

URMC FITNESS CENTER
“Fall Fitness Frenzy” Challenge Information Packet

Rules and Guidelines
September 19, 2018

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 “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 Spring Fitness Challenge.

Dates

The **2018** Challenge starts on **October 15th**, and ends on **November 11th**
Teams must register by Wednesday October 10th.

Participation

Each member must pay the **ten (10)** dollar registration fee by the Registration Deadline.
Each non-member must pay the **eighteen (18)** dollar registration fee by Registration Deadline.
The registration fee is non-refundable.
Each participant must be on one (1) and only one (1) team.
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, or dependents of at least twenty (18) 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.
Members may not waive their membership fees during or for the challenge.

Teams

Teams shall consist of 2-3 people.

Orientation Requirement

Non-members must complete a mandatory orientation before access to the Center will be granted.
Persons who have previously completed the orientation any time after January 1, 2009 shall be deemed to have satisfied the Orientation Requirement.
Persons who do not complete an orientation will not have access to the Center until doing so.

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. No more than forty (40) activities may be recorded on 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.

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 **2018** 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's website 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.

Should the Center staff deem it necessary to update rules, activities, or distribute important information to participants, we will contact Team Captains 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 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!

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 18 or higher are also eligible.

Household members may participate as well, with proof of address and a **\$28** participation fee.

Non-members without UR ID are required to purchase one. We will provide the necessary paperwork.

Recording Exercise

All activities must be recorded at the Spring Fitness Challenge website, <http://sfc.urmc.rochester.edu>. 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 15, 2018**. 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 April 10, you may only record fitness activities that occurred between April 3 and 10.

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 Center staff prior to your trip. During your trip, record your activity on paper..

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. 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.

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.

Reviewing Progress

You may review your progress at any time by logging into the Fitness Challenge website.

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.

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 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.