



Dear Runners of Race For Good 2023,

Please take note of the **Health and Haze Advisory** listed below in case of emergencies or unforeseen circumstances on the day of Race For Good itself.

As organisers, we are aware of the current elevated haze level in Singapore and will be monitoring the situation closely to ensure the safety and well-being of all our runners, staff and volunteers involved. Timely updates on the status of the race will be communicated to you **via SMS or on The Salvation Army's Facebook Page (@TheSalvationArmySG)**.

Your safety and well-being are of utmost importance to us. Please take note of the measures that will be implemented in the unfortunate event of severe haze/elevated PSI readings.

Conditions	Actions
24H PSI: 100 – 200 (Unhealthy)  1H PM2.5: 56-150ug/m3 (Elevated)	<ul style="list-style-type: none"><li>• The 8.88km and 5km run will be <b>shortened to 3km</b>.</li><li>• The 3km and 880m Family Walk will proceed accordingly.</li><li>• Carnival will proceed as usual.</li></ul>
24H PSI: >200 (Very Unhealthy)  1H PM2.5: 151-250ug/m3	<ul style="list-style-type: none"><li>• The race will be cancelled entirely.</li><li>• Carnival will proceed as usual.</li></ul>

Based on information from the National Environment Agency (NEA)'s latest health advisory (using 24-hour PSI forecast in the last 24 hours), the PSI reading across the whole of Singapore remains at a healthy range (<100). **If you feel unwell in the lead-up to the race or on the actual day itself (Saturday, 28<sup>th</sup> October 2023), please stay at home and get ample rest.** For other medical emergencies during the race (e.g., injuries), please contact our hotline: +65 86901061 for medical assistance.

On behalf of the organising committee, we thank you for registering for the race and being part of The Salvation Army's first ever charity run. Your generous support will make a difference in the lives of our beneficiaries. We are beyond excited about meeting you on race day and may it be a fun and meaningful activity for everyone!