

TIPS FOR ORGANISING A COMMUNITY 30 DAY FITNESS CHALLENGE

PRE-PLANNING

- You may decide to organise the 'Challenge' on your own or alternatively a working group may be formed.
- The 'Challenge' can be used to encourage community camaraderie, help get a community active or make people aware of the physical activity opportunities in their area. Participants must commit to engaging in a certain amount of physical activity each day i.e. 30 minutes (can be any type of activity). This can be something that people can complete within a group or on their own. It may be a good idea to meet with the community to generate ideas.

FITNESS CHALLENGE



PLANNING

Activity: Agree the challenge e.g. the goal may be that everybody is to complete 30 minutes of physical activity daily. It may work best for people to be able to choose any type of activity they wish. This increases accessibility for everybody.

Keeping track of activity: Participants can use apps or activity trackers to monitor their activity. Activity can also be logged into a journal. Alternatively, if the organisers want to keep track of participants activity, a shared excel file online for example could be used.

Promotion: There are many ways to promote events such as; social media, local newspapers, local radio, newsletters, posters, flyers, websites.

Sponsorship cards: Participants may be sponsored for taking part in the challenge.

Throughout the 30 days: Be organised, ensure participants have a point of contact if they have any issues or questions. Emphasise that any activity counts and if somebody misses a day, they can still continue to take part.

Prizes: Prizes could be awarded for example, to those who complete the most minutes of physical activity in 30 days. You may be able to persuade local businesses to sponsor prizes such as discounted gym membership etc. in return for the promotion of their facility.

ESSENTIAL AND LEGALITIES CHECKLIST

Only necessary if participants are taking part in organised group fitness sessions

Risk Assessment: Completion of a risk assessment will identify and reduce any risks to the challenge. This is often required for insurance purposes also.

Qualifications: All instructors should be suitably qualified. Proof of this should be sought.

Insurance: Insurance is essential - if an instructor is leading a group; make sure to get proof of insurance.

First Aid: Instructors should be qualified in first aid if leading a group.

Health Screening: Each participant should complete a Physical Activity Readiness Questionnaire (PARQ) to assess their readiness before taking part in an organised group fitness session.

Most importantly, have lots of fun!