



D A N C E O R A M A



Dance around the world, step by step!

- Information, Rules and Conditions of Entry
- Team (of 4) Registration Form
- 4 x Pre – Exercise Questionnaires
- Team Challenge Registration Form
- Entries close Monday, 6th September 2010

UNIGYM - UNIVERSITY OF TASMANIA

HOBART Private Bag 61 Hobart Tas 7001 T. 03 6226 2084 F. 03 6226 7896

LAUNCESTON Locked Bag 1328 Launceston 7250 T. 03 6324 3092 F. 03 6324 3042

BURNIE 16–20 Mooreville Drive, Burnie T. 03 6430 4949



Introduction

Commencing in Hobart, Launceston & Cradle Coast on the 13th of September teams of four people, representing various Schools/Faculties/Departments within the University of Tasmania (UTAS) will participate in the Active UTAS Staff Walking Challenge with a 'DANCEORAMA' theme. The concept is similar to the 'Amazing Race' and 'Global Corporate Challenge', however, the UTAS Staff Walking Challenge emphasises – it's not how far you can walk but how you can improve your exercise routine in an enjoyable way.

Teams will begin in Tasmania at "The Nut" (Stanley) and will strive to 'walk to' destinations around the world. Teams will measure their steps, each day, with a pedometer. The team captain will be required to enter their team's daily step results, or alternatively each team member can enter their own totals. Teams will receive easy instructions on how to enter results following registration.

Each step will be converted into a 'distance' (i.e. 1 step = 200m) towards a destination around the World. Each team's progress towards the destination will be recorded on the website. Teams will be able to track the 'distance' they have travelled and how far other teams in the challenge are travelling. The first team to arrive at the stated destination will be acknowledged and awarded a team prize. The new destination will be provided once all teams arrive (some teams who are late may be "nudged" to the destination). Please note that the last team to arrive will not be eliminated in this race.

This year's theme is all about getting into the spirit of dance one step at a time and celebrating the culture of dance from all around the world. Challenges based on this theme will be offered along the way - with bonus steps awarded to each participant. The list of challenges is included in this pack and must be handed in with the registration form. A minimum of two challenges must be attempted over the three months.

Spot prizes will be provided as incentives along the way.

The winning team at the end of the 'Challenge' will receive a prize and perpetual trophy to be proudly displayed in their office until the next Amazing Race of the Faculty's!

OBJECTIVES:

- *Provide opportunity for UTAS staff to participate in regular exercise by providing a fun and competitive environment.*
- *Improve team cohesion within the workplace.*
- *Promote the availability of services provided for staff members by UTAS Unigym Centre's.*
- *Enhance staff health, fitness and wellbeing.*
- *To create an awareness of current personal activity levels and challenge individual staff members to step 10 000 steps per day, which is the recommended target set by the Menzies Research Centre. (Reference: "Steps to Better Health" – Menzies Research Institute, 2005) for improving your health.*

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HOW TO PLAY & RULES

1. All participants must wear the supplied "Get Moving Tasmania" pedometer. Steps from other pedometers will not be accepted. This is to ensure an accurate reading of your daily step totals and consistency.
2. Participants must record the steps displayed on their approved pedometer before bed everyday and reset it for the following morning.
3. Results are entered daily on line at www.unigym.com.au. Results should be entered corresponding to the correct date the steps are for (i.e. you will enter the results for Thursday's steps on Friday, so ensure you select Thursday's date).
4. Those teams who do not enter their results daily must be aware that-
 - a. Your team's position in the race will be affected.
 - b. Bonus calculations ("touring steps" based on percentages of total steps) will not include the steps missed. These bonus points cannot be redeemed at a later date.
 - c. Other teams may arrive at a destination before your team, even though you may have stepped more.
 - d. You may be "nudged" to the next destination (not counted as steps).
5. Each participant from each team must participate in at least two of the listed challenges. Registration for challenges must be completed upon registration. Registration will not be accepted if the challenge registration form is not fully complete.
6. Touring steps are awarded to teams who have reached the destination and are waiting for departure to the next destination. 10% your steps whilst touring will go towards your next destination.
7. Only registered team members are allowed to participate. Each team may have one reserve walker. This person can replace any team member should they not be able to participate for any given reason.
8. Participants must complete a Health Screen prior to the start of the Active UTAS Staff Challenge. Registration will not be accepted without completed health forms from each participant.
9. Participants who temporarily lose their pedometers can only register 5000 steps per day until it is found or a replacement is purchased / hired.
10. 5000 steps per day can be registered for malfunctioning pedometers until such time as a replacement has been found.

11. Participants must remove their pedometers when participating in the below activities. Participants are awarded the below base steps for the activities and are required to add it on to their daily total:

1hr Swimming	6,000 Steps
1hr Cycling	6,000 Steps
1hr Gym Class (excludes relaxation, pilates and yoga)	6,000 Steps

- Adjustments should be made to correlate with the duration of exercise (eg 30 mins swimming 3,000 steps)

13. If a participant forgets to reset their pedometer, the reading must be divided by the number of days that have been recorded on the pedometer.
14. No guessing or estimating results, if you forget to wear the pedometer a maximum step tally of 5000 can be recorded.
15. The Amazing Race step entries are based on honesty, a participant who lies, or makes up their results are only deceiving themselves about their level of activity.
16. **A maximum step count of 25,000 per day can be recorded by each individual. Participants may exceed this number of steps but the additional steps (over 25,000) will not count towards team calculations.**

The emphasis of this challenge is for staff to gain awareness of their current activity levels and to aim to improve their step count to achieve at least 10,000 steps per day.

REQUIREMENTS

- Commitment to walk for an 8 week period.
- A team of four. Individuals who would like to participate and cannot find a team should contact the Unigym and we will do our best to place you in team.

ENTRIES WILL BE ACCEPTED WITH THE FOLLOWING FORMS COMPLETE:

1. **Team Entry Form (completed details) and FULL PAYMENT**
2. **All team members must complete an SMA Pre Exercise Screening Questionnaire.**
3. **A Medical Clearance may be required.**
4. **Team Challenge Registration Form.**