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MEDIA RELEASE

To News Editors

MORE THAN DOUBLE THE NUMBER OF NSMEN FAMILIES CELEBRATED FATHER'S DAY AT SAFRA SPRINT KIDS XTREME

A total of 440 Operationally-Ready National Servicemen (NSmen) and their families celebrated Father's Day by competing together in the SAFRA Sprint Kids Xtreme obstacle relay today.

This year's event saw a 153% increase in family participation as compared to the 174 families who took part last year.

SAFRA Jurong, the organiser for the event, said that one of the reasons for the significant increase in family participation this year was the enhanced race course which featured a wider range of challenges.

Ms Kris Ho, Deputy Chief Executive Officer (Operations), SAFRA commented: "Last year was the first time we featured a series of obstacle challenges inspired by the Singapore Armed Forces' Standard Obstacle Course, and the feedback we received from participants was very good. So we decided to continue with the same concept this year, but expanded the variety of stations from four to seven since it was our seventh edition, to increase the fun and bonding experience."

In addition to challenges such as the Stepping Stones, Dodging Panels, Tunnel and Ditch which were featured last year, families also got to experience and overcome new challenges such as the 1.5-metre high Apex Ladder, Balancing Bridge and 0.9-metre high Low Wall.

Ms Ho added: "Fathers are role models in the family and we wanted to create an opportunity where they can share a part of their National Service experience with their children while they bond and have fun together. Many of our NSmen have to juggle between taking care of the family, work commitments and serving their National Service duties, and that's not easy. So we hope that the event has helped their children better understand the important role their fathers play in defending our homes and our nation."

Mr Jeff Cheong, Council Member, Families for Life said, "Parenting requires commitment and effort to set time aside for your families, so it was incredibly heartening to see an increase in participation from fathers and children this year. The SAFRA Sprint Kids provided opportunities for fathers to strengthen bonds with their children through fun activities. Balancing work and family as working parents is a daily affair. We use technology to stay in touch with our 3 children - from a simple text to conversations via our home cam. We make it an effort to have breakfast with them before they head off to school daily. These regular activities become routines and it adds up over time to build strong and resilient family ties."

This year's SAFRA Sprint Kids Xtreme Father & Child Challenge and Families for Life Challenge categories was held on Father's Day at OCBC Square, Singapore Sports Hub, in conjunction with the Dads' Day Out event organised by Dads for Life and MediaCorp with support from National Population and Talent Division and Ministry of Social and Family Development. As part of Dads' Day Out, families enjoyed many other fringe activities such as fun-filled wheel barrow and maze challenges, face painting and family photo-taking opportunities at OCBC Square.

Mr Alfred Lim, 44, electrical engineer, participated in the SAFRA Sprint Kids Xtreme Father & Child Challenge with his 8-year-old son, Nathan Lim, said: "This is a good obstacle course to help prepare and introduce my children to National Service. It is also a fun activity for me to bond with my children especially during this school holiday."

The SAFRA Sprint Kids Xtreme also featured a new Singles category for youths aged 13 to 15 years old this year. The heats for the Junior, Senior and Youth Singles categories began since 11 June at SAFRA Jurong and the finals for these categories were held yesterday at OCBC Square, Singapore Sports Hub.

Kindly refer to **Annex A** for more information on the SAFRA Sprint Kids Xtreme 2016.

About SAFRA National Service Association

SAFRA was formed in 1972 to provide for the social and recreational needs of NSmen and their families through quality sports, social, educational and cultural programmes to recognise NSmen for their contributions to National Defence. SAFRA currently has a network of six clubs conveniently located in Jurong, Mount Faber, Punggol, Tampines, Toa Payoh and Yishun. Complementing the modern facilities at SAFRA clubs are a host of quality membership benefits and activities specially packaged for over 370,000 members and their families.

About Families for Life

Families for Life's vision is to build strong and resilient families because that makes for stronger communities and better individual well-being.

We Listen. We listen to the issues that Singaporean families are facing.

We Explore and Promote. We bring people and organisations together to create platforms for family bonding and to engage Singaporeans in conversations about families.

We Voice. We voice out concerns that people have on family issues and continue this conversation with our partners and the community.

The Council is chaired by Ching Wei Hong, Chief Operating Officer of OCBC Bank. Visit us at www.familiesforlife.sg.

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SAFRA SPRINT KIDS XTREME 2016 FACT SHEET

1 Background

Organised by SAFRA Jurong, SAFRA Sprint Kids Xtreme is an annual event aimed at strengthening bonds among NSmen and their families. From 2010 to 2013, the event was a sprint race along a 30-metre track. In 2014, the event concept was refreshed as a relay race with challenges to increase the fun and bonding factor. To celebrate SAF50 last year, the event featured fun-filled obstacle challenges inspired by the SAF's Standard Obstacle Course such as Stepping Stones, Tunnel, Dodging Panels and the Ditch.

2 What's new this year?

New Obstacle Challenges

Three new obstacle challenges were featured this year, including a 1.5-metre high Apex Ladder, a 7.5-metre long Balancing Bridge and a 0.9-metre Low Wall. This is in addition to the four obstacles already featured last year.

Competition Categories

Categories	Criteria	Schedule
Junior Singles	Boys and Girls; aged 7-9 years old	Heats: 11-12 June, SAFRA Jurong
Senior Singles	Boys and Girls; aged 10-12 years old	Semi & Finals: 18 June, OCBC Square, Singapore Sports Hub
Youth Singles ^{NEW}	Boys and Girls; aged 13-15 years old	
Father and Child Challenge	1 father and 1 child aged 7-15 years old	Father's Day, 19 June, OCBC Square, Singapore Sports Hub
Families for Life Challenge	2 adults and 2 children aged 7-15 years old	

3 Participants

A total of 732 participants have registered for SAFRA Sprint Kids Xtreme 2016, comprising:

Junior Singles – 154 participants

Senior Singles – 102 participants

Youth Singles – 36 participants

Father & Child Challenge – 212 participants; 106 pairs
(as compared to 63 pairs in 2015)

Families for Life Challenge – 228 participants; 57 families of four
(as compared to 12 families of four in 2015)