

“Fall Fitness Frenzy” Challenge Information Packet

Rules and Guidelines

October 6, 2016

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 & Wellness Center.

The term “week” shall refer to a period of seven (7) days beginning on Monday and ending on Sunday.

The term “by” shall be used to mean “no later than”.

The term “member” shall refer to individuals who have: 1) previously registered with the Center, 2) have paid their Center membership fees in full or are currently enrolled in payroll deduction, and 3) have completed an Orientation tour.

The term “non-member” shall refer to any individual who is not a member of the Center.

The term “registration period” shall refer to the period of time in which individuals may submit their entrance fee.

The term “Challenge” shall refer to the Fall Fitness Challenge.

Dates

The **2016** Challenge starts on Monday **October 24** and ends on Sunday **November 20**.

Teams must register by **Wednesday October 19 at 5pm**.

Participation

Each member must pay the **ten (10)** dollar registration fee by the Registration Deadline.

Each non-member must pay the **twenty (20)** dollar registration fee by Registration Deadline.

The registration fee is non-refundable*.

Each participant must be on one (1) and only one (1) team.

Employees of the Center are ineligible for all prizes and drawings. Any team including one (1) or more employees of the Center is also excluded from prizes and drawings.

Non-members of the Center may participate in the Challenge, subject to eligibility requirements.

Non-members eligible for participation are: University of Rochester students, employees, contractors, retirees and alumni, as well as their spouses, same-sex domestic partners, or dependents of at least twenty (20) years of age at the start of the registration period. Household members may participate as well, with proof of address and a **\$30** participation fee.

Past participants who have won an individual or team prize in two (2) of the past three (3) years are ineligible for all prizes and drawings. Members may not waive their membership fees during the Challenge.

Teams

Teams shall consist of 2-3 people.

Orientation Requirement

Non-members must complete a mandatory 30 min. orientation before access to the Center will be granted.

Persons who do not complete an orientation before the Challenge starts will not be able to use the Fitness Center until they complete the orientation.

Persons who have previously completed the orientation any time after January 1, 2008 shall be deemed to have satisfied the Orientation Requirement.

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.

In the event that a log is submitted via a mechanism other than the Challenge web site, that log will be entered into the Challenge web site by Center staff. Activities will be entered in the order they are provided, up to the specified maximum.

Logs entered by Center staff are final and are non-negotiable.

Center is not responsible for logs not recorded.

Availability of Information

Weekly updates will be posted on the web site and in the Center facility.

Privacy Statement

During the course of the Challenge, personal information may be collected. This information may include your name, telephone number, e-mail address, University affiliation, height, weight and self-reported activities. You have the right to review this information for accuracy.

The Center will not use the information collected during the Challenge for other purposes. Aggregate information may be used in the promotion of this and future Challenges. Your contact information may be used to notify you of important updates to the **2016** Challenge, as well as upcoming Challenges.

You may opt out of receiving announcements of future Challenges by: calling the Center at 585-275-2437 (x52437 from within the University); sending a written request to 601 Elmwood Ave Box 309, Rochester, NY 14642; or by visiting the Center's Pro Shop during business hours and making the request in person. Even if you opt out of receiving announcements, you will still receive notification of important updates to the Challenge.

Modification of Rules

These rules, as well as any changes made to them, will be posted in the Center during the registration period. Both participants and non-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. Such changes will be posted in the Center.

Should the Center staff deem it necessary to update rules, activities, or distribute important information to participants, we will contact teams via e-mail. The same information will also be posted on the Center web site. Updates are effective immediately. The Center is not responsible for lost, delayed, or damaged communications. Nor is the Center responsible for typographical errors.

Point Tabulation

Points will only be awarded for activities approved by the Center. 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.

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: $3 \text{ METs} \times 20 \text{ minutes} \div 60 \text{ minutes/hour} = 1 \text{ point}$

Leisurely Bicycling: $4 \text{ METs} \times 15 \text{ minutes} \div 60 \text{ minutes/hour} = 1 \text{ point}$

As you can see, the you will earn 1 point either way.

Example 2 - The effect of weight loss:

It's the end of the Challenge and Team Wannawin has recorded 80 points. One member, who is 5-feet 10-inches tall, has also lost 10 pounds, weighing 180 pounds at weigh-out. The Captain's calculated BMI went from 27.3 to 26.8. Team Wannawin thus earn: $(27.3 \text{ BMI} - 26.8 \text{ BMI}) \times (2.6 \text{ points} / 0.1 \text{ BMI}) = 13 \text{ points}$

Important: Points are awarded for BMI loss, not weight loss. There is no penalty for any increase in weight or BMI. Nor are points awarded if your final BMI is less than 18.5, which is generally recognized as a safe minimum. For most people, the target BMI is 18.5 to 25.

There is no penalty for not weighing out.

Example 3 - 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!

Eligibility

Current University of Rochester employees and students, as well as alumni and retirees are eligible for participation. Their spouses, same-sex domestic partners and dependents age 20 or higher are also eligible. Household members may participate as well, with proof of address and a **\$32** participation fee.

After completing a New Member Orientation and signing a waiver, non-members may use the Fitness & Wellness Center during the Challenge.

Non-members without UR ID are required to purchase one if they wish to access the Center. We will provide the necessary paperwork. Registrants who have not previously completed a Fitness & Wellness Center orientation must attend one in order to have Center access.

Recording Exercise

All activities must be recorded at the Fitness Challenge website, <http://www.fitnesschallengeur.com>. Logins and passwords will be distributed by the website through an automated process.

You may not record activity that occurred prior to the start of the Challenge, **Monday, October 24, 2016**. Nor are you permitted to record activity that occurred more than 7 days in the past or any time in the future. For example, on **November 7** you may only record fitness activities that occurred between November 1 and 7.

You may record multiple activities and/or days at once, but no more than 5 activities may be recorded for any given day. You will have a chance to review your entries before they are stored. At this time, entries may not be edited once stored. If you will be unable to record activity in a timely manner due to travel plans, notify the Fitness & Wellness Center staff prior to your trip. During your trip, record your activity on paper. Turn in the paper to the Fitness & Wellness Center within two business days of your return. Team captains are discouraged from recording activity for their teammates.

Approved Activities

Only approved activities may be recorded. The Fitness & Wellness Center reserves the right to check on these activities or 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. However, due to technical limitations of the website, once an activity has been delisted, you will not be able to record it - even if you engaged in the activity when it was still approved.

Reviewing Progress

You may review your progress at any time by logging into the Fall Fitness Challenge website. Anyone may compare the teams without logging in.

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, the First Place and Second Place teams will win cash prizes*. Each team will receive a percentage of Challenge registration fee revenue, less Challenge expenses, with the prize amounts to be announced no later than **November 4**.

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 2 teams, at least 10 teams must register. Less than 10 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.