



## HOW IS DISTANCE RECORDED?

The distance traveled will be determined by the distance you have walked/moved. To record the distance individuals use their pedometers given to them, and record their daily results on their individual tracking sheet (using km). These results should then be given to the principal/teacher, who will be recording school results on the master tracking sheet. Schools should find a central location to post weekly updates on the distanced walked. Weekly school results should be sent to [dcurrie@rpan.ca](mailto:dcurrie@rpan.ca), who will post weekly territorial results on RPAN's website, so schools can further track their progress as well as check on other schools' progress.

Final school results must be sent to [dcurrie@rpan.ca](mailto:dcurrie@rpan.ca) no later than March 28<sup>th</sup> with winners announced no later than March 31<sup>st</sup>.

## WHAT ARE THE PRIZES?

- All participating schools will be entered to win a \$1,000 cash prize to purchase sports or physical activity equipment
- The school that walks the furthest distance will receive a banner as well as a \$1,500 cash prize to purchase sports or physical activity equipment
- All students who finish the Challenge will receive a participant t-shirt
- Each participating school will receive one BIG prize to be awarded to the student that walks the most kilometers.

## TRIPS TO PROMOTE THE CHALLENGE?

### HERE ARE SOME IDEAS TO PROMOTE THE CHALLENGE:

- Have an active school assembly before the challenge- promote the challenge, educate about the benefits of walking/ physical activity, get students excited, have opportunities to get students physically active during the assembly
- Place the distance map in an area for all students to see to create awareness on how they've come/ how far they need to go
- Get the RCMP involved- Have a day with the RCMP walking with the participants
- A Walk with the community's Mayor
- Have a radio broadcast- prepare a PSA for local radio
- Have advertisements in school newsletters
- Have a "fun day" at local rec centres, where different activities can earn you additional steps
  - Square Dancing
  - Scavenger Hunt
- Implement social media- encourage participants to share their progress on Facebook
- Bring your mom and dad to school and "walk" day
- Put information on your school or community website or Facebook page.

