

Dear School Colleagues, Parents and Carers,

We wanted to write to tell you about a 'club' The Tyne and Wear School Games Organisers have created for school staff and parents/carers on the exercise app STRAVA. Any person who is employed by a school (Primary or Secondary) or who has a child who attends a school in Tyne and Wear can take part.

The club intends to be a bit of fun to encourage individuals and families to get out and enjoy running/walking and let us see how far we can travel as a collective group over this lock down period!

Starting on Friday 22<sup>nd</sup> January , the target for each county club is to travel an accumulative distance of 10,000 miles (the distance between the UK and Tokyo- the host city of the 2021 Olympic & Paralympic Games) as quickly as possible – the club to run/walk 10,000miles collectively first are the winners.

TIP: Please remember to register both a walk and a run as a run. Otherwise your walking distance will not be recorded.

The **Tyne and Wear School Games Organisers (SGOs)** are hoping you might like to join our club and take part in the challenge with us, below is a bit of a guide on how it works.

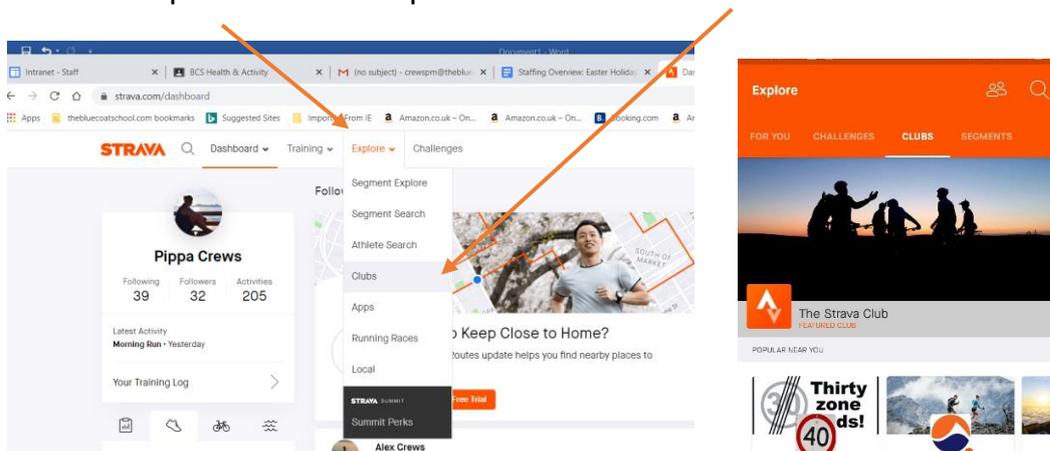
### How to use the APP?

The app is called STRAVA and the app logo looks like this 

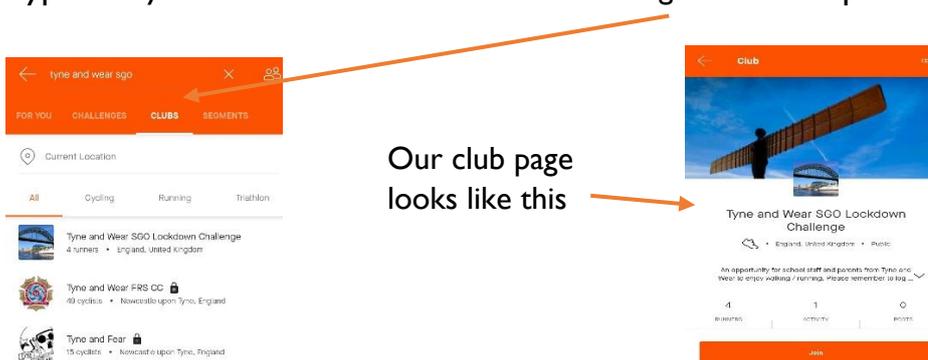
You will need to download the app (please select the 'free' version), sign up (using an email address) and join the 'Tyne and Wear SGO Lockdown Challenge' club.

Once you have signed up to STRAVA to join the 'Tyne and Wear SGO Lockdown Challenge' club you can use the below guidance which shows you how to search for a club on your computer or device.

- Go to the explore tab at the top and scroll down to Clubs



- Type in 'Tyne and Wear SGO Lockdown Challenge' Club and press search

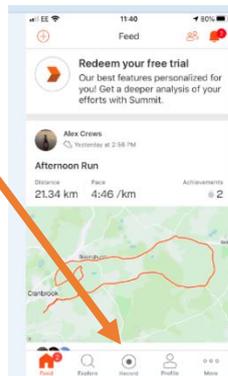


Our club page looks like this

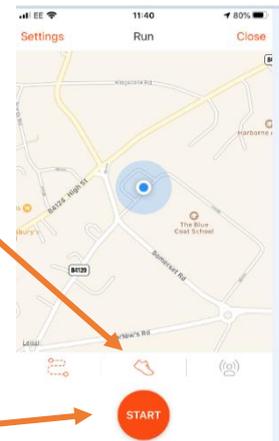
## Next Steps .....

If you go for a run or walk track the distance you travel using the app!

Press record



**Choose run (whether you are running or walking)** by clicking the picture of a trainer



- Press start (carry the phone with you and it will track your journey)

The app will then track:

- A map of your run/walk
- Stats about your run/walk (how far/ how fast etc)
- It will also collate the data from every person signed up and we will be able to see how far we have run/walked as a collective group!!!!
- We will give daily updates on social media about how we are getting on with the challenge of travelling 10,000 miles collectively and also let you know how our rivals (the school staff and parents in County Durham, Northumberland and Tees Valley) are doing in comparison!

## A couple of extra things .....

### Privacy

Strava users can create '**privacy zones**' for their runs, which basically blurs where the run has been started to a certain level. This is just in case anyone taking part feels uncomfortable about sharing runs publicly that shows where they live. Please see link below that gives a bit more of an explanation:  
<https://support.strava.com/hc/en-us/articles/115000173384-Privacy-Zones>

### Government Guidelines

As per Government guidance we advise you exercise alone or with members of your household.

**'We recommend only one outing a day of exercise outside of the home'**

### Exercising with children

If you are exercising with your children, please read this additional guidance:

#### Guidance from "The road Runners club of America (RRCA)" on how far to run with children

- Children 5 and under should focus on "dash" events that range from a few yards to 400 meters.
- Children 5 and over, kids fun runs that are a ½ to 1 mile long may be considered but should allow for a combination of running and walking.
- Children ages 12 and over may want to participate in a 5K run.

**Please sign up and enjoy exercising!!! Let's see how far we can get!**