmen who sustained injuries **during** their FIT @ 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 FIT taken at HTNS Gym count towards my 10-session NS FIT requirements?

Each session will count towards the NSmen's NS FIT 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 and Make-up Pay for NS FIT taken at HTNS Gym?

You will be paid half-day NS Service Rank Pay and Make-up Pay (where applicable) for each NS FIT session attended, capped at 10 sessions inclusive of one IPPT attempt within an IPPT window.

Q3. Am I covered for injuries sustained during FIT @ HTNS Gym?

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

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

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

Q6. What if I cannot attend the VFT session which I have booked?

You should amend or cancel your booking via NS Portal to free up the session for other NSmen. Note that cancellations and amendments can only be done at least 48 hours before 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 NS FIT 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 NS FIT session. Likewise, NSmen who are **not certified fit** to take IPPT are also **not** allowed to book any NS FIT sessions in NS Portal.

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 if necessary, submit a request for medical review using the 'Manage Medical' e-service in NS Portal.

Q10. What do I need to bring along for FIT @ HTNS Gym 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 NS FIT session on my behalf?

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

Q12. Can I make amendments to my NS FIT booking?

All amendments can be done online via Manage IPPT and NS FIT on NS Portal 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 NS FIT after reaching my statutory age?

No. You do not need to fulfil your annual fitness requirements once you are above 45 years old (for senior officers) and 40 years old (for junior officers) respectively.

Q14. Do I need to complete any IPPT session first before I can book a NS FIT @ HTNS Gym session?

No, there is no requirement for NSmen to attempt IPPT first before booking any NS FIT session in NS Portal. However, you are required to attempt one IPPT as part of the 10-session NS FIT programme. If you pass your IPPT at any point within your IPPT window, you will be deemed to have fulfilled your annual fitness requirements and will not need to complete the remaining NS FIT sessions.

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

If NS FIT @ HTNS Gym are fully booked, you can opt to participate in other NS FIT options, such as FIT@Home Team Academy (for SPF NSmen), FIT@Civil Defence Academy (for SCDF NSmen), HomeTeamNS Virtual Fitness Training and SportSG Virtual Fitness Training..

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

If you have taken 9 NS FIT sessions, you will not be able to book anymore NS FIT sessions. You are required to attempt one IPPT in order to complete the 10-session NS FIT programme. Please book your NS FIT-IPPT via NS Portal.

Q17. When will my FIT @ 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.

Q18. Are NS FIT sessions counted toward my ORNS liability?

Each NS FIT session will be considered as half-day count towards your annual 40-day ORNS liability, capped at 10 sessions within the IPPT window (inclusive of one IPPT attempt). The sessions will not be accumulated to clock a High-Key within the work year.