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Get moving today to win the
Go Out & Play Challenge!



FAQ – Registration

Who can enter the challenge?

Any Saskatchewan community can register for the challenge. A community can register only once. ** Excluding Saskatoon, Regina, Prince Albert and Moose Jaw

Community Associations in Regina, Saskatoon, Moose Jaw and Prince Albert can register for the challenge. More than one community association in each city can enter. The challenge offers separate tracking for community associations.



How does my community or community association sign up for the challenge?

- Complete a registration form
- Get the registration form signed by your Mayor or Chief
- Take a photo of your Mayor or Chief signing the registration form
- Send it to Saskatchewan *in motion* by email (info@saskinmotion.ca) or fax (306-780-9466)

Saskatchewan *in motion* must receive completed registration forms by 11:59 pm CST on **February 15, 2018**. Late submissions will not be accepted.

What projects are eligible?

Eligible programs, projects or initiatives must increase opportunities for children, youth or families to be active **outdoors** and address one of the following priorities:

- Increase physical activity in the community by creating programs, places or spaces for children and/or youth to be active outdoors
- Develop active and safe routes for children and youth to walk to school and other destinations; projects may include education, awareness, programs and other initiatives to encourage and develop active transportation routes
- Create initiatives that inspire children, youth or families to get outside and play

** Prize money cannot be used for indoor facility upgrades. If a project is deemed ineligible, Saskatchewan *in motion* will advise the community contact and request an alternate project be submitted

See the attached official challenge rules and project eligibility.

How are the challenge prizes awarded?

- **Community \$10,000 Grand Prize:** the community with the most physical activity minutes logged during the challenge will be declared the Grand Prize winner
- **Community \$5,000 Runner-up Prize:** the community with the second most physical activity minutes logged during the challenge will be declared the runner-up prize winner
- **Community Association \$10,000 Prize:** the community association with the most physical activity minutes logged during the challenge will be declared the community association winner

What happens once we send in our registration?

Saskatchewan *in motion* will review your registration to ensure it is complete and that your project meets the eligibility criteria. You will receive email confirmation that your registration is accepted along with a package filled with tips and tools to help you promote the challenge in your community!

What is a web-based challenge?

Internet access and valid email addresses are required to participate in the challenge. Participants will create individual or family accounts using a valid email address to log physical activity minutes through an online system during the challenge.

Does the Go Out & Play Community Challenge take into consideration the population of the community?

Yes. Saskatchewan *in motion* has researched national and provincial community competitions in most cases, smaller communities are much more successful in rallying their community members, friends, relatives and neighbours.

Why is there a community association or neighbourhood group prize for Regina, Saskatoon, Moose Jaw and Prince Albert?

A community association category allows for multiple community associations to participate in cities with a population over 30,000 with recognized community associations. There is separate tracking for community association and neighbourhood groups in these communities.

Can a school take part in the challenge?

Encourage your staff and students to get moving every day! Remind students to log their minutes of physical activity every day at home with their parents on their family profiles. **Children under 18 cannot create accounts without parental consent.**

School-based programs/projects are not an eligible project in the Go Out & Play Community Challenge.

What will happen if an individual or community displays unsportsmanlike conduct?

Saskatchewan *in motion* has the right to disqualify any community, any allocation of minutes of physical activity deemed fraudulent, in violation of the Community Challenge rules, or that would otherwise undermine the integrity of the Challenge. Including but not limited to cheating, hacking, deception or other unfair activities. Anyone caught cheating will be disqualified from the Challenge. Please play fair!

What are the important challenge dates?

- October 15, 2017 – Community registration opens
- December 15, 2017 – Early Bird registration closes
- February 15, 2018 – Community registration closes
- February 22, 2018 – Individual and family profiles can be created
- March 1 – 10, 2018 – Challenge is on!
- March 13, 2018 – Winner is announced



It All Starts With A Great Idea

Inspire children, youth and families to Go Outside and Play! Here are some great ideas that encourage active outdoor play:

- Enhance play spaces by adding lighting, plants and more green space for kids to discover
- Host a family-friendly learn to program
- Run a low-cost or free program for kids or families to explore nature
- Celebrate your community's history with a unique trail system
- Build a natural play space



Natural Play Spaces

Why Active Play?

Access to active play in nature and outdoors – with its risks – is essential for healthy child development. We recommend increasing children's opportunities for self-directed play outdoors in all settings: at home, at school, in childcare, the community and nature.

-Position Statement on Active Outdoor Play

Here's What Experts Have Found:

- When kids are outside, they move more, sit less and play longer
- Kids spend an average of only 6 minutes in nature a day
- Time spent outdoors can increase curiosity, creativity and problem solving ability in kids

What's Next?

Register your great initiative in this year's challenge!

Nothing can replace the fresh air, sunshine and adventure of an afternoon playing outdoors. It's important to create environments and opportunities in our communities that support active outdoor play for kids.



Community registration closes February 15, 2018 @ 11:59 pm CST

Register before **December 15, 2017 @ 11:59 pm CST** to qualify for the early bird prize of an additional **1,000** Physical Activity Minutes!!