

URMC FITNESS CENTER

“Fall Fitness Frenzy” Challenge Information Packet

Rules and Guidelines

2021

Vocabulary

Wherever possible, University of Rochester definitions shall be used, with the following exceptions:

The terms “the Center” and “Center” shall refer to the URM 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 2021 Challenge starts on October 18th, and ends on November 14th.

Registration ends Wednesday October 13th.

Participation

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

This fee will include use of the Center during the challenge with applicable membership paperwork.

Only UR affiliates may participate.

The registration fee is non-refundable*.

Individuals can participate – or teams consisting of 2-8 people.

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 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 and self-reported activities.

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 2021 Challenge, as well as upcoming Challenges.

You may opt out of receiving announcements of future Challenges by email.

Modification of Rules

These rules, as well as any changes made to them, will be emailed. Changes will be made at the sole discretion of the Center.

Should the Center staff deem it necessary to update rules, activities, or distribute important information to participants, we will contact participants via e-mail. The Center is not responsible for lost, delayed, or damaged communications.

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 METs x 40 minutes ÷ 60 minutes/hour = 2 points

Vigorous Effort Bicycling: 10 METs x 12 minutes ÷ 60 minutes/hour = 2 points

As you can see you will earn 2 points either way, but the bicycling is much less time.

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.

Recording Exercise

Participants will be required to submit logs to the Center via email. Logs can be submitted beginning October 25. Final log submissions must be made by **Monday November 23**.

Approved Activities

Only approved activities may be recorded. The Fitness Center reserves the right to change the list of approved activities at any time.

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 participants or team divided by the number of team participants (Average).

In the event of a tie, the prize shall be divided evenly.

At the very least, the First Place and Second Place teams will win cash prizes. Winners 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, we must have enough people register. Less than 10 participants or 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.