## URMC FITNESS CENTER

Spring Fitness Challenge Information Packet

## Rules and Guidelines

2024

## Vocabulary

Wherever possible, University of Rochester definitions shall be used, with the following exceptions:
The terms "the Center" and "Center" shall refer to the URMC Fitness Center.
The term "week" shall refer to a period of seven (7) days beginning on Monday and ending on Sunday. The term "Challenge" shall refer to the Fall Fitness Challenge.

## Dates

The 2023 Challenge starts on April 1 and ends on April 28.
Teams must register by Wednesday March 27

## Participation

The cost is $\$ 10$ to participate in the Challenge.
Participants can pay an additional $\$ 12$ for staff or $\$ 6$ for students to use the Center during the program. The registration and Center use fees are non-refundable.
Each participant must be on one (1) and only one (1) team.

## Teams

Teams shall consist of 2-6 people.

## Eligibility

Current UR employees and students, as well as alumni and retirees are eligible for participation.

## Submission of Logs

Logs may be submitted for activities no more than seven (7) days in the past. Logs may be submitted no earlier than the first day of the Challenge and no later than seven (7) days after the last day of the Challenge. Up to five (5) exercise activities may be recorded for a single day.
Logs calculated by Center staff are final and are non-negotiable.
Center is not responsible for logs not received or with errors.

## Modification of Rules

These rules, as well as any changes made to them, will be posted in the Center's website during the registration period. Participants may request changes, clarifications, and/or elimination of any portion of these rules until the end of the registration period. Changes will be made at the sole discretion of the Center.

## Point Tabulation

Points will only be awarded for activities approved by the Center and listed on the "Approved Activities".
Activities earn points based on the MET-value-per-minute multiplied by the duration in minutes.
All point tabulations are final and are non-negotiable.
The Center is not responsible for any errors in its point tabulations.
Any previously approved activity of adequate length of time engaged in during the Challenge will earn points. The Center reserves the right to change the list of approved activities at any time. If an activity is delisted, points already rewarded for that activity will not be lost.

## Recording Exercise

All activities must be recorded on the provided log sheets.
You may not record activity that occurred prior to the start of the Challenge. Nor are you permitted to record activity that occurred more than 7 days in the past or any time in the future.
You may record multiple activities and/or days at once, but no more than 5 activities may be recorded for any given day.

## How the Math Works

Example 1 - More intense activity earns more:
Scoring is determined by the MET score of an activity and its duration: Light Weight Lifting: 3 METs $\times 20$ minutes $\div 60$ minutes/hour $=1$ point Leisurely Bicycling: 4 METs $\times 15$ minutes $\div 60$ minutes/hour $=1$ point
As you can see you will earn 1 point either way.
Example 2-Comparing teams of different sizes:
Team Wannawin earns a total of 300 points and has 3 registered participants, for a team average of 100 points. Team Gottawin earns a total of 150 points and has 2 registered participants, for a team average of 75 points.
Team Wannawin, with the higher team average, is thus declared the winner!

## Approved Activities

Only approved activities may be recorded. The Fitness Center reserves the right to change the list of approved activities at any time. If an activity is delisted, points already rewarded for that activity will not be lost.
In selecting the list of approved activities, the Fitness Center has focused on activities that require an extra effort. So called "everyday" activities, like walking from a parking space in Lot 1 to the office, mowing the lawn, gardening, childcare or vacuuming are not approved. Walking while shopping or sightseeing or can also not be used as an activity. A walk has to be a deliberate and separate in order to count, not incidental to other activities. While as intense as some "exercise" activities, they require no extra effort, because you would do them anyway.

## Prizes

Team Scores shall be determined by the sum of the Personal Scores of the team participants divided by the number of team participants ("Team Average").
In the event of a tie, the prize shall be divided evenly among the tied teams.
At the very least, 3 teams will win cash prizes. Each team will receive a percentage of Challenge registration fee revenue, less Challenge expenses. The more teams, the more prizes.

## Financial Reporting of Prizes

Winners of any and all prizes are personally responsible for reporting their winnings as additional income.

## *Disclaimer

In order to run the program and award prizes to the top 3 teams, at least 7 teams must register. Less than 7 teams will result in only a single team winning or possibly the cancellation of the program - with full refunds. No money will be deposited until the program is confirmed.

