



Pedometer Challenge 2019

Rules and FAQs

Is there more than one category?

Yes

- ✓ Competitive
- ✓ Non-Competitive

Categories Explained

- ✓ Competitive – Participant’s activities will be displayed on the leaderboard and will be subject to individual awards and prizes. All steps go towards their team.
- ✓ Non-Competitive – Stepper does not show up on leaderboard but all steps goes towards their team. Only team awards will be applicable here.

Choices

At registration select:

- the individual competitive league or
- the non-individual competitive

Examples

Person A signs up and clicks ‘competitive’. Their activities will appear on the leaderboard and they will have a ranking.

Person B signs up but does not click ‘competitive’. Their activities will only contribute to their team’s total steps. Person B’s activities will not be ranked nor shown on the leaderboard. Their steps will appear on their team page.



Team Sizing

Teams will be placed in categories dependent on size

Small: 3-10 members

Medium: 11-24

Large: 25+

Note: For those without a team, there will be an Independent Steppers Group.

Who will clarify any issues within the challenge?

Each participating entity shall designate a team captain who will be the main contact person for the challenge. This person will ensure that the rules, any issues, and other logistical matters are clearly communicated with team members.

When and how do you start?

Day 1—January 14

Standard Manual Pedometer Users

On January 14th at 10:00 am your pedometer MUST be showing zero steps. Your first 24 hours of activity shall be recorded before 12:00 pm on Tuesday January 15th. Any unusual steps can be verified or queried by Team Captain or PCC.

Fitbit and other 24 hour automated step counting gadgets with 24hr calendar days

On January 14th at 12:00 am your pedometer MUST be showing zero steps. Your first 24 hours of activity shall be recorded before 12:00 pm on Tuesday January 15th. Any unusual steps can be verified or queried by Team Captain of PCC.



Going Forward

Each day of the challenge, log your previous day's steps by noon.

Weekends

Steps from Friday noon through Monday noon or Tuesday (if there is a public holiday) can be posted:

1. Over the weekend days once you have a verifier (for manual pedometers) or
2. In lump after the weekend before noon.

How can you earn steps?

By simply moving! You can earn steps by walking, aerobics, dancing, cycling and swimming! As long as your device automatically records your activities in steps, this will count towards your total steps.

NOTE: No manual conversion of non-step activities will be allowed. Your device must automatically record your movements as 'steps'.

What to be aware of over weekends?

Some pedometers can only record steps up to 99999 and will automatically reset. Be careful and beware of this **over weekends and holidays** as you will need to **take a picture to validate** your steps taken in this case when the pedometer resets.

Note: Generally it is a wise thing to take a picture of your steps in case the pedometer is lost or broken.

When should you wear the pedometer?

ALWAYS! Wear your tracking device at all times, as you are likely to take thousands of steps outside of work.

The goal is to assess your activity levels as a whole.



How to log results and verify steps

Your 24 hour daily steps will be recorded on CaymanActive's electronic leader-board either as an individual or as part of your team total. Steps shall be entered before 12pm daily.

For those using manual pedometers, steps must be validated by a participant other than you. The validator's name must be noted on CaymanActive.

For those using manual pedometers, reset your pedometer to zero **only after** you have logged your steps for the 24 hour period and have it validated.

Fitbit users and similar wearable devices that reset at midnight need not reset, as the device should reset every day at midnight and saves the previous day's activities.

Note: High step counts are subject to verification. To compete for any of the top stepper prizes, you must use a wearable tracking device (fitbit, garmin, etc.) not a smart phone app or manual pedometer.

Back posting

Steps must be entered daily (except over weekends). Any trends noticed by the Pedometer Challenge Committee on repeated delayed postings will be investigated.



What if I am on leave during the challenge and still want to participate?

You may log onto CaymanActive to log your steps.

What happens if my pedometer resets in error, becomes broken, or lost within a 24 hour period?

For manual pedometer users, enter yourself as the verifier. Send a picture to the team captain or team mate to verify.

Don't cheat yourself!

Quickly replace your device and do extra steps. Promptly report the issue to your team captain. If you took a picture of the most recent steps with a time and date stamp this can be shown to the team captain or colleague to verify. Remember any unusual postings are subject to verification

Putting a pedometer on your dog, baby, or spouse might be fun, but won't help you in your exercise goals.

Do not hang the pedometer loosely from your body as steps will not be accurately recorded.

Mandatory rest days

Practice one mandatory rest day per week. As the challenge is over a 3 week period, we will expect on three occasions where persons will not post steps.

You choose the day to rest each week. Pace yourself and rest suitably during the challenge. Please avoid burn out.



Can any pedometer be used?

Any device which reliably measures your step count can be used. Wearable tracking devices are preferred, due to accuracy and ability to store daily activity.

Note: If you wish to compete for the top competitive awards, you must use a wearable electronic fitness device.

For those using manual pedometers, see our step test guide on the website: <https://www.caymanactive.com/steps/pedometers>

What to do on the completion date

On February 4th record your final results on CaymanActive by 10:00 am. Your cut of time for walking steps will be midnight February 3rd.

Any step counts received after February 4th, will be subject to a 25% deduction in steps.

Should you maintain a record of your steps

For participants using manual pedometers, get into the practice of taking daily photos of their steps if the pedometer does not have a history tracker.

For digital wearable devices, ensure your activity history is backed-up on a computer.

The Pedometer Challenge Committee reserves the right and will confirm the steps of the top three performers in male and female categories before announcing the winners.

