



Ministry of Sports, Fitness and Recreation  
Male',  
Republic of Maldives

## Terms of Reference

For

Fit Maldives

### 1. BACKGROUND

The Maldives is a vibrant hub teeming with sports and fitness enthusiasts eager to experience a variety of activities, from traditional Maldivian games to international sports events. Despite this enthusiasm, there remains a significant gap: a central platform that brings together all sports and fitness activities across the islands, providing comprehensive information to all users. We aim to bridge this gap with an innovative solution.

Our vision is to develop an integrated platform that centralizes, shares, and monitors the profile of all sports and fitness activities in the Maldives. This platform will serve as a one-stop hub, offering valuable insights and real-time updates on a wide range of activities.

This platform will provide detailed profiles of all available activities, including location, schedule, intensity level, and necessary equipment for athletes, fitness enthusiasts, and casual participants alike. Users can easily access this information, helping them to make informed decisions about their fitness journey.

In addition, this platform will feature a monitoring system, enabling users to track their progress and performance over time. By using data analytics, the platform can provide personalized feedback and recommendations, empowering users to reach their fitness goals.

### 2. SCOPE OF SERVICES

We present the scope of work for an ambitious project that aims to revolutionize the sports and fitness landscape of the Maldives.

The project involves the development of a centralized platform designed to integrate, share, and monitor the profiles of sports and fitness activities across the Maldives. The intent is to

create a holistic and interactive platform that will serve as a comprehensive resource for all users, whether they are residents, tourists, fitness enthusiasts, or professional athletes.

The following scope of work outlines the key objectives, tasks, and deliverables expected from this project. The platform's main function is to gather, centralize, share, and monitor the profiles of sports and fitness activities of athletes. This centralized platform will provide information related to the user.

The application aims to provide users with a comprehensive platform to track and manage their fitness records. The platform will focus on promoting a healthy lifestyle by allowing users to monitor their workout routines, nutrition, and overall wellness progress.

The Ministry therefore expects the following outcomes from the development of the platform and this consultancy.

### **3. KEY FEATURES:**

#### **3.1. User Profiles:**

- Users can create personalized profiles with essential details such as age, gender, fitness goals, and health conditions.

#### **3.2. Workout Tracking:**

- Jogging and tracking of various workout activities, including cardio, strength training, yoga, and more.
- Customizable workout plans that are based on user preferences, fitness levels, and goals.
- Integration with wearable devices to automatically sync workout data.

#### **3.3 Nutrition Monitoring:**

- Calorie tracking with a food diary to log meals and snacks.
- Nutritional database for quick and accurate input of food items.
- Water intake tracking to ensure users stay hydrated.

#### **3.4 Progress Analytics:**

- Graphical representation of fitness progress over time, including weight changes, muscle gain, and endurance improvement.
- Goal-setting feature with reminders and milestones to keep users motivated.

#### **3.5 Community and Social Features:**

- Social integration for sharing achievements, workout routines, and healthy recipes.
- Challenges and competitions to engage users in friendly fitness competitions.
- In-app messaging for connecting with other fitness enthusiasts.

#### **3.6 Health Metrics Integration:**

- Integration with health monitoring devices to capture data such as heart rate, sleep patterns, and stress levels.

- Periodic health assessments and recommendations based on collected data.

### **3.7 Educational Content:**

- Articles, videos, and tips on fitness, nutrition, and wellness.
- Regular updates on the latest trends and research in the health and fitness industry.

### **3.8 Personalized Recommendations:**

- AI-driven suggestions for optimizing workouts and nutrition based on individual progress and preferences.
- Push notifications to remind users of their scheduled workouts or mealtimes.

### **3.9 Data Security and Privacy:**

- Robust security measures to protect user data.
- Transparent privacy settings, allowing users to control who can view their fitness data and activities.

## **4. FUTURE ENHANCEMENT:**

- Integration with virtual trainers and guided workout sessions.
- Collaboration with local fitness facilities for class schedules and promotions.
- Gamification elements to make the fitness tracking more engaging.

## **5. SCOPE OF THE PLATFORM:**

- 1) Online portal for Sportsmen and Sportswomen to create profiles (if over 15 years old) and view profiles.
- 2) Online portal for youth (ages 15-29) to create a profile, enter, and view data.
- 3) Online portal for coaches and suppliers to create user profiles and view data.
- 4) Online portal for the Ministry Admin to create and view athlete profiles, entity profiles, and coach profiles.
- 5) Inclusion and onboarding of fitness & sports clubs
- 6) Online portals for the Ministry to view information that is centric to their needs.
- 7) User profile creation functionality to be extended to the Ministry (permission-based)
- 8) Mobile app for Android and iOS devices.
- 9) Notification functionalities via SMS gateways, email and in-app alerts.
- 10) Push notification feature to link to MoSFR CMS for users to receive updates on recently updated videos, reminders, and tips.
- 11) Relevant notifications for sports-wise training material uploads.

- 12) Real-time stats, scores, and achievement updates of athletes' and coaches' profiles functionality (\*This is dependent on all relevant information being manually entered into the backend system).
- 13) Documentation upload functionality.
- 14) Dashboard view (permission-based).

## 6. OVERALL FUNCTIONAL REQUIREMENTS

### 6.1. Context

The system will collect, store, monitor, and project all input and information relating to athletes, clubs, commercial sports, and school sports. The collected information will be displayed to all ministry officials via the dashboard.

### 6.2. Athlete Flow

The athlete's flow includes,

- Registration of the athlete, either via self-on-board or via the National Sports Association's website.
- Recording and capturing athlete's stats, scores, and accomplishments across islands, clubs, commercial sports, and school sports.
- Government institutions monitoring the athlete and aiding when necessary.
- All information to be stored in a centralized database.

## 7. APPLICATION SECURITY

Security Considerations:

As the system is Citizens Information, the following security considerations must be observed:

### 7.1 Authentication and Authorization

- **Authentication:** Verify the identity of users through secure login mechanisms such as multi-factor authentication (MFA).
- **Authorization:** Control access to resources based on user roles and permissions to limit potential damage in case of a security breach.

### 7.2 Data Encryption

- Use strong encryption algorithms to protect sensitive data both in transit (during communication) and at rest (stored on servers or databases).

### 7.3 Input Validation:

- Validate all user inputs to prevent common attacks like SQL injection, cross-site scripting (XSS), and other injection-based attacks.

#### **7.4 Session Management:**

- Implement secure session management to protect user sessions from hijacking or session fixation attacks.

#### **7.5 Error Handling:**

- Provide custom error messages to users to avoid exposing sensitive information, and implement proper logging for developers to identify and address issues.

#### **7.6 Security Patching and Updates:**

- Regularly update and patch software components, libraries, and frameworks to address known vulnerabilities.

#### **7.7 Secure Coding Practices:**

- Train developers in secure coding practices to reduce the likelihood of introducing vulnerabilities during the development process.

#### **7.8 Security Testing:**

- Conduct regular security assessments, including penetration testing and code reviews, to identify and address potential security flaws.

#### **7.9 API Security:**

- Secure APIs by implementing proper authentication, authorization, and encryption measures to protect against attacks and unauthorized access.

#### **7.10 Cross-Site Request Forgery (CSRF) Protection**

- Implement measures to prevent CSRF attacks, such as anti-CSRF tokens.

#### **7.11 Content Security Policy (CSP)**

- Use CSP headers to mitigate the risk of XSS attacks by defining and enforcing the sources from which content can be loaded.

#### **7.12 Security Headers**

- Employ security headers (e.g., HTTP Strict Transport Security, Content Security Policy) to enhance the overall security posture of the application.

#### **7.13 Incident Response Plan**

- Develop and maintain an incident response plan to effectively respond to and mitigate security incidents.

#### **7.14 Security Awareness Training**

- Train both developers and end-users on security best practices and common threats to foster a security-aware culture.

## **7.15 Compliance with Standards**

- Ensure that the application adheres to relevant security standards and regulations based on the industry, and geographic location.

## **8. DELIVERABLES**

The project deliverables will include, but are not limited to:

- The user documentation
- Maintenance and backup manual
- Data security manual
- Vendor operational manual
- Source code with admin rights

## **9. MILESTONES**

The project will be divided into the following milestones:

- Requirement gathering
- Bid process.
- UX/UI design process
- Backend Development
- Database Design
- Front-end Design

## **10. SCHEDULE OF RATES AND PAYMENT TERMS**

The service provider is expected to provide their proposed price and fee schedule. The detailed terms and conditions of the services, including penalties, deductions, and payment terms will be clearly defined in the Service Agreement.

## **11. EVALUATION CRITERIA**

The evaluation of the service providers will be weighted both in terms of the price and experience. Where the scoring will be distributed as follows:

- a. 20% for the contract price, who offers the lowest price.
- b. 30% for the length of the work and timing of each deliverable.
- c. 20% to be able to highlight the ability to complete the project, providing all technical input.
- d. 20% for the experience, judged on profile inclusive of past work done of related nature and experience.
- e. 10% industry experience and providing project management capabilities.

## 12. DOCUMENTS REQUIRED TO BE SUBMITTED

- a. Each party may submit only one bid either individually or jointly (party shall be defined per active business registration number).
- b. Bids submitted should be included.
  - Business Registration Certificate
  - Company Profile.
  - Previous engagement details (such as award letters or contracts) verifying the works experience.
  - Bid Submission Letter.
- c. Bids should be submitted to the Ministry, on 09<sup>th</sup> January 2024 at 10:00am.

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